



AgeCare Walden 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.

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

Our Wacky Wednesday's are currently paused until further notice as our teams are working diligently to organize new Medical Officer of Health (MOH) orders for visitors.



Staff Appreciation – Western Spirit Week

In the midst of the Covid-19 pandemic and new order from the MOH our staff appreciation has been paused temporarily. The new date will be the week of August 17th – 21st. We want to thank all residents, families and volunteers for their kind words and inspirational quotes that keep each and everyone of us motivated and positive everyday. Thank you!



Entertainments

Our performers will slowly be coming back to entertain throughout the upcoming months until the weather becomes uncomfortable as they'll be performing in our courtyard(s).

We recently had a great performance by Luke in the front parking lot - - some real good rock and roll as well as country.

Doc Wade will be returning to perform in the courts courtyard - - upcoming date to be determined!





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 – What's red and moves up and down? A tomato in an elevator. Hahaha!

Quote – "You're braver than you believe, and stronger than you seem, and smarter than you think."
– A.A. Mine

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.

Some ideas....Popsicle making, Elvis week, Anniversary of vinyl records and Vacation memories. We may even have neighborhood Watermelon socials with keeping the appropriate physical distance protocols – stay tuned for more details.

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





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 😊

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.





Safe Visitation

AgeCare's Safe Visitation policy allows resident and visitors to remain socially and emotionally connected while staying safe and healthy. All visitors must understand the [risk of unknown exposure to COVID-19](#) for themselves and residents and assess their health before visits. Visitors must provide their name and contact information, and follow safe visiting practices, which include receiving a health assessment screening, having their temperature taken, completing proper hand hygiene, and bringing and wearing a mask.

Indoor Visits

To reserve a time-slot, call Reception at 403-873-4713 [View Guide \(PDF\)](#)

Outdoor Visits

To reserve a time-slot, call Reception at 403-873-4713 [View Guide \(PDF\)](#)

Virtual Visits

To schedule a session, call Recreation at 587-349-6054 [View Guide \(PDF\)](#)

Facebook

Keep your eye out for updates on our Facebook page [@AgeCare](#).