



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

Flower Corsage Craft

To celebrate resident's birthdays, our team is surprising them at their door, giving them a birthday card, small flower corsage, cupcake, and singing them happy birthday. A couple of residents have been helping us making the corsages, while practicing proper hand hygiene.



Picture Boards

Some residents are helping us put together new picture boards for our walls in the front entrance. We choose and paste the pictures of the special events on a poster board to display for everyone to see. This program also gives an opportunity to chat and share memories.



Mobile Cart: Root Beer Floats

We had another fun Wednesday for residents to enjoy a yummy surprise. This time we served root beer floats. Some of our residents enjoyed coming out to the beautiful garden for the floats and some preferred to stay inside to indulge in the treat.



Outdoor Concerts

Beautiful summer afternoon with Jason and his saxophone in the courtyard was a success. Many danced and sang along during the show.



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 for more details.

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