



AgeCare Glenmore 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.

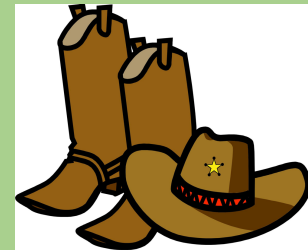
Highlights of the Week

Stampede Lunches

We celebrate Stampede this week, in a modified way. Instead of our big outdoor Stampede breakfast we decorated individual dining rooms throughout the week and the residents enjoyed live music during their lunch:

- Tuesday, July 7th – Bayview and Terrace dining rooms
- Wednesday, July 8th – Eagle Ridge dining room
- Thursday, July 9th – Sunshine Lounge and Glenmore dining room

We are so happy, and thankful to Cyndi, our Educator for providing live entertainment to our residents!



Stampede Entertainment

Stampede celebrations would not be the same without live country music. On Thursday, July 9th (weather permitting) Jim Baxter will be performing for our residents in the Friendship Garden (our main courtyard garden). Residents in rooms adjacent to the garden will be able to watch his performance from their rooms, some can listen from the Terrace dining room, and some will be able to watch him from outside. We are only able to accommodate a maximum of 15 residents in the garden during this time as we must adhere to social distancing requirements.



Program Highlight of the Week

As we announced in our update last week, some group programs have now resumed. We will continue to follow all distancing and cleaning requirements as needed. At this time we are not publishing a monthly activity calendar. Since program sizes are limited to a maximum of 15 residents, with some of our spaces further limiting group sizes, we will be doing our best to balance the needs of our residents for programming. We do not want to turn eager participants away but we will be inviting residents individually at this time to ensure that opportunities are shared by everyone.

This week we are highlighting our Men's Group which is resuming weekly to engage the men in a variety of activities. At this time the group will be playing a variety of games such as:

- Bocce
- Badminton
- Frisbee Target Toss
- Car Racing
- Basketball Toss
- Crokinole
- Checkers
- Floor Hockey

Activities have been chosen with cleaning procedures and social distancing in mind to ensure the safety of our residents.





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 [@AgeCare](https://www.facebook.com/agecare/) (<https://www.facebook.com/agecare/>).

AgeCare Glenmore offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist Chris Bannatyne at 403-640-8741 to sign-up for a session with your loved one.

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