



## 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 if the weather is on our side we are holding an outdoor concert in our center courtyard. All the residents are assisted outside and seated with appropriate physical distancing. 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. We reschedule to the Friday if the weather doesn't co-operate on the Thursday. This week we are excited to bring Peter Montgomery back!



### Mobile Cart: Pop and Chips

Every Wednesday we deliver indulgent treats to all the residents and staff in the afternoon. This Wednesday's treat was pop, chips and Cheezies. Some have a sweet tooth and some crave the salty treats, so we took a break from the ice cream to serve up the best of both worlds.



### Puzzle Time

Working on a puzzle can be a relaxing and cognitively stimulating. We have lots of puzzles to choose from in various levels of difficulty. Those that are interested can pick a puzzle to work on for the afternoon with some help from the staff if needed. Puzzles are sanitized once finished and between use.



### One-to-One Visit

During our daily one-to-one visits with residents we provide a variety of activities to choose from. It could be singing along to some favorite music, reading letters from family, discussing the latest news stories, stimulating the senses with sensory tools, encouraging exercise, having a relaxing chat, and much more.





## Virtual Visits

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](mailto:hcrecreation@agecare.ca) for more details.

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