



## 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.

### 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

### Recreation Calendar

Here is a snapshot of the upcoming week in recreation:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> Happy Birthday Jean H 	<b>3</b>  <b>Heritage Day</b> No Recreation Programs	<b>4</b> Happy Birthday Ron G 9:45 SD Reminiscing (I) 10:45 HP Seated Playoff Hockey (E) 10:45 CH Exercise (I) 3:00 EG Word Games (I)	<b>5</b> 9:45 SM Categories (G) 9:45 CH Reminisce (I) 10:45 SD Word Games (I) 10:45 SH Word Games (G) 1:30 EG Word Game (I) 1:30 BW Categories (G) 3:00 Dwayne Fettig Music (invite only) 5:45 HP Social Visits (T)	<b>6</b> Happy Birthday Dickie G 9:45 SD Exercise (I) 9:45 SH Reminiscing (G) 10:45 SM Reminiscing (G) 10:45 HP Mental Aerobics (E) 10:45 CH Tile Rummy (I) 1:30 SD 1:1 Visits (A) 3:00 EG Bingo (I) 3:00 BW Reminiscing (G) 5:45 SM EZ Does It Trivia (T)	<b>7</b> 9:45 EG Who Am I? (I) 10:45 CH 1:1 Visits (A) 10:45 HP Manicures & Hand Massages (I) 2:00 SD Bottle Rockets (I)	<b>1</b> Happy Birthday Chester S 9:45 HP(I) 10:45 CH (I) 1:30 EG(I) 3:00 SD(I) <b>8</b> Happy Birthday Ken C, Cal S, and Florence L

### Program Highlight of the Week

This week we launched Bottle Rockets with our Somerest & Shawnessy residents





## Safe Visitation

AgeCare's Safe Visitation policy allows resident and visitors to remain socially and emotionally connected while staying safe and healthy. All visitors must understand the [risk of unknown exposure to COVID-19](#) for themselves and residents and assess their health before visits. Visitors must provide their name and contact information, and follow safe visiting practices, which include receiving a health assessment screening, having their temperature taken, completing proper hand hygiene, and bringing and wearing a mask.

### Indoor Visits

To reserve a time-slot, call 403-519-9397. [View Guide \(PDF\)](#)

### Outdoor Visits

To reserve a time-slot, contact Tori White at [twhite@agecare.ca](mailto:twhite@agecare.ca) or 403-873-2612. [View Guide \(PDF\)](#)

### Virtual Visits

To schedule a session, contact Tori White at [twhite@agecare.ca](mailto:twhite@agecare.ca) or 403-873-2612. [View Guide \(PDF\)](#)

### Facebook

Keep your eye out for updates on our Facebook page [@AgeCare](#).