



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 measure

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.



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!



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 – Where do the General keep his armies? In his sleeves!

Quote – “It always seems impossible until it is done.” – Nelson Mandela

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.

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.





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](#). 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](#).