

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021



1
9:45 What's up in Recreation & Program Sign Up (S)
2:30 Aroma Therapy (A, S) Pegasus Theatre

2
10:45 Full Body Exercise (S, A) Fitness Studio
2:00 Java Music Club (A, S) Fitness Studio



4
10:00 Guru Amar Video Call (A) in Taradale Flex Room
10:30 Video Sermon: Sikh (SK, AP) Pegasus Theatre
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



8
2:30 Live Entertainment: Ledfoot Express in Atrium

9
10:30 Parachute (S, R) Fitness Studio
2:00 Java Music Club (R, S) Fitness Studio

10
10:00 MC College Manicures in Activity Zone
1:30 News & Views (S) West
3:00 Concert: Andrea Bocelli (A, S) Pegasus theatre

11
10:00 Guru Amar Video Call (MA) in Taradale Flex Room
10:30 Video Sermon: Catholic (R, S) Pegasus Theatre
1:30 Board Game Café in Activity Zone
3:30 Individual Connections (S)

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

Grandparents Day

13
11:30 In House Lunch - Seniore's Pizza \$\$ in Atrium Sign-up Required
3:00 Expressive Art: Floor 1,2,3 in Atrium

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



15
10:30 Fun & Fitness (A, S) Fitness Studio
2:00 LTC/SL4 Bus Outing \$\$ Dollar Store Deerfoot City

Yom Kippur Begins

16
9:45 Name That Song (S) East
10:45 Exercise (S) West
2:00 Java Music Club (MA, SN) Fitness Studio
2:00 Cooking Show \$\$ "Pesto Pasta with Shrimp and Garlic Bread" (A, S) Family Dining Room

17
2:00 Armchair Travel: Germany (A, MA, R) Fitness Studio

18
10:00 Guru Amar Video Call (R) in Taradale Flex Room
10:30 Video Sermon: Christian (AC, SN) Pegasus Theatre

Oktoberfest Begins

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

20
9:45 Music Pioneers (S) East
10:00 Bible Study (MS, R) Reflection Room
10:45 Ribbon Exercises (S)
2:00 Bus Outing LTC/SL4 \$\$ Walmart Deerfoot City
2:30 Golden Dames (MO, MA, S)

Sukkot Begins

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

22
10:30 Move & Groove (A, S) Fitness Studio
2:30 National Wildlife Day: Penguins (A, S) Pegasus Theatre

Autumn Begins

23
10:00 Spa Day All floors in Pegasus theatre
1:30 Java Music Club (MA, R) Fitness Studio

24
10:15 Concert Series: Bee Gees (R, S) Atrium
2:30 Pub n' It (R, S, MA)

25
9:45 Balloon Toss (S) East
10:00 Guru Amar Video Call (G) in Taradale Flex Room
10:30 Video Sermon: Catholic (MO, MS) Pegasus Theatre
10:45 Walks (S)
1:30 Board Game Café in Activity Zone

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

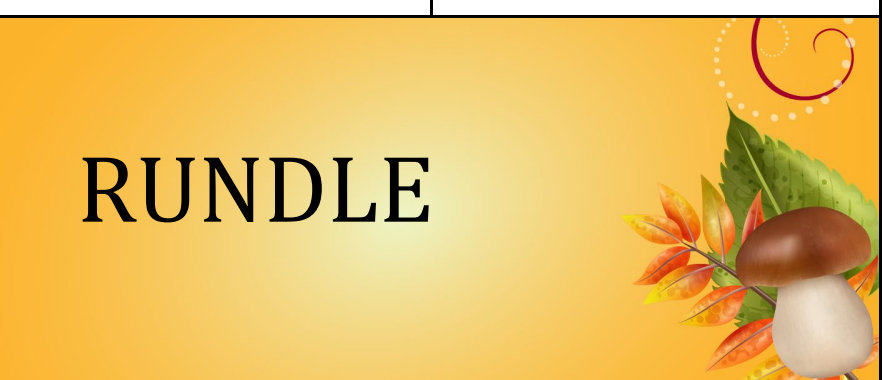
27
10:00 Curling in Atrium
2:30 Baking (R, S) in Family Dining Room

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



29
10:30 Balloon Badminton (R, S) East & West
2:30 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.