



## AgeCare Orchard Manor 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

### **Bullseye**

This week Janet debuted a new game. We had a great turn out for bullseye, and residents enjoyed the excitement.



### **Increased Excitement**

Angela, one of our HCA's has been helping out in the recreation department this week. Angela has thoroughly enjoyed her time in recreation, and we have all enjoyed listening to her program groups. She brings out the hoots and hollers in everyone, and it has been a joy to watch and listen.



### Trash to Treasure Stories

Janet came across a great article that told stories of famous articles and items that people around the world have discovered in the trash, or on it's way there. Along with the stories, Janet used the iPad to show photos to residents so everyone could share the experience. Although it is nice to play a game together, it is also nice to share stories and pictures as a group. It was great to hear the residents share their own stories and opinions as well.



*Photo from the article*

### 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 [@AgeCareOrchardManor](https://www.facebook.com/agecareorchardmanor/) (<https://www.facebook.com/agecareorchardmanor/>).

AgeCare Orchard Manor offers virtual visit sessions each week for residents and family to choose from. Contact our recreation department at [omrecreation@agecare.ca](mailto:omrecreation@agecare.ca) or (403) 362-6188 to sign-up for a session with your loved one. For instructions on how to use technology for our virtual visits, [click here](#).