



## AgeCare Harmony Court 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

### Outdoor Concerts

Every Thursday or Friday we are holding an outdoor concert in our center courtyard. We have been having a wonderful time during these concerts. Many get up to dance and sing along. It has been the highlight of everyone's week with so many happy faces. This week we are excited to enjoy music from Jason Matheny. He sings a good mix of songs from different eras on guitar and throws in some saxophone throughout his set.



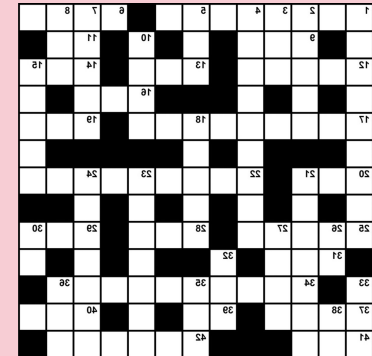
### Mobile Treat Cart: Root Beer Floats

Every Wednesday we deliver indulging treats to all the residents and staff in the afternoon. This Wednesday's treat was root beer floats. Such a nostalgic drink for many. When is the last time you had one? It is for sure an easy to make crowd pleaser on a warm day.



### Group Crossword Puzzles

Crossword puzzles are a great way to keep your mind active, but they can be challenging for residents to complete on their own. We gather a group of 10 or so to put our brains together and tackle as a team. For some this is their favorite program that they look forward to. We have a giant sized board to help everyone see and provide lots of verbal cues as we go through the numbers together.



### BINGO

BINGO is a favorite for many residents. It is as fun social activity that also benefits residents concentration, hand-eye coordination, and short term memory skills. We are able to still provide this program by keeping it a smaller group and spraying down the cards with disinfectant at the end of the program. Small chocolate bars and items are handed out to the winners.



### Virtual Visits & Window Visits

We have been busy connecting residents with their loved ones via Skype, FaceTime, Zoom, and window visits. Both residents and family have expressed their enjoyment of connecting virtually or at the window during this challenging time. To schedule a time to connect with your loved one, contact Jessica, Recreation Manager, at 604-527-3328



### 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 [@HarmonyCourtEstate](https://www.facebook.com/harmonycourtestate/) (<https://www.facebook.com/harmonycourtestate/>)

Other ways to stay connected include email, letters, photos, and window visits. Contact our Recreation team at 604-527-3328 or [hcrecreation@agecare.ca](mailto:hcrecreation@agecare.ca) for more details.

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