



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 welcoming you to participate in our gardening every Tuesday and Thursday @3:00pm Backyard and @4:00pm Courtyard and if the weather is not cooperating we can show you some gardening videos and we can talk about gardening.

“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.” – Luther Burbank



Dance exercise

We are running dance exercise classes. Come and join us!





Youtube Music with Jimmy

We are watching Jimmy's Old Time Radio Show on Youtube. Jimmy has been entertaining seniors for 10 years, 2000 concert coast to coast at nearly 450 facilities. Because of the pandemic, he's able to perform in person so he now does virtual concerts on YouTube.



BINGO

Starting in July the Recreation team is going to start Bingo again woohoo!

Some days we are playing in Recreation Room @3:00pm and some days we are playing in GEM dining room 2nd floor @6:30pm.

We will be using paper cards at every Bingo activities and limiting the number of participants per game to allow for appropriate physical distancing.





Upcoming Activities

Our hospitality team wants to do little more to celebrate the July's special days

July 1 Canada Day And Chicken Wing Day-We Will Have Boneless Chicken Wings For Lunch

July 2 National Bean Day - We will have beans with our hot dog at lunch

July 5 National Apple Turnover Day

July 6 National Fried Chicken Day

July 7 National Chocolate Day

July 8 National Blueberry Day

July 12 Pecan Pie Day

July 20 National Ice Cream Float Day

July 24 Ice Cream For Breakfast Day

July 30 National Cheesecake Day

Movie Night

Residents chose to watch Journey 2 the Mysterious Island for our movie night on the Duchess neighborhood. It was a big hit.



CANADA DAY

Residents loved the special "mini BBQ" desserts that hospitality prepared for them and served on Canada Day!





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, contact Crystal Kurtz Mondays to Fridays 9:00 AM -4:30 PM at (403) 794-2105 receptionsrg@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 receptionsrg@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.

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