



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

Sagewood's Wacky Wednesday's

Each Wednesday – starting April 22nd we've had a number of fun and wacky Wednesday's with a new wacky themed event that residents and staff can take part in on their neighbourhoods. These days have been enjoyed by all. We will continue with these wacky Wednesday's going forward but they are now going to be monthly as other recreation activities are now going.



Canada Day

The Recreation team were on-site on June 30 to help the residents celebrate Canada Day. The weather unfortunately was uncooperatiuve but we still had our Canada day indoor festivities as well as yummuy cupcakes.

Also, if you want an outdoor or a virtual visit please make arrangements in advance through the Recreation department (please see details below – last page)



Word Searches

Do you want to do a word search or two? Recreation can help you with that! We have a variety of word searches that we can deliver to your room. Please let us know if you're interested by speaking to any recreation team member.



Daily Bingo

Starting on Monday June 15th a daily bingo number will be posted on each neighbourhood as well as what game we're playing ie, letter 'X' for the chance to be a lucky winner. The paper cards are complimentary and are limited to one or two paper card(s) per resident. Please sign up at recreation with your name to receive your card(s).

All paper cards can be picked up from the Recreation office at the beginning of a new game. Once you've achieved a winning card you'd bring the card to the recreation office for review and a small prize will be given to the lucky winner.

Good Luck to all players!

BINGO				
7	26	40	58	73
14	22	34	55	68
4	24	FREE	46	72
9	20	36	52	74
6	28	35	49	64

Joke of the Day/Quote of the Day

Located on our Recreation boards daily will be a new funny joke and a quote that will give everyone a good laugh or at least a chuckle to boost everyone's spirits. You never know you may even want to share it with friends and family! 😊

Do you have a funny joke that you'd like to share? Or a famous quote that's inspiring? Please let Recreation know and yours may soon be up on our recreation board for others to read.



Meaningful/Purposeful Programming

Our residents want to give back in a special way so we've worked with a few of our residents to come up with a plan - - Knitting Newborn Hats for the Children's hospital 😊

If you're a knitter or just wanting to learn a new skill please see the Recreation team for more details on how to get started so you too can be a part of the initiative!





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 Rina Hempel, Recreation Manager, at 403-361-8003 or email rhempel@agecare.ca

Outdoor Courtyard Visits

We have been facilitating courtyard visits as per the order from the Medical Officer of Health (MOH) with huge demand and success! The visits take place Monday – Thursday 11:00-5:45 and Friday-Sunday 10:00-4:45. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Rina Hempel, Recreation Manager, at 403-361-8003 or email rhempel@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 [@AgeCareSagewood](https://www.facebook.com/agecaresagewood) (<https://www.facebook.com/agecaresagewood>).

AgeCare Sagewood offers one outdoor in-person and 1 virtual visit sessions per week for residents and family to choose from. Contact our Recreation team at 403-361-8003 or rhempel@agecare.ca to sign-up for a virtual session or for an outside visit with your loved one.

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