



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

Artistic Expressions

We gather a small group of residents and all of our painting supplies to get creative. The residents enjoy painting while socializing. At the end everyone shows their paintings and share a smile full of satisfactions.



Small Group Fitness

Since April we have been running many small group programs, and fitness is an important one. We rotate the residents to give everyone the opportunity to participate and space everyone out from each other. By having these smaller groups we are able to focus more with each individual residents involved and spend more time on movements that work for them.



Outdoor Walkabouts and Lounging

Most days the weather has been warm, which means we can enjoy some much needed sunshine. Through out each day we bring small group of residents to the courtyard for their daily dose of vitamin D and fresh air. Everyone looks forward to being able to spend a little time outside.



Mobile Library

The library is back in service and has dropped off their first delivery of new books and movies. The movies are played in the evenings for the residents and individually selected book are picked out for the residents on the librarian's list. This weeks top movie was A Dog's Journey.





Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Skype, FaceTime, and Zoom. Both residents and family have expressed their enjoyment of connecting virtually 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 for more details.

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