



## 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

### Celebrating Canada

We had a wonderful afternoon in the courtyard celebrating Canada with its upcoming 153rd birthday. Cheek to Cheek entertained us with their music that included many well-known Canadian artists. We had many residents get up out of their chair to dance and sing along as we enjoyed some cold pop and chips in the sun. A raffle draw was held at the end for a basket full of Canadian animal plushies.



### Father's Day

On Father's Day weekend we spent one-on-one time with all the men in the building and gifted them with a new ball cap and a Father's Day card. We held programs just for the men to gather together, listen to music, socialize and reminisce about being a father.



## Donuts for Dad

We had a special afternoon serving Tim Horton's donuts in honor of all the father's in the building. We bought so many donuts there was enough for all the residents and staff to enjoy. Everyone was surprised and thankful to have a special sweet treat.



## BINGO

BINGO is a favorite for many residents. It is as fun social activity that also benefits their 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.





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

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