



AgeCare Harmony Court Estate 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.



BINGO Mondays & Wednesdays

Residents come by invitations only and each table is set up for one person. We rotate everyone that is interesting in participating to keep it fair. The coordinator hands out the BINGO cards and collects the money. The money collected is sanitized once received and the BINGO cards are sanitized by antivirus spray after the game.

B I N G O				
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

Songs by Requests

We hold a sing along program in the Fireside Lounge every Monday. We call residents who are interested to sing and listen to music, and let them sit in their designated seats 6 feet apart. We use YouTube to be able to play any songs their hearts desire. Residents passing by enjoy the music and singing that fills the lobby.



Outdoor Walks

The sun is shining and our residents are ready to explore the neighbourhood. We invite 3 or 4 residents at a time and stroll outdoors or in our beautiful courtyard. We enjoy looking for blooming flowers, new buildings around the neighborhood, and the fresh air and sunshine.



Mobile Ice Cream Sundae Cart

Ice cream is always a great way to put smiles on faces. Every other Friday we go door to door offering residents ice cream! F ice cream sundaes with all the fixings. It is very much appreciated and it gives us a chance to check in with all the residents before the weekend.





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](#).