



AgeCare Walden Heights 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.

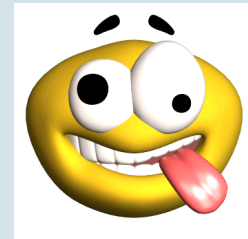
Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the Chief Medical Officer of Health and taking the appropriate hygiene measures.

Highlights of the Week

Walden's Wacky Wednesday's

As we are dressing up for our Walden's Western days from July 3rd – July 12th we are going to put a pause on our Wacky Wednesday.

On Wednesday July 15th our Wacky Wednesday will resume; we'll be dressing in Shine & Sparkle - - bling bling!



Walden's Western Days – July 03rd – July 12th

Please continue to wear your favorite cowboy or cowgirl attire over the next 10 days starting on July 03rd.

Thank you to all residents and staff for supporting our creative side with painting our windows in the spirit of our western days as well as a wonderful performance by the Calgary Fiddlers - - Wow! what a performance.

Sunday July 12th - We'll close our festivities with entertainment by Doc Wade! He'll be performing in 3 locations around the outside of our building. The first performance will be in our front parking lot at 10:30am then following in the courtyards at 1:30pm and approx.. 2:45pm.

The Recreation team will have some fun programming throughout the 10 days that may include games, music, trivia and history. Yahoo!!!



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

We continue to post our daily bingo number 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.

Game #1 = Letter 'T'

Good Luck to all players! We're still looking for a winner for game #1 😊



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! 😊

Joke – Western Edition: What do you call a cowboy with bad gas? Darn tootin'!

Quote – Western Edition: "No hour of life is wasted that is spent in the saddle."

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.



Getting Some Fresh Air!

The weather is improving, which means we can all enjoy some fresh air and sunshine. Staff will take residents outside to our courtyards and/or on neighbourhood patios each day (weather permitting, of course!) to spend a little time enjoying each other's company, perhaps listening to the birds chirp or seeing our friendly bunnies in the courtyard.





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 Kerri Firmaniuk, Recreation Manager, at 587-349-6055 or email kfirmaniuk@agecare.ca

Outdoor Courtyard Visits

We have been facilitating courtyard visits since May 05th as per the order from the Medical Officer of Health (MOH) - - with huge demand and success! The majority of our visits take place Monday – Friday on top of the hours of 11am, 1pm, 2pm or 3pm. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Kerri Firmaniuk, Recreation Manager, at 587-349-6055 or email kfirmaniuk@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>).

Other ways to stay connected include email, phone calls, and written letters. Contact our Recreation Therapists at 587-349-6054 or email Sandi: sbarton@agecare.ca and/or Natasha: newankow@agecare.ca for more information.

For instructions on how to use technology to connect, [click here](#).