



AgeCare SkyPointe 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.

Enjoying the View

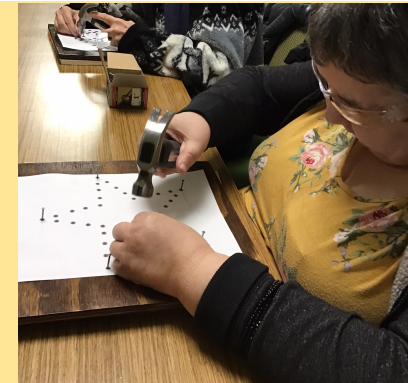
Residents were able to utilize the sunrooms on their neighbourhoods this week with the nice weather!

During warm, sunny days, small group activities were conducted in the sunrooms. On clear days, there are great views of downtown Calgary and the Rocky Mountains.



Creative Minds

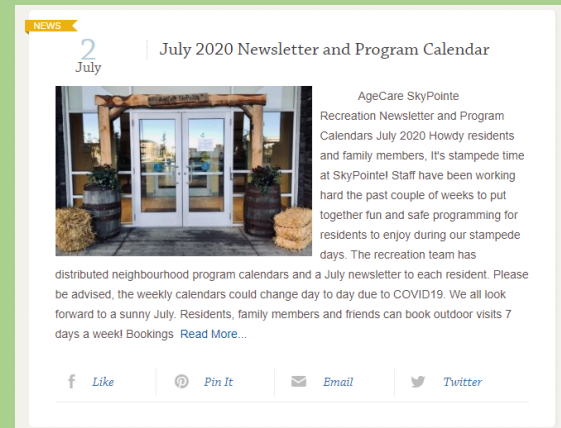
Residents from our Whitehorn neighbourhood have been participating in a *Creative Minds* program. The program allows resident to express themselves through different forms of crafts and art.





Monthly Calendars & Newsletter

Each month, the recreation team posts a monthly newsletter and neighbourhood program calendars. These can be accessed anytime on our SkyPointe [News and Events](#) web page.



Staying Connected With Your Loved One

Keep your eye out for our weekly updates. In themeantime,you can also check out our Facebook page [@AgeCare](https://www.facebook.com/agecare/) (<https://www.facebook.com/agecare/>).

AgeCare SkyPointe offers virtual visit sessions each week for residents and family to choose from. Contact Marlee Dukart, Recreation Therapy Manager for Supportive Living at 587-619-6317 or mdukart@agecare.ca or Lynne Hogan, Social Worker for Long Term Care at 587-619-6384 or lhogan@agecare.ca. For instructions on how to use technology for our virtual visits, [click here](#).