

Sunday

Monday

Tuesday

Wednesday

Thursday

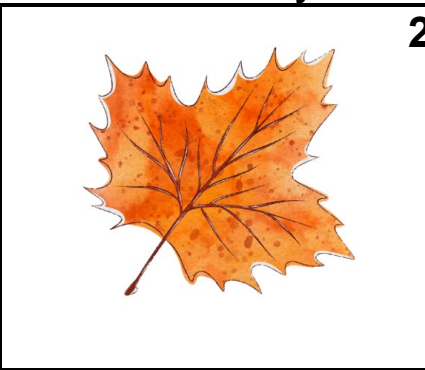
Friday

Saturday

# September 2021



9:45 What's up in Recreation & Sign Up (R) **1**



**2**  
9:45 Fact or Fiction (SN)  
10:45 Full Body Exercise (SN)  
  
1:30 Coffee Talks (SN)  
3:00 Hymn Sing (SN)

**3**  
9:45 Sikh Hymns (SN)  
10:00 Guru Amar Video Call (A) in Taradale Flex Room  
10:30 Video Sermon: Sikh (SK, AP) in Pegasus Theatre  
10:45 Balloon Bop (SN)  
1:30 Board Game Café in Activity Zone

**5**  
**10:30 Java Music Club (A, SN)**  
Fitness Studio  
  
2:30 Movie Matinee Taradale & Pineridge (A, SN) Pegasus Theatre



**6**  
2:30 Fun Bingo in Atrium **7**



**8**  
2:30 Live Entertainment: Ledfoot Express in Atrium  
6:30 Pub Social (SN)

**9**  
1:30 Walking Club (SN)  
3:00 Board Games (SN)  
**2:00 Java Music Club (A, S)**  
Fitness Studio  
6:30 Spelling Bee (SN)

**10**  
**10:00 MC College Manicures (S)**  
1:30 Chair Yoga (SN)  
3:00 Movie Club (SN)  
6:30 Life's Blessings (SN)

**11**  
10:00 Guru Amar Video Call (MA) in Taradale Flex Room  
10:30 Video Sermon: Catholic (R, R) Pegasus Theatre  
1:30 Board Game Café in Activity Zone

**12**  
**10:30 Java Music Club (MA, R)**  
Fitness Studio  
  
2:30 Movie Matinee Sunridge (MA, R) Pegasus Theatre

**13**  
9:45 Name that Tune (SN)  
**11:30 In House Lunch - Seniore's Pizza \$\$** (R, S, MA, A)  
Atrium Sign-up Required  
10:45 Full Body Exercise (SN)  
1:30 Board Games (SN)  
3:00 Gratitude Activity (SN)

**14**  
2:30 Big Bingo \$\$ in Atrium



**15**  
9:45 Pictionary (SN)  
10:45 Chair Yoga (SN)  
1:30 Pub Social (SN)  
**2:30 Bus Outing LTC/SL4 Dollar Store Deerfoot City**  
3:00 Hymn Sing (SN)

**16**  
9:45 News & Views (SN)  
10:45 Bop It (SN)  
**2:00 Java Music Club (MA, SN)**  
Fitness Studio

**17**  
**2:00 Armchair Travel: Germany** in Fitness Studio

**18**  
10:00 Guru Amar Video Call (R) in Taradale Flex Room  
10:30 Video Sermon: Christian (AC, SN) Pegasus Theatre  
1:30 Board Game Café in Activity Zone  
3:30 Individual Connections (SN)

**19**  
**10:30 Java Music Club (SN, R)**  
Fitness Studio  
  
2:30 Movie Matinee (SN, R) Pegasus Theatre

**20**  
9:45 Two Truth's and a Lie (SN)  
**10:00 Bible Study (MS, R)**  
Reflection Room  
10:45 Balloon Bop (SN)  
1:30 Board Games (SN)  
**2:00 Bus Outing LTC/SL4 \$\$**  
Walmart Deerfoot City  
3:00 Music Pioneers: Neil Diamond (SN)  
Sukkot Begins

**21**  
2:30 Big Bingo \$\$ in Atrium  
6:30 Falcon Ridge Family Church Service in Atrium

**22**  
9:45 Word Games (SN)  
10:45 Chair Yoga (SN)  
1:30 Pub Social (SN)  
3:00 Reminisce: Show & Tell (SN)

**23**  
9:45 Name that Tune (SN)  
10:45 Full Body Exercise (SN)  
1:30 Positive News Stories (SN)  
**2:00 Java Music Club (MA, R)**  
Fitness Studio  
3:00 Hymn Sing (SN)



**24**  
10:00 Guru Amar Video Call (G) in Taradale Flex Room  
10:30 Video Sermon: Catholic (MO, MS) Pegasus Theatre  
1:30 Board Game Café in Activity Zone

**26**  
**10:30 Java Music Club (MO, S)**  
Fitness Studio  
  
2:30 Movie Matinee Pineridge & Rundle (SK, S) Pegasus Theatre

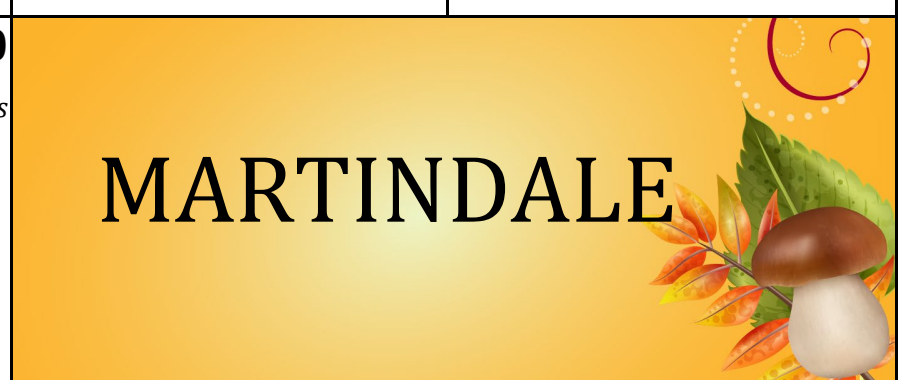
**27**  
9:45 Fact or Fiction (SN)  
10:45 Chair Yoga (SN)  
1:30 Monthly Gazette (SN)  
3:00 Reminiscing (SN)

**28**  
2:30 High Stakes Bingo \$\$ in Atrium



**29**  
9:45 Breakfast Club (SN)  
**10:00 Armchair Travel: Germany** in Fitness Studio Floors 4,5,6  
10:45 Chair Yoga (SN)  
1:30 Butterfield Acres Farm Corral outside Recreation Office

**30**  
10:00 Understanding Aboriginal Identity: Alberta (MA, S, SN) floors 1,2,5 Atrium  
  
2:00 Understanding Aboriginal Identity: Alberta (MO, M, AC, R) Floors 3,4,6 Atrium



Questions or concerns? Talk to a recreation team member. Recreation programs and activities are subject to change in some extenuating circumstances. We work our hardest to make sure this does not happen.

# PEGASUS THEATRE

## VIEWING TIMES



Sept 2 - Whitehorn - *Now You See Me*

Sept 5 - Taradale & Pineridge - *Journey 2: The Mysterious Island*

Sept 9 - Whitehorn - *Deepwater Horizon*

Sept 12 - Sunridge - *Definitely Maybe*

Sept 19 - Martindale - *Zookeeper*

Sept 23 - Whitehorn - *The Hunger Games: Mockingjay*

Sept 26 - Pineridge & Rundle - *Jumanji: Welcome to the Jungle*

Sept 30 - Whitehorn - *Get Smart*



## WELCOME TO SKYPOINTE

Janice B.

Anna I.

Bobby C.

Henny K.

Erzsebet H.

Ippolito I.

Janice B

## THE RECREATION TEAM

IF you have any questions, concerns, or comments please stop by the recreation office or contact the Recreation Manager - Megan McGrath - by phone: 587-619-6317 or email: mmcgrath@agecare.ca

### RECREATION THERAPISTS

Gloria M. - Pineridge, Sunridge, Martindale

Keely V - Rundle, Whitehorn, Taradale

### RECREATION THERAPIST AIDES

Pineridge: (A) Arvin

Sunridge: (MA) Manmeet & (A) Arvin

Rundle: (S) Steff

Whitehorn: (AC) Ashley, (AP) Amber, (M) Michelle, (MO) Monique,

(MS) Mike, (SK) Sukhpal, (SN) Sitara

Taradale: (R) Rash

Martindale: (SN) Sitara

## AGECARE SKYPOINTE NEWSLETTER

SEPTEMBER 2021



## COME SEE BUTTERFIELD FARMS

Residents, staff, friends, & family are welcome to join us outside the recreation office on September 29 from 1:30 - 4:30 to enjoy the Butterfield Acres Farm Animals!



## ANIMAL OF THE MONTH: DOGS

Dogs are descended from domesticated wolves. They were domesticated by humans over 15,000 years ago and have become well-suited to living among people. Selective breeding over thousands of years has resulted in a large variety of breeds that have various preferred behaviors, talents, and capabilities.

Dogs come in a range of sizes, shapes, and colors. They specialize in a variety of tasks, such as hunting, herding, safeguarding, therapy, and companionship. Popular breeds include the golden retriever, bulldog, labradoodle, German shepherd, beagle, and pug. Dogs are associated with loyalty, protection, and unconditional love—as well as just being downright adorable.



## ABORIGINAL AWARENESS WEEK

SHINING THE LIGHT ON ABORIGINAL VOICES

'The Aboriginal Awareness Week Calgary (AAWC) for 2021, is focused on "KEEPING THE CIRCLE STRONG through our traditional knowledge keepers" reflecting the pride of our First Nations, Métis, and Inuit communities by taking in their rich heritage, traditions, cultures, and keepers of Mother Earth.

Traditional Knowledge Keepers encourages us to acknowledge our resilience in "Keeping the Circle Strong" for generations and continue to do so for generations to come. This theme also expresses how our traditional teachings come from Mother Earth encourages us to live a life that will inspire and produce healthy future generations.

Skypointe is shining a light on Aboriginal voices by going on an outing to the Tsuu T'ina Culture Museum. The residents at Skypointe will get a chance to learn about the Tsuu T'ina Nations rich cultural history and appreciate the mountain view while observing Chief Bullhead's original homestead built in 1902, which is located beside the museum.

## MINUTE OF LEARNING: CODE GREY

SKYPOINTE CODE OF THE MONTH- CODE GREY

Code Grey is the designated phrase to alert staff to the need to shelter in place in response to external air quality concerns, extreme weather hazards, and/or significant infrastructure loss or failure because of an external emergency or disaster. For more information, ask your neighborhood nurse or one of Skypointe's onsite educators.