



AgeCare Columbia Recreation Update

The need to stay active, intellectually stimulated and socially connected never ends – even during these unprecedented times. Our recreation team is working hard to create engaging activities to enrich the mind, body and spirit, while ensuring residents can maintain appropriate physical distancing.

To keep you informed, we will provide a weekly recreation update with highlights of the week.

Resident Safety During Activities

AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the Chief Medical Officer of Health and taking the appropriate hygiene measures.

Highlights of the Week

Traveling Cart

Recreation will be visiting with assorted ice cream treats...just like the days of ice cream trucks, except without the cost or chimes.



You are My Sunshine Craft

It's not too late to make a sign for your room. See Recreation and we'll set you up to paint a small sign.



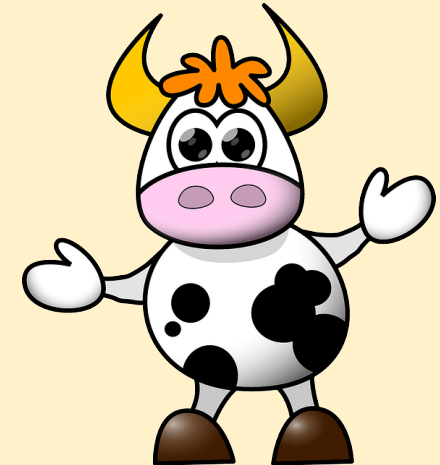
New Furniture

We added more opportunities for residents to relax and enjoy the outdoors with new patio tables and chairs...furniture is located all around the building and waiting to be utilized.



Special Awareness Days for July

- 10 – National Motorcycle Day – vroom, vroom...
- 11 – Cheer Up the Lonely Day – great idea!
- 12 – Different Coloured Eyes Day – it happens.
- 13 – National French Fry Day – McDonald's make the best fries
- 14 – Pandemonium Day – were do we begin?
- 15 – Cow Appreciation Day – Hug a Cow.
- 16 – Fresh Spinach Day – Popeye will be there.



Joke of the Day/Quote of the Day

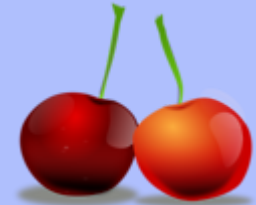
Misers may not be much fun to live with, but they sure do make great ancestors!





Check it Out

Both our Evan's cherry trees are loaded with fruit, and will be ready for picking in a few weeks. They are located in front of the West Winds building. Cherry Pie sure sounds good.



Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To make a request to connect with your loved one, contact Veronica Bohnert Recreation Therapist, at 403 320-9363 or email vbohnert@agecare.ca

Outdoor Courtyard Visits

We have been facilitating courtyard visits since May 05th as per the order from the Medical Officer of Health (MOH) with huge demand and success! Our outdoor visits are scheduled 7 days a week from 10:00 – 3:00 daily. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Veronica Bohnert, Recreation Therapist, at 403 320-9363 or email vbohnert@agecare.ca



Staying Connected With Your Loved One

Keep your eye out for our weekly updates. In the meantime, you can also check out our Facebook page [@Columbia.Lethbridge](https://www.facebook.com/columbia.lethbridge/) (<https://www.facebook.com/columbia.lethbridge/>)

AgeCare Columbia offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist, Veronica Bohnert at vbohnert@agecare.ca or (403) 320-9363 to sign-up for a session with your loved one.

For instructions on how to use technology for our virtual visits, [click here](#).