



AgeCare Harmony Court 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

Live Music in the Courtyard

The weather was on our side just in time for an outdoor concert with John Parson. We sang, danced and drank ginger ale to the sound of some great hits from the 50s to the 80s. Lots of smiles and cheer all around. We will be holding one outdoor concert a week by keeping all residents spaces 6 feet apart from each other. If the weather is not ideal our performers have been flexible to move the performance to a later day that week.



Small Group Fitness

Since April we have been running many small group programs, and fitness is an important one. We rotate the residents to give everyone the opportunity to participate and space everyone out from each other. By having these smaller groups we are able to focus more with each individual residents involved and spend more time on movements that work for them.



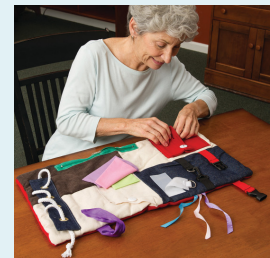
Outdoor Walkabouts and Lounging

Most days the weather has been warm, which means we can enjoy some much needed sunshine. Through out each day we bring small group of residents to the courtyard for their daily dose of vitamin D and fresh air. Everyone looks forward to being able to spend a little time outside.



Stimulating the Senses

During our one-to-one visits, we have been using Sensory Kits. They help to create stimulation for the sensory functions. Sensory activities help to improve the cognitive, emotional and physical health of seniors.





Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Skype, FaceTime, and Zoom. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To schedule a time to connect with your loved one, contact Jessica, Recreation Manager, at 604-527-3328



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 [@HarmonyCourtEstate](https://www.facebook.com/harmonycourtestate/) (<https://www.facebook.com/harmonycourtestate/>)

Other ways to stay connected include email, letters, photos, and window visits. Contact our Recreation team at 604-527-3328 or hcrecreation@agecare.ca for more details.

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