



## 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 03<sup>rd</sup> – July 12<sup>th</sup> we are going to put a pause on our Wacky Wednesday. Our next Wacky Wednesday will be July 15<sup>th</sup>; if you have any suggestions on what to wear or do please share your ideas with the Recreation Team.



### **Walden's Western Days – July 03<sup>rd</sup> – July 12<sup>th</sup>**

Due to the pandemic and the cancellation of Stampede we want to introduce the new 2020 version 'Walden's Western Days'. Please join in wearing your favorite cowboy or cowgirl attire over the next 10 days starting on July 03<sup>rd</sup>.

Tuesday July 07<sup>th</sup> – Our hospitality team has worked on a wonderful resident menu consisting of pancakes, beef on a bun, special mini doughnuts and much more! Sounds delicious.

Sunday July 12<sup>th</sup> - We'll close our festivities with entertainment by Doc Wade! He'll be performing in 3 locations around the outside of our building. Please stay tuned for more details!

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 😊

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! 😊

Joke: Why did the birdie go to the hospital? To get a tweetment.

Quote: "I dream of painting and then I paint my dream" – Vincent Van Gogh

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](mailto:kfirmaniuk@agecare.ca)

### **Outdoor Courtyard Visits**

We have been facilitating courtyard visits since May 05<sup>th</sup> 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](mailto: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](mailto:sbarton@agecare.ca) and/or Natasha: [newankow@agecare.ca](mailto:newankow@agecare.ca) for more information.

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