



## 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

### Canada Day Celebrations

We celebrated Canada Day two days in a row this year to make sure we are following the social distancing guidelines. We allowed residents from two floors each day, both days we had entertainment and served old fashion coca cola in a glass and a small bag of potato chips. Lots of dancers on the grass and lots of pictures taken.



### Education Session ~ legal issues and Seniors

A PowerPoint education session was offered by our social worker in the activity room. 15 residents participated with lots of questions about legal issues regarding the residents. It was a very informative session for all.



### 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.



### Movie lovers time

We invited our group of movie lovers and explained the movie they are going to watch in advance. This week we played A Dog's Journey in the big screen T.V in the activity room. Everyone really enjoyed it.



### 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](#).