

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021



9:45 What's up in Recreation & program sign up (A) **1**

10:45 Full Body Exercise (S, A) in Fitness Studio **2**

2:00 Java Music Club (A, S) in Fitness Studio



10:00 Guru Amar Das Video Call (A) in Taradale Flex Room **4**

1:30 Board Game Café in Activity Zone

10:30 Java Music Club (A, SN) **5**
Fitness Studio

2:30 Movie Matinee Taradale & Pineridge (A, SN) Pegasus Theatre



10:45 Chair Yoga (A) **7**
2:30 Fun Bingo in Atrium

10:00 Chair Fitness (A, R) Fitness Studio **8**
2:30 Live Entertainment: Ledfoot Express in the Atrium

2:00 Java Music Club (R, S) **9**
Fitness Studio

10:00 MC College Manicures in the Activity Zone **10**
10:00 Stroll & Roll (A)

1:30 Individual Connections
3:00 Concert: Andrea Bocelli (A, S) Pegasus theatre

10:00 Guru Amar Video Call (MA) in Taradale Flex Room **11**
10:30 Video Sermon: Catholic (R, S) in Pegasus Theatre

1:30 Board Game Café in Activity Zone

10:30 Java Music Club (MA, R) **12**
Fitness Studio

2:30 Movie Matinee Sunridge (MA, R) Pegasus Theatre

11:30 In House Lunch Seniore's Pizza \$\$ Atrium Sign-up Required **13**
3:00 Expressive Art: Floor 1,2,3 (A, R) Fitness Studio

9:45 Coffee, News & Views (A) **14**
2:30 Big Bingo \$\$ (MO, MS, SK, AP, A, R) in Atrium

10:30 Fun & Fitness (A, S) in Fitness Studio **15**

2:00 LTC/SL4 Bus Outing \$\$ (M-Driver, A, S) Dollar Store Deerfoot City

9:45 Moves & Grooves (A) **16**
10:45 Hollywood Scoop
2:00 Java Music Club (MA, SN) in Fitness Studio
2:00 Cooking Show \$\$ "Pesto Pasta with Shrimp and Garlic Bread" (A, S) Family Dining Room

10:30 Chair Yoga (A) Fitness Studio **17**
2:00 Armchair Travel: Germany (A, MA, R) Fitness Studio

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

Grandparents Day

Yom Kippur Begins

Oktoberfest Begins

10:30 Java Music Club (SN, R) **19**
Fitness Studio

2:30 Movie Matinee Martindale (SN, R) Pegasus Theatre

9:45 Card Games: Uno (A) **20**
10:00 Bible Study (MS, R) Reflection Room
10:45 Name that Song (A)
2:00 Bus Outing LTC/SL4 \$\$ to Walmart Deerfoot City
2:30 Golden Dames in Atrium

10:30 Movement & Music (A) **21**
2:30 Big Bingo \$\$ in Atrium

6:30 Falcon Ridge Family Church Service in Atrium

10:30 Move & Groove (A, S) in Fitness Studio **22**

2:30 National Wildlife Day: Penguins (A, S) Pegasus Theatre

10:00 Spa Day (R, A, MA, S) All floors Pegasus Theatre **23**

1:30 Java Music Club (MA, R) Fitness Studio



10:00 Guru Amar Video Call (A) in Taradale Flex Room **25**
10:30 Video Sermon: Catholic (MO, MS) Pegasus Theatre
1:30 Board Game Café in Activity Zone

Sukkot Begins

Autumn Begins

10:30 Java Music Club (A, S) **26**
Fitness Studio

2:30 Movie Matinee Pineridge & Rundle (A, S) Pegasus Theatre



2:30 High Stakes Bingo \$\$ (MO, AC, Ap, M, SN, A, R) in Atrium **28**

1:30 Butterfield Acres Farm Corral outside Recreation Office **29**

10:00 Understanding Aboriginal Identity: Alberta floors 1,2,5 in Atrium **30**

2:00 Understanding Aboriginal Identity: Alberta Floors 3,4,6 in Atrium

Simchat Torah Begins



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.