



## 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

### **Dice Game – “Pig”**

It’s a strange name for a game until you start to play and not know when to stop your turn. Each player has their own dice and must decide when to stop or take the chance of losing all the points they’ve accumulated for their turn.



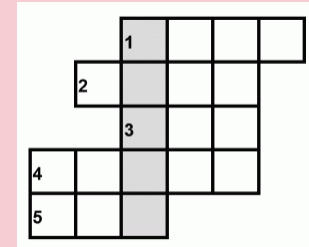
### **Canada Day Raffle**

Every resident will have their name put into a draw for a chance to win one of two gift bags full of Canada Day themed items. Draw will take place on Tuesday, June 30<sup>th</sup>.



### Puzzle Packages

New puzzle packages are available and have something for everyone. Recreation will be delivering them as part of the traveling cart and more copies will be available at reception.



### Canada Day Flag Craft

Come and work on making your own Canada Day flag using old maps. Kits are available at Recreation and are designed to complete independently or with a small group. We're here to assist.



### 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](mailto: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](#).