



## AgeCare Sunrise Gardens 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

### Gardening

We are continuing to welcome residents to participate in gardening every Tuesday and Thursday. We maintain the raised flower beds, water lawn and trees, weed the walkways, and care for the potted tomatoes. More potted veggies coming this week!

@3:00pm in the Backyard and @4:00pm in the Courtyard; weather permitting.



### YouTube Gardening with Mike

On rainy days we are exploring a YouTube channel called "Self Sufficient Me" where an aussie named Mike teaches us about growing all kinds of foods and gives tours of his gardens. He's really funny too!



### Happy Birthday!

This week we celebrated our July birthday's together with Cake! Happy Birthday to; Tina C, Margaret C, Martha B, David G, Fern P, Marilyn C, Doreen B, and Hazel L!



### YouTube Music with Jimmy

We are still watching Jimmy's Old Time Radio Show on YouTube. Jimmy has been entertaining seniors for 10 years, 2000 concert coast to coast nearly 450 facilities, but because of the pandemic with calls for resident isolations in facilities across Canada and bans of travel between homes he can't be able to come here and perform so he present his online concerts on YouTube. "Music brings back memories."



## BINGO

Bingo has been kicked back in to high gear this week, with two BINGO's running at a time so residents from each floor can play!

1<sup>st</sup> floor residents experienced a summer themed bingo with Beach Ball Bingo this week!

We are still limiting the number of residents attending to ensure social distancing, but had the chance to use the large dining rooms recently to include more who want to play.

Keep your eyes open for the upcoming "Bingo Ball of the Day" on the recreation white boards. We will be playing a building wide ongoing bingo game with one ball drawn daily until someone wins. Recreation will provide cards to those who wish to play.



## Game Night

Residents enjoyed playing Crokinole, and other board and card games again in the evening with Recreation Staff. Less residents can play at one time to ensure social distancing, but it has been a great opportunity for us to get to know some of our new arrivals this month! Welcome!





## **FRESH BREAD!**

This week we enjoyed fresh, still warm bread prepared by the Recreation Department. Recreation is able to bring back this activity enjoyed by many residents while ensuring social distancing, handwashing, and safe food practices to minimize risks during this time.



### **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, To make a request to connect with your loved one, contact Crystal Kurtz Mondays to Fridays 9:00 AM -4:30 PM at (403) 794-2105 [receptionsrq@agecare.ca](mailto:receptionsrq@agecare.ca).

### **Outdoor Courtyard Visits**

We have been facilitating courtyard and backyard visits since June as per the order from the Medical Officer of Health (MOH) with huge demand and success! The majority of our visits take place on Mondays—Sundays at 10:30am, 1:30pm, 2:30pm, 3:30pm and 4:30pm To make a request for a outdoor courtyard and backyard visit Contact Crystal Kurtz Mondays to Fridays 9:00 AM -4:30 PM at (403) 794-2105 [receptionsrq@agecare.ca](mailto:receptionsrq@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 Sunrise Gardens offers outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact Crystal Kurtz at (403) 794-2105 [receptionsrg@agecare.ca](mailto:receptionsrg@agecare.ca).

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