

Sunday

Monday

Tuesday

Wednesday

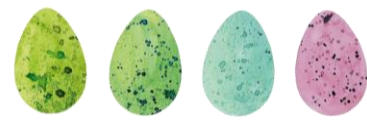
Thursday

Friday

Saturday



April 2021



# Martindale East

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
												<b>April Fool's Day 1</b> 9:45 What's Up in Recreation? Calendar and Newsletter Review (MA)	<b>Good Friday 2</b>  Recreation Department Closed	<b>Did You Know? 3</b> The largest Easter egg ever created weighed over 8,000 pounds. The best part? Aside from an internal steel frame to keep it in place, the giant egg was made out of pure chocolate and marshmallow.
<b>Easter Sunday 4</b> 2:30 Movie Matinee <i>Peter Rabbit</i> Sunridge Pegasus Theatre Residents from above neighbourhood will have priority seating		<b>Easter Monday 5</b> 10:30 Easter Monday Tea Atrium 3:00 Rolling Tuck Shop Martindale (MA)		<b>6</b> 2:30 Atrium Concert Series Atrium (MA, AC, S, R)		<b>7</b> 10:30 Full Body Exercises Atrium (MA, A) 2:30 Easter Bingo Special Atrium		<b>8</b> 9:45 Scrabbled Eggs (MA) 2:30 Movie Matinee Punjabi Feature Pegasus Theatre (SN, MA)		<b>9</b> 10:30 Move and Groove Exercise Atrium (S, SN) 3:00 Feel Good Friday Social with Pineridge Martindale East Dining Room (S, MA, SN)		<b>10</b> <b>Did You Know?</b> An inch of rain can measure around 226, 000 lbs. in an acre of land. In every minute, one billion tons of rain falls on the earth.		
<b>11</b> 2:30 Movie Matinee <i>Turner &amp; Hooch</i> Taradale & Pineridge Pegasus Theatre Residents from above neighbourhood will have priority seating		<b>Ramadan Begins 12</b> 9:45 Table Top Shuffle Board (MA) 3:00 Rolling Tuck Shop Martindale (MA)		<b>13</b> 		<b>14</b> 10:30 Full Body Exercises Atrium (MA, A) 2:30 Big Bingo (\$) Atrium		<b>15</b> 9:45 Word Games: Word Mining (MA) 3:00 LTC Armchair Travel Atrium (R, S)		<b>16</b> 10:30 Move and Groove Exercise Atrium (MO, R) 10:45 Dominoes (MA) 3:00 Prime Timers Group: Meet & Greet Activity Zone (AP, M, MO)		<b>April Trivia Answers 17</b> 1. Babushka 2. Marilyn Monroe 3. Havana 4. England, Scotland, France, and Ireland 5. Elvis Presley <i>How did you do?</i>		
<b>18</b> 2:30 Movie Matinee <i>101 Dalmatians Live Action</i> Martindale Pegasus Theatre Residents from above neighbourhood will have priority seating		<b>19</b> 3:00 Rolling Tuck Shop Martindale (R)		<b>20</b> 2:30 Atrium Concert Series Atrium (MA, A, MS, R) 3:00 Board Game Café Activity Zone (MO, SN, M)		<b>21</b> 10:30 Full Body Exercises Atrium (MA, A) 2:30 Big Bingo (\$) Atrium		<b>Earth Day 22</b> 9:45 Family Feud: Earth Day Edition (MA) <b>2:30 Expressive Art</b> Floor 4,5,6 Activity Zone (A, MO) 3:00 Nature Walk (MA)		<b>23</b> 10:30 Move and Groove Exercise Atrium (A, AP) 10:45 High Five Tree Collage (MA) 3:00 Prime Timers Group: Flower Arranging Activity Zone (AP, M, AC)		<b>24</b> <b>Did You Know?</b> There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.		
<b>25</b> 2:30 Movie Matinee <i>Babe Rundle</i> Pegasus Theatre Residents from above neighbourhood will have priority seating		<b>26</b> 10:00 Rolling Tuck Shop Martindale (MA) 3:00 Fun Bingo! (MA, A)		<b>27</b> 10:45 The Game of Things (MA) <b>3:00 Golden Dames: Meeting the Dames</b> Activity Zone (MO, MA)		<b>28</b> 10:30 Full Body Exercises Atrium (MA, A) 2:30 Big Bingo (\$) Atrium		<b>29</b> 9:45 Big Connect 4 (MA) 3:00 SL4 Armchair Travel Atrium (R, S)		<b>Arbor Day 30</b> 10:30 Move and Groove Exercise Atrium (R, MS)		<b>Recreation Team Recreation Therapy Aides</b> (S) Stephanie (R) Rashimae (MO) Monique (AP) Amber (SN) Sitara (A) Arvin (M) Michelle (MS) Mike (MA) Manmeet (AC) Ashley (SK) Sukhpal		

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. April movie theme *Animals*.

- 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

*For viewing times, please see your neighbourhood calendar*

### East Dinner Menu April 4, 2021

- ❖ Honey Mustard Baked Ham
- ❖ Oven Roast Chicken Legs Quarter
- ❖ Cheesy Potato Casserole
- ❖ Maple Carrots and Brussel Sprouts
- ❖ Black Forest Cake

### Golden Dames Women's Group

Meet and Greet our

New Dames

April 27, 2021

3:00 pm Activity Zone

Golden Dame Ladies are required to sign up with recreation staff before event

### April Trivia

1. What English word translate to the word for grandmother in Russian?
2. What was Norma Jeane Mortenson's stage name?
3. What is the capital of Cuba?
4. What countries are considered the four founding nations of Canada?
5. Which famous singer's nickname was *The King of Rock 'n' Roll*?

*Flip for Answers!*

### Lend and Loan Library!

The lend and loan library is located in the Atrium lounge; you can take and book and leave a book.

### Joke of the Month

What kind of Jewelry does the Easter Bunny Wear?

A: 14 Carrot Gold



# April 2021 Newsletter

### Virtual Visits

Residents and family members can stay connected through virtual visits. The recreation team is scheduling visits for the following days:

**Monday** 1:00 pm to 4:30 pm

**Tuesday & Friday**

9:30 am to 12:00 pm

**Thursday, Saturday &**

**Sunday** 9:30 am to 4:30 pm

### Special Days in April

1<sup>st</sup> April Fool's Day

2<sup>nd</sup> Good Friday: Recreation Department will be closed

4<sup>th</sup> Easter Sunday

4<sup>th</sup> Passover Ends

12<sup>th</sup> Ramadan Begins

16<sup>th</sup> National High Five Day

22<sup>nd</sup> Earth Day

30<sup>th</sup> Arbor Day

National Humor Month

National Oral Health Month

### One Minute of Learning:

Code of the Month: *Code White*

Code White is the designated phrase to alert personnel to an incident of aggression or violence against a resident, visitor, volunteer or staff member. The goal of the management of aggressive behavior is to preserve everybody's safety and to address the behaviors in a safe, respectful and caring manner. For more information, ask your neighbourhood nurse or one of SkyPointe's onsite educators.

### Happy National Humor Month



### 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.

### New Programs and Activity Alert

Residents wanting to attend the below programs are encouraged to independently come to the program. Please notify recreation staff if you require support getting to program.

### Board Game Café April 20, 2021

Residents can come down to the activity zone and mingle with residents from other neighbourhoods over a good board game and a hot cup of joe.

### Prime Timers Group April 16<sup>th</sup> and 23<sup>rd</sup>

The *Prime Timers* is targeted to all our residents that are 'young at heart'. The group will host different activities and programs that are not typically implemented on the neighbourhoods.

### Arm Chair Travel

The recreation team has re-invented *Arm Chair Travel*. Residents will take a tour to different countries each month and stamping their SkyPointe Passport. Residents will see different monuments, learn about different cultures, and take part in different traditions.

### Spring Time at SkyPointe

As the snow melts, and the weather turns nicer, residents and the recreation team will begin to prepare our outdoor spaces for planting and patio season. Whitehorn residents will be volunteering throughout the month to clean up and beautify our community. Stay tuned for planting and gardening programs in the coming month.

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](mailto:mdukart@agecare.ca)

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