



AgeCare Valleyview 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

Walking Program

Rain or Shine, the Residents enjoy walking. We previously offered the Walking Program once a week on Mondays, due to request, we are offering it on Fridays as well, all while physical distancing to provide safety.



Fitness Programming

Physical Fitness, also known as Exercises, Sit Fit, Morning Work Out and Friday Fitness; to name a few of our creative titles, is an integral part of our Recreation Programming. It is important to the Residents and it is also an expectation for the Recreation Staff to provide beneficial fitness classes with a creative twist.



Gardening

Hoping it is not too late into the summer to grow a successful garden. Garden planting will take place the first week in July. There are 6 separate little garden areas in the backyard to plant. This will allow Residents to pitch in and still practice physical distancing. Hopefully the deer do not eat all our vegetables, although we do enjoy it when they visit.



Mobile Book Cart

Don't forget to book your time slot to sign out books. Recreation will be taking the book cart door to door 2 Mondays per month. If you are an avid reader and need books more than 2 times per month, let us know and we will book another appointment to the Recreation Office to sign out books. We will ensure the cart, books, etc. are sanitized and only one person at a time will be signing out books. Make sure you get your book requests in, as there will be a new shipment coming at the end of July.



Joke Of The Day/Quote Of The Day

Joke in honor of Canada Day.

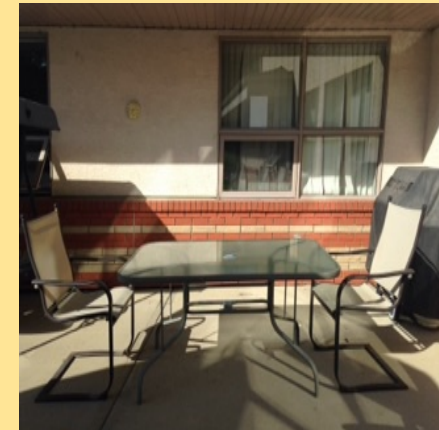
JOKE: Why did the Canadian cross the road?

ANSWER: To get to Tim Hortons.



Outdoor Courtyard Visits

A friendly reminder to Resident family members and friends to book a scheduled outdoor visit to see your loved ones. This allows for proper procedures before, during and after visits. All visits are implemented under the guidelines of the MOH, (Medical Officer of Health). Sanitization, physical distancing, wearing masks and monitoring of visits by Age Care Valleyview employees are all part of these required guidelines. All outdoor visits take place outside on the patio under the tent. There are tables and chairs set up in physical distancing positions. When you arrive for your scheduled visit, you are required to proceed to the backyard area where an employee will greet you. A visitor acknowledgment form is required to be completed prior to commencement of visit. Below are instructions on how to book a scheduled visit.





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 [@ValleyviewSeniors](https://www.facebook.com/valleyviewseniors/) (<https://www.facebook.com/valleyviewseniors/>)

AgeCare Valleyview offers 120 outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist Debbie Jesse at djesse@agecare.ca or (403) 526-7000 to sign-up for a session with your loved one.

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