



## AgeCare Sagewood 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

### **Wacky Wednesday's**

Wacky Wednesdays are completed is now a monthly event. Last Wednesday of the month will be our Wacky Wednesday. July 29<sup>th</sup> will be a pajama day. Feel free to bring in some crazy pajamas for your loved one or some wacky pajama accessories such as rollers, masks etc.



### **Ongoing weekly and daily activities**

Throughout our days we complete many one to one visits with residents, playing word games, iPads games, coloring/painting, gardening, outside-weather permitting, Fun and Fitness, Mind Teasers will be added to each neighborhood. This week we have added Book Club, Walk down memory Lane. This weeks addition is Bible Studies on Namaka Lake and Eagle Lake. Worship Service was added to Dawson Lake and GoldenHill/Langdon/Rockyford. This week we are starting iPad lessons for residents and we are hosting an outdoor window concert July 22. Alex Allery will be entertaining in our front courtyard at 1:45-2:45 so all residents on Eagle, Namaka and Dawson Lake can enjoy some music through the windows and then again in our Friendship Courtyard 3-4pm for residents on Golden Hills, Langdon and Rockyford . Just a friendly reminder that our Calendars posted on our web page under "News and Events"





## 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 [@AgeCareSagewood](https://www.facebook.com/agecaresagewood) (<https://www.facebook.com/agecaresagewood>).

AgeCare Sagewood offers virtual visit sessions each week for residents and family to choose from. Contact our Recreation team at 403-361-8003 or [rhempel@agecare.ca](mailto:rhempel@agecare.ca) to sign-up for a session with your loved one. For instructions on how to use technology for our virtual visits, [click here](#).