



## AgeCare Valleyview 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

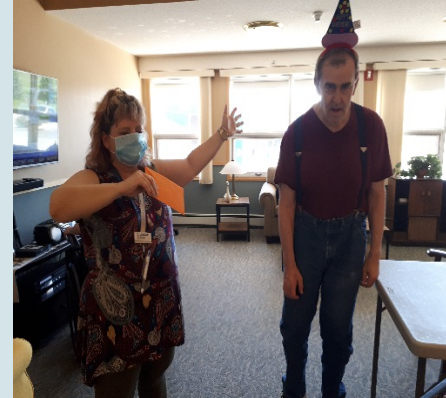


## Highlights of the Week

### **Birthday-Grams**

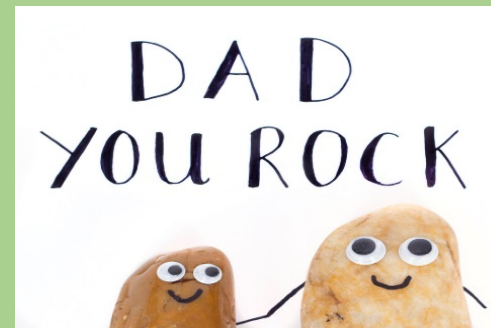
Who says we can't still celebrate Birthdays? All June Birthday Babies were presented with Birthday-Grams, to individually recognize Birthdays. Recreation Staff presented our Birthday Residents with a Birthday Card, sang Happy Birthday and let our Birthday Residents, pick a gift of their choice from the Tuck Shop.

HAPPY BIRTHDAY TO YOU!!!



### **Happy Fathers Day**

Outdoor visits will be offered on Father's Day Weekend- Saturday & Sunday. Recreation will also be delivering something special to male residents door to door Friday afternoon.



### **Travelling Tuck Shop**

Every Thursday afternoon Recreation goes door to door to sell munchies and essentials like batteries and Kleenex. This seems to be very popular and the Residents have chosen to name it the Travelling Tuck Shop.



### **Musical Ice Cream Cart**

I scream, you scream, we all scream for ice cream. Because we cannot host ice cream socials, due to group regulations, we have come up with the idea to have a musical ice cream cart. Recreation goes door to door with ice cream and we have ice cream truck music playing. yum!





### **Joke of the Day/Quote of the Day**

We don't stop playing because you grow old; we grow old because we don't stop playing.

– George-Bernard Shaw

### **Outdoor Courtyard Visits**

We have been facilitating courtyard visits since May, as per the order from the Medical Officer of Health (MOH) with huge demand and success! We provide visits 7 days per week, Mon to Fri 2:30-6:30 pm and Sat & Sun 1-4 pm. To book an appointment please call Age Care Valleyview Recreation Department @ 403-526-7000.

### **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 [@ValleyviewSeniors](https://www.facebook.com/valleyviewseniors/) (<https://www.facebook.com/valleyviewseniors/>)

AgeCare Valleyview offers 104 outdoor in-person and virtual visit sessions for residents and family to choose from.

Contact our Recreation Therapist Debbie Jesse at [djesse@agecare.ca](mailto:djesse@agecare.ca) or (403) 526-7000 to sign-up for a session with your loved one.

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