

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

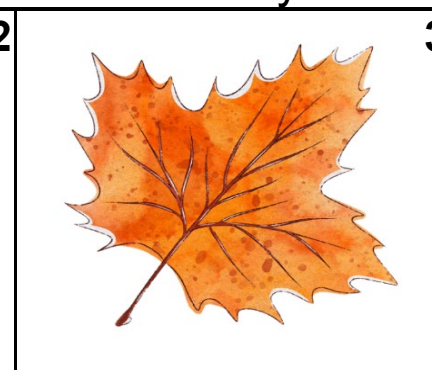
Saturday

# September 2021



**1**  
 10:45 Full Body Chair Exercises (A, S) in *Fitness Studio*  
 2:30 Aroma Therapy (A, S) in *Pegasus Theatre*

**2**  
 9:45 What's up in Recreation & Program Sign up (A)  
 2:00 **Java Music Club (A, S)** *Fitness Studio*




**3**  
 10:00 Guru Amar Video Call (A) in *Taradale Flex Room*  
 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**  
 9:45 OBIE (A)  
 2:30 Fun Bingo in *Atrium*



**8**  
 2:30 Live Entertainment: Ledfoot Express in *Atrium*

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

**10**  
 10:00 **MC College Manicures** in *Activity Zone*  
 3:00 Concert Series: Andrea Bocelli (A) in *Pegasus Theatre*


**11**  
 10:00 Guru Amar Video Call (MA) in *Taradale Flex Room*  
 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*

Grandparents Day

**13**  
 9:45 Coffee Talks (MA)  
 11:30 **In-House Lunch Seniore's Pizza \$\$** in *Atrium Sign-up Required*  
 3:00 Expressive Art: Floor 1,2,3 (A, R) *Fitness Studio*  
 3:00 Reminiscing: Show & Tell (MA)

**14**  
 10:45 Chair Pilates (A)  
 2:30 **Big Bingo \$\$** in *Atrium*



**15**  
 9:45 Trivia (MA)  
 10:45 Table Bowling (MA)  
 1:30 Movie Club: Part 1 (MA)  
 2:00 **LTC/SL4 Bus Outing \$\$** *Dollar Store Deerfoot City*  
 3:00 Hymn Sing (MA)

Yom Kippur Begins

**16**  
 9:45 Hollywood Scoop (MA)  
 10:45 Full Body Exercise (MA)  
 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**  
 2:30 **Armchair Travel: Germany (A, MA, R)** in *Fitness Studio Floors 1,2,3*

**18**  
 10:00 Guru Amar Video Call (R) in *Taradale Flex Room*

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

**20**  
 9:45 Life's Blessings (MA)  
 10:00 **Bible Study (MS, R)** *Reflection Room*  
 10:45 Sing, Stretch laugh (MA)  
 2:00 **Bus Outing LTC/SL4 \$\$ to Walmart Deerfoot City**  
 2:30 **Golden Dames** in *Atrium*

Sukkot Begins

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

**22**  
 9:45 Name that Tune (MA)  
 10:45 Yoga (MA)  
 1:30 Movie Club: Part 2 (MA)  
 3:00 Lemonade and Laughter (MA)

Autumn Begins

**23**  
 10:00 Spa Day *All floors in Pegasus Theatre*  
 3:00 Birthday Party on *Sunridge*

**24**  
 9:45 Word Mining (MA)  
 10:45 Balloon Toss (MA)

**25**  
 10:00 Guru Amar Video Call (G) in *Taradale Flex Room*

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

**27**  
 10:00 Curling in *Atrium*  
 1:30 Sunshine Walks (MA)  
 3:00 National Wildlife Day: Animal Planet (MA)

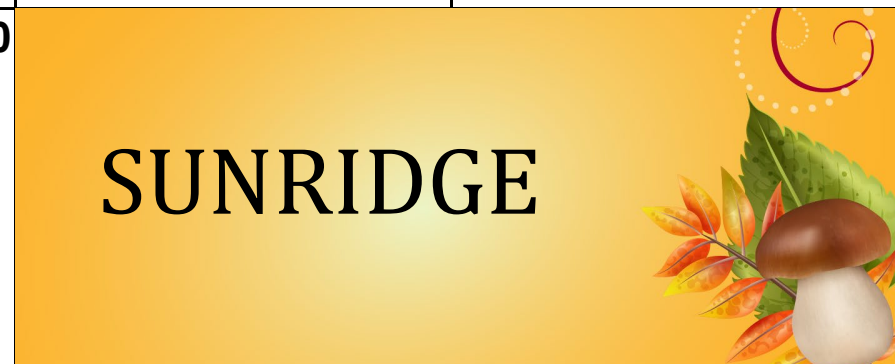
**28**  
 2:30 **High Stakes Bingo \$\$** in *Atrium*



Simchat Torah Begins

**29**  
 10:00 **Armchair Travel: Germany (S, MA, R)** *Fitness Studio Floors 4,5,6*  
 1:30 Butterfield Acres Farm Corral outside *recreation office*

**30**  
 10:00 Understanding Aboriginal Identity: Alberta floors 1,2,5 in *Atrium*  
 2:00 Understanding Aboriginal Identity: Alberta Floors 3,4,6 in *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.