

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Team Recreation Therapy Aides (S) Stephanie (R) Rashimae (MO) Monique (AP) Amber (SN) Sitara (A) Arvin (M) Michelle (MS) Mike (MA) Manmeet (AC) Ashley (AD) Alnoor	1 3:00 What's Up in Recreation (SN)	2 10:00-11:00 Tuck Shop Taradale (R)	3 10:00 Full Body Exercise Atrium (MA/S) 10:45 Name That Tune (SN) 2:30 Jeopardy Labs Activity Zone	4 9:45 Think Fast! (SN) 3:15 Concert Series Atrium	5 Employee Appreciation Day! 10:00 Move and Groove Exercise Atrium (A/SN)	6
7 <i>May Your Pockets Be Heavy, Your Hearts Be Light. May Good LUCK pursue you each morning and night! Happy St. Patrick's Day</i>	8 3:00 Sunshine Visits (SN)	9 10:00-11:00 Tuck Shop Taradale (R)	10 9:45 Chicken Soup for the Soul (SN) 10:00 Full Body Exercise Atrium (AP/R) 2:30 Big Bingo (\$) Atrium	11 10:45 Categories Word Game (SN) Expressive Art for floors 6, 5, 4 Activity Zone (A, SN)	12 10:00 Move and Groove Exercise Atrium (S/A)	13 
Daylight Savings Spring ahead 1 hour! 10:00 Sunday Coffee Social Taradale 	14 3:00 Ribbon Exercises (SN)	15 10:00-11:00 Tuck Shop Taradale (R) 10:00 SkyPointe Sports League Taradale Vs. Martindale Atrium 3:00 Discussion Group: Monthly Gazette (S)	16 St. Patrick's Day 10:00 Full Body Exercise Atrium (MA/MS)	17 3:15 Concert Series Atrium	18 10:00 Move and Groove Exercise Atrium (SN/R) 3:00 Sharing Stories: Tales of the Irish (SN)	19 Spring Equinox
21	22	23 10:00-11:00 Tuck Shop Taradale (R)	24 10:00 Full Body Exercise Atrium (R/SN) 2:30 Big Bingo (\$) Atrium	25 10:45 Random Trivia (SN)	26 10:00 Move and Groove Exercise Atrium (MO/MA)	27 Did You Know? The world's largest peanut butter and jelly sandwich, made in Grand Saline, Texas weighed 1,342 pounds.
March Trivia Answers 28 1. Venice 2. Scotland 3. As soon as possible 4. India 5. 101 Dalmatians <i>Questions can be found on the back.</i>	29 1:30 Rhythm Stick Exercises (SN)	30 1:30-2:30 Tuck Shop Taradale (R) 3:00 Sunshine Visits (R)	31 10:00 Full Body Exercise Atrium (A/MA) 10:45 Throwback Thursday (SN) 2:30 Jeopardy Labs Activity Zone	 <h1>March 2021</h1> <h1>Taradale West</h1> 		

Question or concerns? Talk to a recreation team member. Recreation program and activities are subject to change in some extenuating circumstances we will work our hardest to make sure this does not happen. Stay Happy and Healthy!

Pegasus Theater Viewing Schedule

Pegasus Theater has re-opened for residents to enjoy a unique cinematic experience.

- Seating in theater will only accommodate half capacity, allowing safe social distancing
- A maximum of 13 people will be allowed in the theater
- There must be 2 theater seats in between each occupied seat and 6 ft. between each wheelchair
- Resident walkers will be parked outside of theater during program
- Theater programs are scheduled for each neighbourhood
- Staff will only accommodate residents from scheduled floor in the theater. **No exceptions will be given at any time**
For viewing times, please see your neighbourhood calendar

Recreation Programming and Activity Update

The recreation team has updated their delivery model and guidelines for recreation programs and activities starting March 1, 2021 to comply with the CMOH order. See below for updated information:

- Program and activity group sizes have been adjusted. Group size will be determined by location of activity.
- Residents will not be restricted from visiting with each other in natural, self-directed ways within the building.
- Recreation programs and activities specific to neighbourhoods will only accommodate residents residing on that neighbourhood.
- Recreation programs and activities in the atrium & theater will be open to the facility when specified on the program calendar.
- Residents will be required to maintain safe physical distancing during all recreation programs and activities.
- Residents are required to sanitize their hands before and after each recreation program.
- Residents not feeling well or showing flu like symptoms will not be permitted to participate during group programming.

For more information, please contact one of the recreation team members today.

If you have any questions, concerns or comments, please stop by the recreation office or contact your recreation therapy manager:

Marlee Dukart: p: 587-619-6317 e: mdukart@agecare.ca

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March 2021 Newsletter



Special Days in March

5th World Day of Prayer

5th Employee

Appreciation Day!

7th Daylight Savings Begins

12th Girl Scouts Day

17th St. Patrick's Day

20th Spring Equinox

March is Music Month

SkyHub Tuck Shop

March Schedule

Monday ≈ Martindale

Tuesday ≈ Taradale

Wednesday

Pineridge & Whitehorn West

Thursday ≈ Rundle

Friday

Sunridge & Whitehorn East

Residents will require a trust account to purchase items from the tuck shop.

One Minute of Learning:

Code of the Month: Orange

Code Orange is the designated phrase to alert personnel to an external mass casualty incident and details the actions to be taken by staff to assist other health facilities and emergency services in the relocation of patients, residents from other facilities and/or individuals at risk in the community.

For more information, ask your neighbourhood nurse or one of SkyPointe's onsite educators.

Atrium Concert Series

The Atrium *Concert Series* is bringing music back to warm your hearts and fire up your sole. On March 4th and 18th residents can come and view a different concert. This month, you can watch The Carpenters at the New London Theatre (1976) and sit in the *Grand Ole Opry* listening to country crooners.

SkyPointe Lend & Loan Library

Are you looking for a good book to read? Check out the community lend and loan library in the Atrium. Take a book, leave a book. If you would like to donate books, see recreation!

When Should You Wash Your Hands?

Remember the 4 moments!

Hand Hygiene is considered a routine practice in our care industry. This does not change no matter if you are feeling unwell, if you are interacting with anyone or if you are out in public. You must use Hand Hygiene when you are in our community and visiting your friends and neighbors. AgeCare communities all have posters and reminder on how to wash either with alcohol based hand rubs or good old-fashioned soap and water.

March Trivia

1. Which city in Italy uses canals and waterways instead of roads?
2. This country is home to the Loch Ness Monster and bagpipes?
3. What does ASAP stand for?
4. The Dalai Lama fled to this country after leaving Tibet?
5. This 1961 Disney film featured black and white animals?

Flip for Answers!

How did you do?

Big Bingo

It's back! BIG BINGO will be starting up in March.

1 card = \$0.25

With a maximum of 4 cards/person

8 games of bingo will be played with each game winner receiving a cash prize. Residents participating can pay with cash or be charged through their trust account. All residents will be required to use proper hand hygiene before receiving bingo cards.



Sign Up Programs & At Cost Programs

Programs that require residents to sign up will be **BOLDED** on the calendar. Some programs will have limited seating. We encourage residents interested for the program to sign up as soon as possible. Sign Up during *What's Up in Recreation?* Or come directly to the recreation office and speak to a team member.

At Cost Programs

Programs and activities that are at cost to a resident will have a dollar sign (\$) beside it on the program calendar. Programs and activities associated with a cost are charged directly to the participating resident's trust account. Trust accounts can be set up through the reception team and can be accessed Monday-Friday.