



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.

Resident Safety During Activities

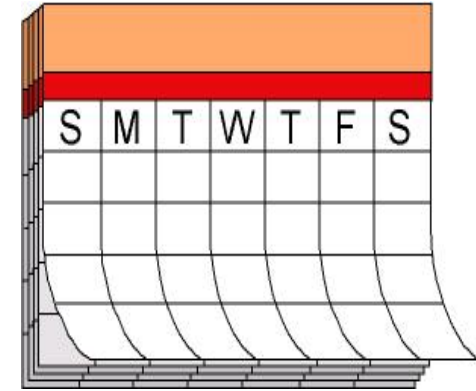
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

Recreation Calendar Returning

With recent changes, the recreation team will be releasing our program calendar internally for the month of August so that residents and families can be aware of upcoming programs. We will continue to follow all distancing and cleaning requirements. 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.



We are happy to say that some entertainment events have been planned for August including:

- Dwayne Fetting - on Thursday, August 6th at 2:00pm
- Sax and Socks – on Thursday, August 20th at 2:00pm

These will be held in the Friendship Garden. We are only able to accommodate 15 persons in the garden for these events. Residents who have rooms adjacent to the friendship garden can enjoy the performances in their rooms. Some residents in the Woodbine neighbourhood will be able to watch from the dining room.

We are also looking forward to hosting a Summer Olympics themed event on August 27th in the afternoon. Weather permitting we will bring residents one at a time to the Friendship Garden to participate in the javelin, discus and shot-put events.

Program Highlight of the Week

As we announced in past updates, some group programs have now resumed. This week, we wanted to highlight summer themed games we have been playing.

We have a lot of great lawn games that we have been able to utilize lately for Fun & Games and indoors when it is either too hot or too rainy. Many of our games we have been able to utilize or adapt as needed to make for easier cleaning:

- Bean bag toss – plastic balls or vinyl bean bags instead of cloth bean bags
- Ladder toss – with plastic bolo balls on strings
- Lawn darts
- Bocce ball – plastic in bright colours that are easy to see, and easy to clean
- Target Frisbee toss – plastic Frisbees cleaned after each program





Safe Visitation

AgeCare's Safe Visitation policy allows resident and visitors to remain socially and emotionally connected while staying safe and healthy. All visitors must understand the [risk of unknown exposure to COVID-19](#) for themselves and residents and assess their health before visits. Visitors must provide their name and contact information, and follow safe visiting practices, which include receiving a health assessment screening, having their temperature taken, completing proper hand hygiene, and bringing and wearing a mask.

Indoor Visits

To reserve a time-slot, call Reception at (403) 253-8806. [View Guide \(PDF\)](#)

Outdoor Visits

To reserve a time-slot, call Reception at (403) 253-8806. [View Guide \(PDF\)](#)

Virtual Visits

To schedule a session, call Recreation at 403-640-8741. [View Guide \(PDF\)](#)

Facebook

Keep your eye out for updates on our Facebook page [@AgeCare](#).