

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

			<p>9:45 What's up in Recreation & Program Sign-up (MO) 1 10:45 Wii Bowling (MO) 2:00 Individual Connections 3:00 Creative Corner (MO, AC) <i>Dining Room</i> 3:00 Individual Connections (SK) 6:30 OBIE (AC, SK) <i>6th floor</i></p>	<p>9:45 Coffee Talks (MO) 2 10:45 Two Truth's and a Lie (MO) 2:30 Whitehorn Movie <i>in Pegasus Theatre</i> 3:00 Creative Crew (MO) 6:30 Boxing Cardio (M)</p>	<p>9:45 Walk to Bistro (MS) 3 10:45 Balloon Bop (MS) 3:00 Sing-a-Long (MS) 6:30 Individual Connections (M)</p>	<p>10:45 Coffee Talks (SK) 4 1:30 Board Game Café <i>in Activity Zone</i> 1:30 Open Gym (AC) 3:00 Individual Connections (AC)</p>
<p>9:45 Fact or Fiction (SK) 5 2:30 Cooking (SK, AC) <i>E&W Flex Room</i> 3:00 Life's Blessings (SK)</p>	 <p>6</p>	<p>9:45 Request Hour (MS) 7 10:45 Walk to Shell (MS) 2:30 Fun Bingo <i>in Atrium</i> 6:30 Movie Club (SN)</p>	<p>10:45 Walk to Shell (MS) 8 2:30 Live Entertainment: Ledfoot Express <i>in Atrium</i> 6:30 You be the Judge (SK, AP) 6:30 Meditation & Chamomile Tea (AC, M) <i>Pegasus Theatre</i></p>	<p>9:45 Positive News Stories (MO) 9 10:45 Table Curling (MO) 2:30 Whitehorn Movie (M, AP, AC) <i>Pegasus Theatre</i> 3:00 Creative Crew: Market Crafts (MS, MO)</p>	<p>9:45 Walk to Bistro (MO) 10 9:45 Puzzles (AC) <i>Activity Zone</i> 10:00 MC College Manicures (S) 10:45 Chair Exercises (AC, MO) <i>Fitness Studio</i> 1:30 Individual Connections (AC) 1:30 Request Hour (MO) 3:00 Craft (AC, MO) <i>East Dining Room</i></p>	<p>10:45 Giant Crossword (MO) 11 1:30 Board Game Café <i>in Activity Zone</i> 3:30 Individual Connections (MO) 6:30 Hand Massages (M)</p>
<p>10:45 Request Hour (MO) 12 1:30 Seated Tai Chi & Chai Tea (MO, M) 3:00 Individual Connections (MO)</p> <p>Grandparents Day</p>	<p>9:45 Puzzles (AC) 13 2:00 Cooking: Indian Tacos (AC, M) <i>Flex Room</i></p>	<p>9:45 Muffin Party <i>East Dining Room</i> 14 1:30 Individual Connections (SN) 2:30 Big Bingo \$\$ <i>in Atrium</i> 6:30 Bible Trivia Book of John (M)</p>	<p>9:45 Crazy Eight's (MS) 15 10:45 Bead Making (MO) 1:30 Balloon Badminton (MS, SK) 3:00 MHU Java Music Club (MS, SK) <i>Flex Room</i> 6:30 Individual Connections (SK)</p> <p>Yom Kippur Begins</p>	<p>9:45 Creative Crew: Market Crafts (MO) 16 1:30 Individual Connections (MO) <i>Fitness Studio</i> 3:00 Spin it to Win it (MO)</p>	<p>9:45 Walk to Bistro (AC) 17 10:45 Floor Curling (MS, AC) 2:30 Chapel (MS) 3:00 News & Views (MS)</p>	<p>9:45 Card Games (AP) 18 10:45 Ribbon Exercises (AP) 1:30 Board Game Café <i>in Activity Zone</i> 3:00 Monthly Gazette (M) 3:30 Individual Connections (MS, AC) 6:30 Individual Connections (M)</p> <p>Oktoberfest Begins</p>
<p>9:45 Crazy Eight's (MS) 19 10:45 Ball Toss (MS) 1:30 Board Games (MS) 3:00 Hymn Sing (MS)</p>	<p>9:45 Name 5 (MO) 20 10:00 Bible Study (MS, R) <i>in Reflection Room</i> 10:45 Positive News Stories (MO) 1:30 Fun & Fitness (AP) <i>E&W</i> 2:30 Golden Dames <i>in Atrium</i> 3:00 Individual Connections (AP)</p> <p>Sukkot Begins</p>	<p>2:30 Big Bingo \$\$ <i>in Atrium</i> 21 6:30 OBIE (AC, M) <i>E&W 6th Floor</i> 6:30 Falcon Ridge Family Church Service <i>in Atrium</i></p>	<p>2:00 Games in the Park (M, AP, AC) <i>E&W</i> 22 5:00 In-House Dinner <i>in Atrium</i></p> <p>Autumn Begins</p>	<p>9:45 Two Truth's and a Lie (MO) 23 10:45 Walking Club (MS) <i>Fitness Studio</i> 2:30 Prime Timers (MO, AP, M) 2:30 Whitehorn Movie (AC, MS) <i>Pegasus Theatre</i> 6:30 Individual Connections (AC)</p>	<p>9:45 Walk to Bistro (MO) 24 10:45 Walking Club (MO, SN) 2:00 MHU Bus Outing \$\$: Tsuu T'ina Culture Museum</p>	<p>10:30 Video Sermon: Catholic (MO, MS) <i>Pegasus Theatre</i> 25 1:30 Board Game Café <i>in Activity Zone</i> 3:30 Individual Connections (MO, MS) 6:30 Moves & Grooves (SK)</p>
<p>9:45 Ball Toss (MS) 26 10:45 Walking Club (MS) 1:30 Card Bingo (MS) 3:00 Sing-a-Long (MS)</p>	<p>9:45 Puzzles (AP, AC) <i>Activity Zone</i> 27 2:30 Volunteer Appreciation (AC, AP, M) 3:00 Individual Connections (MS)</p>	<p>9:45 Name that Song (MO, AP) 28 10:45 Floor Curling <i>in East Dining Room</i> 2:30 High Stakes Bingo \$\$ <i>in Atrium</i></p> <p>Simchat Torah Begins</p>	<p>9:45 Name that Tune (MO) 29 9:45 Individual Connections (AC) 10:00 Armchair Travel: Germany <i>Fitness Studio</i> 10:45 Chair Exercise <i>in Atrium</i> 1:30 Butterfield Acres Farm Corral <i>outside Recreation office</i> 6:30 Bible Trivia Matthew Gospel (M, AP)</p>	<p>10:00 Understanding Aboriginal Identity: Alberta (MA, S, SN) <i>floors 1,2,5 Atrium</i> 30 2:00 Understanding Aboriginal Identity: Alberta (MO, M, AC, R) <i>Floors 3,4,6 Atrium</i></p>	 <p>WHITEHORN EAST</p>	

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.