



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

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!

This week he taught us how to prune our tomatoes.



Dancing Exercise

This week we danced our hearts into health together, and brought back many of our favorite physical activity programs like Balloon Toss (volleyball), sit-er-cise, and chair yoga.

You Tube 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. Because of the pandemic calling for resident isolations in facilities across Canada and bans of travel between homes, he isn't able to perform live so he presents his concerts on online over YouTube. This week we watched him perform in Chartwell Jackson Creek.

"Music brings back memories."



BINGO

Another great game of BINGO was played this week where 3 of our residents won small potted succulents as the bingo prize. Thanks to the person who donated these prizes. Recreation was able to utilize the larger dining room to have more players attend at a time, for a more competitive game.

This week we began our new game: BINGO BALL OF THE DAY in which one or two balls will be drawn daily and announced to residents. Resident's will keep track of the daily draws on BINGO cards provided to them, labelled with their names. Winning cards will be deposited by the resident into a box provided at each floor's dining room. The box will be checked by Recreation at the end of each day, and any winners will be announced the following morning. Each winner will receive a prize delivered to their room, and the game will continue to the next round. At the end of every game, Recreation will hand out new cards, and announce the new 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!



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 virtual visit sessions each week for residents and family to choose from. Contact Crystal Kurtz at (403) 794-2105 receptionsrg@agecare.ca. For instructions on how to use technology for our virtual visits, [click here](#).