



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

Outdoor Concert

Award winning country singer Tiana and her husband Mike brought us a wonderful summer afternoon in the courtyard.



Artistic Expressions

Residents love to paint and chat and sometimes just quietly focus on their projects. They all have a very peaceful and relaxing one-hour program.



Special Birthday Recognition

Bruce turned 98 on Sunday and had a special Birthday recognition from the staff and residents at Harmony Court Estate.



Resident Council Meeting

Resident Council members and the management team came together to discuss issues concerning Harmony Court Estate on Thursday afternoon.



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](#).