



## 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

### Donuts for Dad

We had a special afternoon serving Tim Horton's donuts and coffee on Thursday in honor of all the father's in the building. We visited 72 residents at their door and offered them goodies. Everyone was surprised and thankful to have a special sweet treat.



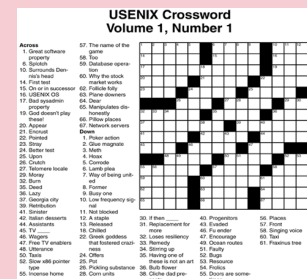
### Celebrating Fathers

All the men were invited to the Magnolia garden on Tuesday to continue our celebration of father's day. All the men were given a new ball cap as a gift with a card and we served up cold beer, pop, and chips. We sat outside in the nice weather listening to music, socializing and reminiscing about the best father's day gift they have had in past.



### Crossword Puzzle Tuesdays & Thursdays

We need to keep the mind active. We invite up to 10 residents to participate in our crossword puzzles by invitations only, rotating those that wish to join. All our participants practice social distancing sitting 6 feet apart from each other, and remembering to enter and exit our activity room one at a time.



### Word and Number Puzzles

Do you want to do a word search, sudoku, crossword, or all three? Recreation can help you with that! We have a variety of puzzles on paper that we can deliver to your room. Please let us know if you're interested by speaking to any recreation team member.



### 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](#).