



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

Celebrating Stampede

This week we celebrate stampede with some outdoor entertainment for residents!



Snapshot of the Recreation Calendar July 26 to 31:

26 Happy Birthday Edith D, Lois M 	27 SD Balloon Badminton SH Exercise SM Exercise CH Balloon Badminton EG Manicures BW Exercise HP Trivia	28 Happy Birthday Tom D SD Bingo SH Balloon Toss SM Bottle Rockets CH Music & Memories EG Exercise BW Word Games HP Bingo	29 Happy Birthday Justina P, Martha M, Ed D SH Word Games SM Garden Stroll BW Word Games 10:00 Library Cart 2:00 Ledfoot Express Entertainment (invite only)	30 Happy Birthday Manuel K SD Music & Memories SH Who Am I? SM Who Am I? CH Trivia EG Word Game BW Who Am I? HP Famous Movies 2:00 Tuck Cart	31 Happy Birthday Gertie P SD Exercise SH Exercise SM Balloon Toss CH Exercise EG Bingo BW Balloon Toss
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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. Is there programs you would like to see in August? Please let Tori know, we are making the August calendar.



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 virtual visit sessions each week for residents and family to choose from. 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](#).