



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.

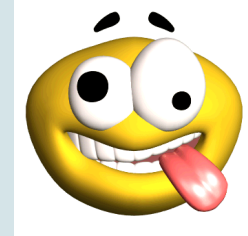
Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the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

Highlights of the Week

Walden's Wacky Wednesday's

Thank you to everyone that wore Shine & Sparkle this past Wednesday, everyone looked amazing!!

Next week we're taking pause in our wacky Wednesday so we can celebrate all staff for our Western Spirit week July 20th – 24th for their hard work, dedication and safety concern for all residents during these last few months. Great job teams!!!



Walden's Western Days (Residents) – Successful!

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 dressing in cowboy or cowgirl attire.

On Tuesday July 07th we had the Calgary Fiddlers perform and they were AMAZING!

We had another wonderful performance by Doc Wade on Sunday July 12th as he performed in the front parking lot and Vista courtyard. We were hoping for a 3rd performance but it was rained out for the Courts courtyard – but don't worry Doc Wade will be coming back! Stayed tuned for more details.



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 – Weather Edition: Did you hear about the cow that was swept away in a tornado? It was an udder disaster!

Quote – Weather Edition: "It is only in sorrow bad weather masters us; in joy we face the storm and defy it" – Amelia Barr

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.



Summer Programming

We are going to have some featured programming over the next few weeks of summer. Please look at postings on the recreation boards or the upcoming weekly updates for more information.

The recreation team has some ideas but we want to hear from you! If you have any suggestions please share them with the recreation team and perhaps we'll plan your idea for an event/program this summer.



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](#).