



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

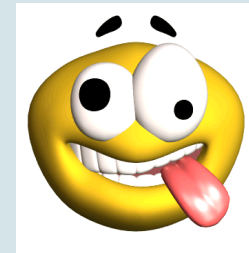
Highlights of the Week

Walden's Wacky Wednesday's

Each Wednesday – we've had a number of fun and wacky Wednesday's with a new wacky themed event that residents and staff can take part in on their neighbourhoods. So far, we've done crazy hair day, crazy socks & different shoes, wear your clothes backwards/inside out, danced to YMCA, 70's theme and wear your favorite your jersey.

The winner is....stripes or polka dots.....it's a tie! Thank you to everyone who participated.

Next Week, June 24th will be 'Go with the Glow' wear anything bright and cheerful as it's the first week of summer.



Father's Day

The Recreation team will be on-site on Father's Day (Sunday June 21st) to support deliveries with any gifts/treats from family and friends. If you choose to drop off any gifts and/or treats please do so between the hours of 10am – 3pm and place them on the table at the front entrance. Our teams will sanitize the items and deliver to your loved one.

We still have openings for visits; please reserve your spot so you don't miss out! All arrangements are to be made in advance through the Recreation department (please see details below – last page)



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

Starting on Monday June 15th a daily bingo number will be posted 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!



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: Why shouldn't you write with a broken pencil? Because it's pointless.

Quote: "You cannot tailor-make the situations in life but you can tailor-make the attitudes to fit those situations." – Zig Ziglar

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.



Canada Day Celebration – O Canada

On Monday June 29th request for all residents and staff to please join in wearing **red** and singing our national anthem at 10am.

We will be handing out small paper flags and pins while quantities last.

A member of the recreation team may be on your neighborhood so please join in singing and celebrating 153 years!





Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To make a request to connect with your loved one, contact Kerri Firmaniuk, Recreation Manager, at 587-349-6055 or email kfirmaniuk@agecare.ca

Outdoor Courtyard Visits

We have been facilitating courtyard visits since May 05th as per the order from the Medical Officer of Health (MOH) - - with huge demand and success! The majority of our visits take place Monday – Friday on top of the hours of 11am, 1pm, 2pm or 3pm. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Kerri Firmaniuk, Recreation Manager, at 587-349-6055 or email kfirmaniuk@agecare.ca



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](https://www.facebook.com/agecare) (<https://www.facebook.com/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](#).