

## Recreation Programming

Recreational activities will continue in smaller groups and on the neighbourhoods to encourage social distancing. Group events in the auditoria are suspended until further notice. Calendars will not be posted for April. Activities will be written on the white boards in the centers and shared with the residents on a daily basis. This will allow the recreation staff to be where they are needed most, with the residents.

## Social Media

Our social media channels have photos and videos from the centres to help reassure you that life within our centres carries on as close to normal as possible. There are even exercise videos on our YouTube channel to keep you active while staying home.



<https://www.facebook.com/capitalcare.edmonton>



<https://www.instagram.com/yegcapitalcare/>



<https://www.youtube.com/user/edmontoncapitalcare>