



AgeCare Harmony Court Estate 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

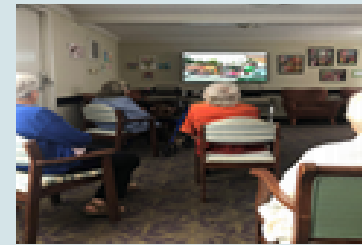
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

Armchair Travel

We watched the “New York State from End to End” for 30 minutes and then had an open discussions. Everyone shared a memorie from their travels.



Cookie Munchers Club

The club started with Fireside Lounge visits and then it grew to a bigger group. Every afternoon residents gather in the fireside lounge and share cookies, chats and laughter. Everyone takes turns bringing a box of cookies to share. They call themselves The Cookie Munchers Club.



Ice Cream, You Scream, Everyone Screams for Ice Cream

What else goes best with a hot summer day! Residents enjoyed an Ice Cream sundae with all the works.





Outdoor Concerts

Beautiful summer afternoon with Peter Montgomery and his Guitar in the courtyard. The old songs brought back lots of memories.



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](#).