



AgeCare Midnapore 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

Garden Visits

The weather is warming and our garden is blooming! Which means we can all enjoy some fresh air and sunshine. Staff will take residents outside to our courtyards and/or on neighbourhood patios each day (weather permitting, of course!) to spend a little time enjoying each other's company, perhaps listening to the birds chirp or looking at our beautiful flowers.



Exercise and Active Games

Residents continue to enjoy exercise groups and active games that are scheduled on each neighbourhood.



Big Bingo

We have continued with our infamous Big Bingo. Residents can play in small groups in each neighbourhood and use paper bingo cards and poker chips. This has been a wonderful way to keep our avid bingo players together while still maintaining social distancing.



Group Programming

Residents will be receiving a July Program Calendar. Each neighbourhood will have programs scheduled during the month of July. Residents and family members can access all program calendars and July newsletters online at:

www.agecare.ca/midnapore under News and Events.



Snapshot of the Recreation Calendar next week:

<p>19 Happy Birthday Shirley M, Nancy R</p> 	<p>20 Happy Birthday Eloise F</p> <p>SD Balloon Badminton SH Bingo SM Exercise CH News & Views EG News & Views BW Exercise HP Word Games</p>	<p>21 Happy Birthday Helmut C</p> <p>SD Dice Games SH Bottle Rockets SM Sensory Visits CH Dice Games EG Exercise BW Reminisce HP Bingo</p>	<p>22</p> <p>SD Hand Massage SH Word Games SM Bean Bag Toss CH Music & Memories EG Word Games BW Word Games 3:00 Hannah Pagenkoff Entertainment (invite only)</p>	<p>23 Happy Birthday Maria B, John D</p> <p>SD Tile Rummy SM Armchair Travel CH Tile Rummy EG Name the Country HP Famous Faces</p> <p>2:00 Tuck Cart</p>	<p>24 Happy Birthday Alicia E, Trudy B</p> <p>SD Sensory Words SH Balloon Toss SM Balloon Toss CH Exercise EG Bingo BW Exercise</p>	<p>25</p> <p>SM Farkle BW Farkle HP Farkle SH Farkle</p>
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Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To make a request to connect with your loved one, contact Tori White, Recreation Manager, at 403-873-2612 or email twhite@agecare.ca

Outdoor Patio Visits

We have been facilitating courtyard visits since May 5th as per the order from the Medical Officer of Health (MOH) with huge demand and success! The majority of our visits take place Monday – Friday on top of the hours of 9:45, 10:30, 11:15, 1:15, 2:00, and 3:15. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Tori White, Recreation Manager, at 403-873-2612 or email twhite@agecare.ca



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 [@AgeCare](https://www.facebook.com/agecare/) (<https://www.facebook.com/agecare/>).

AgeCare Midnapore offers 125 outdoor in-person and virtual visit sessions per week for residents and family to choose from. There are 270 residents that reside at AgeCare Midnapore. Contact Tori White, Recreation Manager, at 403-873-2612 or email twhite@agecare.ca to sign-up for a session with your loved one.

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