



AgeCare Columbia 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

Outdoor Walks

Please let the recreation staff know if you are interested in going for a walk outdoors; the path around our building is 1/4 mile plus 10'.



Father's Day

Staff will be on-site on Father's Day (Sunday June 21st) to support deliveries with any gifts/treats from family and friends. Items may be dropped off between 10:00 am and 8:00 pm; please place labelled items in the pink bin at the front entrance, between the doors. Our teams will sanitize the items and deliver to your loved one.



Tuck Shop Hours

Tuck shop hours are Tuesdays & Thursdays, from 2:00 – 3:00 p.m. Physical distancing and preventative health measures apply – a hand sanitizer pump is located directly outside the door to the tuck shop.





You Are My Sunshine Décor

Residents will have the opportunity to paint a small inspirational quote to keep in their rooms. Please book your time with the recreation staff so we can accommodate everyone safely.



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 [@Columbia.Lethbridge](https://www.facebook.com/columbia.lethbridge/) (<https://www.facebook.com/columbia.lethbridge/>)

AgeCare Columbia offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist, Veronica Bohnert at vbohnert@agecare.ca or (403) 320-9363 to sign-up for a session with your loved one.

For instructions on how to use technology for our virtual visits, [click here](#).