



## Activities

Searching For June

Fruits & Veggies Crossword

Color By Number

Summer vacation Detective

Paper Flower Craft

Nobel Categories

The Daily Chronicle

News and Events for Seniors

Seniors Shopping Hours Online

Programs for Seniors COVID19-

Alberta Health Services Bag Half

Full Westend Seniors Activity

Center WECAN Food Basket

Society of Alberta Edmonton

Public Library



**ElderCare**  
EDMONTON

# Activity Book

## Week 10

## June 1- June 5, 2020

# Searching for June

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- |               |        |                |
|---------------|--------|----------------|
| CAMPING       | GEMINI | SUMMER         |
| CANCER        | JUNE   | SUNSHINE       |
| CRAB (Cancer) | PEARL  | TWINS (Gemini) |
| FATHER'S DAY  | ROSE   | VACATION       |
| FLAG DAY      | SIXTH  | WEDDINGS       |

FIG

PEA

CORN

KALE

PEAR

ONION

PEACH

BANANA

CELERY

CHERRY

POTATO

TOMATO

AVOCADO

SPINACH

BROCCOLI

CUCUMBER

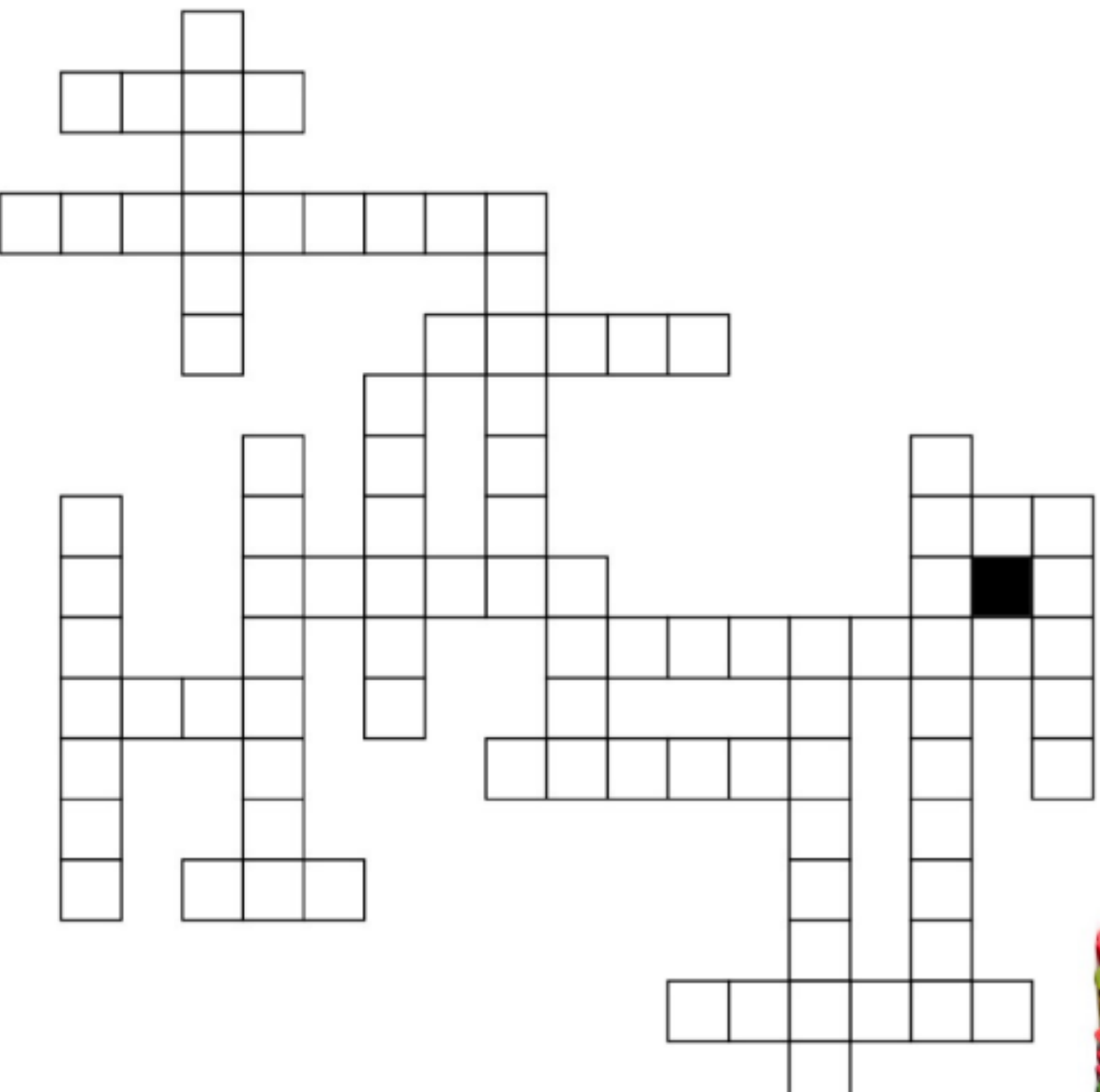
ARTICHOKE

ASPARAGUS

CANTALOUPE

# Fruits and Vegetables

Fit the list of words into the puzzle.





1 = Pink    2 = Turquoise    3 = Green    4 = Yellow-Green    5 = Red  
6 = Purple    7 = Yellow    8 = Coral    9 = Gold

## Bean & Corn Ranch Dip

A no-bake recipe

### Ingredients:

- 1 (8-ounce) package cream cheese, room temperature
- 1/2 cup sour cream
- 1 (1-ounce) package ranch dressing mix
- 2 tablespoons taco seasoning
- 1/2 cup salsa
- 1 teaspoon garlic powder
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn
- 1 1/2 cups shredded cheddar cheese
- 4 green onions, sliced
- Crackers, cut vegetables, or chips for serving



### Directions

1. Combine cream cheese, sour cream, ranch dressing mix, taco seasoning, salsa, and garlic powder in a large bowl with a hand mixer until smooth.
2. Stir in beans, corn, cheese, and green onions.
3. Serve with crackers, cut vegetables, or chips.

*Makes 12 servings*

## Perfect Party Banana Split

A no-bake recipe

### Ingredients:

- 1/4 cup butter, melted
- 1 (13.5-ounce) box graham cracker crumbs
- 1 (8-ounce) package cream cheese, room temperature
- 1/4 cup butter, room temperature
- 3 cups powdered sugar
- 4 bananas, sliced
- 1 (20-ounce) can crushed pineapple, drained
- 1 (16-ounce) container whipped topping, thawed
- 1 (4-ounce) jar maraschino cherries, stemmed and drained
- 1 cup chopped pecans
- Hot fudge sauce, warmed



### Directions

1. Combine 1/4 cup melted butter and graham cracker crumbs in a medium bowl. Transfer mixture to a 9 X 13-inch baking pan and press evenly into the bottom of the pan. Cover and freeze 10 minutes.
2. Beat cream cheese, 1/4 cup butter, and powdered sugar until smooth. Spread evenly on top of the crust.
3. Top cream cheese mixture evenly with banana slices. Spread pineapple evenly over the bananas. Evenly spread whipped topping over pineapple.
4. Garnish with maraschino cherries, pecans, and hot fudge sauce.
5. Cover and chill at least 3 hours until firm. Cut and serve.

*Makes 20–24 servings*

## Summer Vacation Detective



©ActivityConnection.com – Junk Drawer Detective EZ

## Summer Vacation Detective

How many of these things can you find?

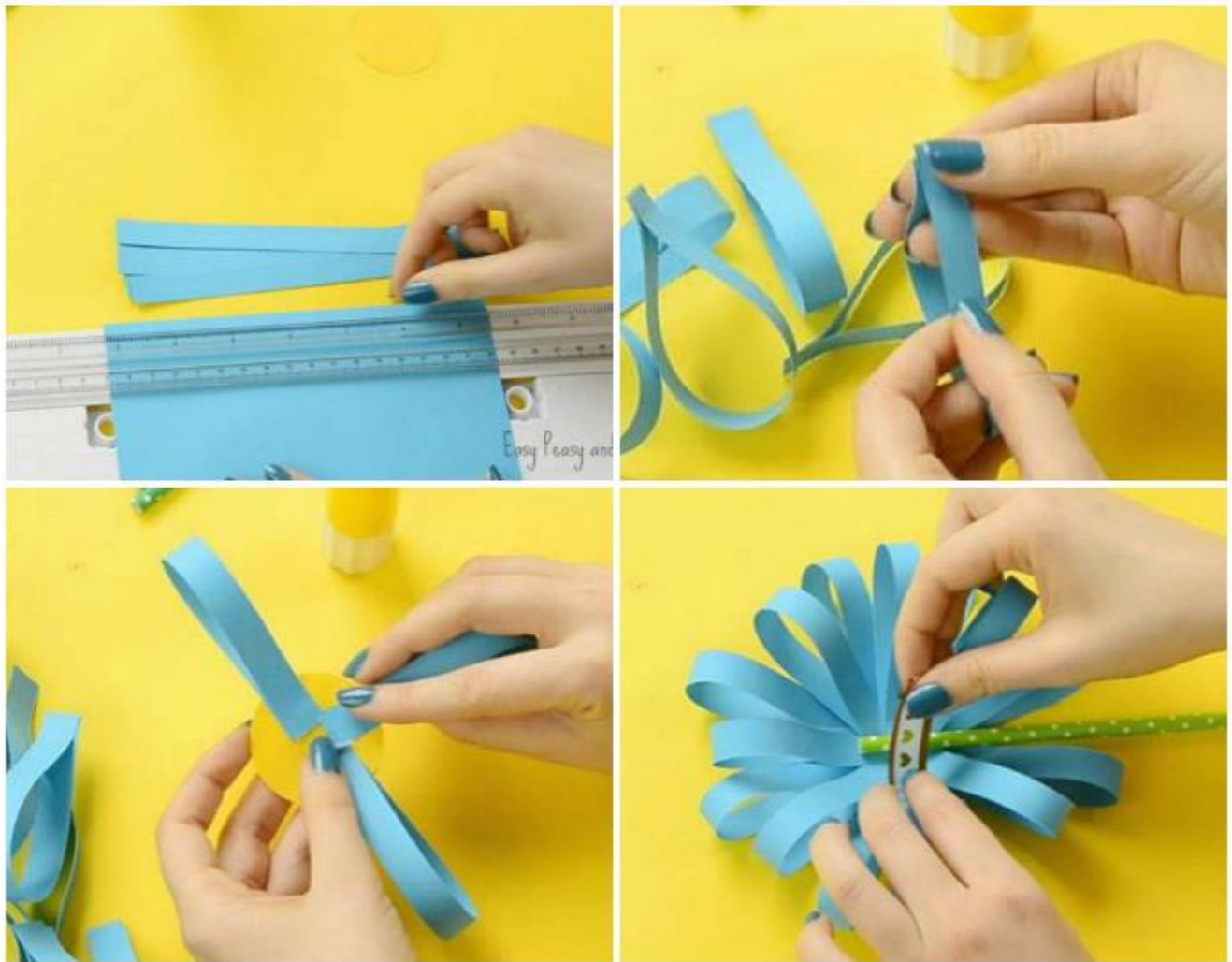
- Patriotic Popsicle box
- 3 Yoo-hoo drinks
- 2 pairs of sunglasses
- 3 pinwheels
- 2 bottles of bubbles
- 2 squirt guns
- 3 pool passes
- 5 Popsicle sticks
- Clothesline
- 4 butterflies
- 3 suckers
- Tennis racket

What else do you see in the picture?

# Paper Flower Craft







This adorable paper flower craft is perfect for welcoming spring in your home. These will make a wonderful decoration, you can make a few and have a lovely bouquet

**What you will need:**

- circle paper punch – we recommend extra large if this craft will be done by a younger kid
- yellow paper
- paper in a variety of colors
- scissors
- stick glue
- green paper drinking straws
- clear tape (or patterned for some fun)

First cut out a circle for the center of your flower. You want to make sure the circle is not too small. (I traced the base of a drinking glass for my circle)

Cut strips of paper. There is some trial and error with the next step. Depending on your circle size, different lengths (and widths) of paper strips will work. We recommend you first make one strip of paper and make a loop (as seen in the next step) and see if it works with your circle size. Once you are happy with the size of the loop in relation to your yellow circle, start cutting strips of paper in that size.

Glue the ends of paper strips together, making a paper loop. You will need quite a few (the number depends on the size of the flower you are making). Glue the loops on one side of the paper circle. We started by sticking 4 at a 90° angle, then another 4 in between and another 8 in between those. Once you are happy with how full your paper flower craft is looking, apply some glue onto the green paper straw and press it in the middle of the flower.

Your paper flower is now complete.

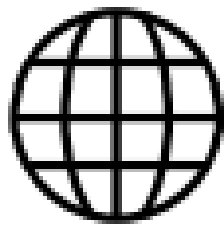




# Nobel Categories

Fill in the boxes with words or terms that begin with each of the letters in NOBEL. Add your own category in the last row.

	N	O	B	E	L
Camping					
Boys' Names					
Words That End in <i>st</i>					
Cities					
Occupations					
Your Choice					



# THE DAILY CHRONICLE

TUESDAY, JUNE 2, 2020

## On This Date

**1952** – Television broadcasting began in Canada when Montreal’s Radio Canada Channel 2 showed a test pattern.

**1953** – Elizabeth II was crowned queen of England at Westminster



Abbey. The event was marked by official ceremonies across Canada. She is now the longest-reigning monarch in British history.

Canadian Army troops in Korea celebrated the coronation of Queen Elizabeth II by firing red, white, and blue smoke shells at the enemy.

**1969** – The National Arts Centre in Ottawa held its inaugural festival with a performance by the National Ballet of Canada.

## Fun Fact

*Hockey Night in Canada* first aired on television on October 11, 1952, just a few months following the debut of television in Canada.

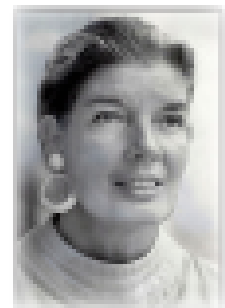
## Quote of the Day

“Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.”

~ *Hal Borland*

## Happy Birthday!

**June Callwood** (1924–2007) was a journalist, author, and social activist who was born in Chatham, Ontario. She was especially passionate about women’s issues. Known variously as a “secular saint” and a “general nuisance,” Callwood founded or co-founded over 50 Canadian social action and aid organizations, including many women and children’s hostels. Callwood also founded Casey House, a Toronto hospice for AIDS victims.



## **Let's Get Moving**

Join our friends from Capital Care CHOICE Day Program  
For A Fun and Fit Session

<https://www.youtube.com/watch?v=hDg3FhE-rUo&feature=youtu.be>

Check out this Yoga in the park

[https://www.youtube.com/watch?v=N8eXb\\_apMFs](https://www.youtube.com/watch?v=N8eXb_apMFs)

Join along with other seniors for a quick and easy exercise session

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

## **Arts and Culture**

Enjoy this Virtual Tour of Niagara Falls

[https://www.youtube.com/watch?v=A5ggG8PP7\\_U](https://www.youtube.com/watch?v=A5ggG8PP7_U)

### **Check out some of music Entertainers as they perform some of their favorites:**

*Doris Day* – Que Sera Sera - <https://www.youtube.com/watch?v=xZbKHDPPrcc>

Elvis Presley- Cant Help Falling In Love- <https://www.youtube.com/watch?v=vGJTaP6anOU>

*Johnny Cash*- Folsom prison Blues- <https://www.youtube.com/watch?v=Xyp63MaSBs>

### **Metropolitan Opera- Evening Live Streams**

Visit <https://www.metopera.org/>

### **L'Orchestre symphonique de Montréal:**

will stream a concert from its archive Every Monday, Wednesday and Friday, 8 p.m. Eastern

<https://www.osm.ca/en/watch-and-listen-2/>

The ElderCare Edmonton Team has been working in collaboration with Caregivers Alberta to create a FREE weekly at home Day Program session available for all day program clients and caregivers beginning April 15, 2020. We invite all our day program clients and families to join our ElderCare Staff for some exciting recreation programming.

**Well Connected offers recreation day programming in a virtual community-based setting every Wednesday at 10AM.** No matter your age or where you are in the province, you can stay connected by participating in activities, education, and friendly conversation. Both caregivers and care recipients are welcome to participate! Groups facilitated by ElderCare Edmonton therapeutic recreation specialists.

To Register visit <http://www.caregiversalberta.ca/calendar/well-connected/>

## ElderCare at Home Day Programming



### CAREGIVERS ALBERTA

**CARING FOR A LOVED ONE? YOU ARE NOT ALONE.**

Do you assist a family member or friend with challenges resulting from illness, disability or aging? We're here for you.

As an organization *of caregivers for caregivers*, we understand how hard providing care can be. Whether you're looking for someone to talk to, trying to find resources, or want to better manage the stress of providing care—we can help.

Phone: 844-688-1754

Toll-Free: 1-877-453-5088

Email: [office@caregiversalberta.ca](mailto:office@caregiversalberta.ca)

## News and Events for Seniors

### SENIORS SHOPPING HOURS

*North Edmonton Seniors Association has created a handy list of seniors' shopping hours at grocery stores. During these times, the intention is that stores will only be open for seniors.*

Costco: 8-9 a.m., Tuesday and Thursday

Italian Centre Shop: 9-10 a.m., Monday and Thursday

Safeway: 7-8 a.m., daily

Save-On Foods: 7-8 a.m., daily

Shoppers Drug Mart: 8-9 a.m., daily (hours vary by location)

Sobeys: 7-8 a.m., daily

Sunterra: 8-9 a.m., Wednesday and Saturday

Superstore: 7-8 a.m., daily

Walmart: 7-8 a.m., weekdays

### ONLINE PROGRAMMING FOR SENIORS

#### *Westend Seniors Activity Centre*

Stay healthy and socially connected with online programming! WSAC is now offering several online courses in the areas of fitness, dance, yoga, mindfulness, and wellness. [Go online](#) to find the right program for you. For more information and to register, email [programs@weseniors.ca](mailto:programs@weseniors.ca).

<https://myactivecenter.com/#centers/CAN.AB.Edmonton.Westend-Seniors-Activity-Centre>

### MEALS ON WHEELS - Grocery Bag Program

*Edmonton Meals on Wheels is offering weekly grocery delivery to seniors within the community. A great opportunity for those needing groceries delivered right to the door.*

- In partnership with Save on Foods
  - Over 100 items to choose from
- To order call: 780-429-2020      visit: [mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org)

### BAG HALF FULL

*University of Alberta Medical Students are offering Free Grocery Deliver Services.*

- 1) Place an order online at a grocery store, we will pick up and deliver to your home.
- 2) Give us your grocery list, we will shop for you and deliver to your home.

**Call 780-952-7101** to place an order.

### Alberta Health Services- COVID19 Information

*For Current Up to Date Information on the COVID19 Virus*

Please visit: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## PHONE PAL PROGRAM

*Strathcona Place Society*

**Free**

This program supports older Edmontonians to connect to their community. If you are interested in volunteering or receiving phone calls, contact Danielle by calling 780-433-5807 or emailing [volunteers@strathconaplace.com](mailto:volunteers@strathconaplace.com).

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## SENIORS CENTER WITHOUT WALLS

*What is the Alberta Seniors Center Without Walls (SCWW)?*

SCWW is a free phone-based program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults.

*Who is SCWW for?*

Older adults (55+) who find it difficult to leave their home.

- 1) Program schedules are sent out at the beginning of each 4-month series. They can be requested at any time from staff.
- 2) Contact SCWW staff to enroll. Phone number: **780.395.2626**
- 3) Register for programs and required materials will be mailed.
- 4) A few minutes before the program begins, follow the call-in instructions

**For our current full schedule of programs please call 780.395.2626 or visit**

<http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>

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## WECAN FOOD BASKET SOCIETY OF ALBERTA

Since 1993, the WECAN Food Basket Society has provided food security to Edmonton and its surrounding areas by enabling families and individuals the opportunity to purchase nutritious food at an affordable price.

Our \$15 meat order provides 2-3 types of freshly frozen meat, and our \$10 produce order provides three types of fresh vegetables and three types of fresh fruit. You can also combine them for a total of only \$25, a cost on average of over \$40 in the grocery store! As a not-for-profit organization, the full \$25 is used towards the bulk purchase of food. Order payments are due the first week of each month and go out the 3rd week of the month on either Thursday or Friday through one of our volunteer-run depots.

For more information on how to sign up or become a volunteer, please visit our website at [www.wecanfood.com](http://www.wecanfood.com) or call our office at 780-413-4525 (open Wednesday to Friday from 9 am to 2 pm).

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## EDMONTON PUBLIC LIBRARY

*EPL From Home.*

While you remain at home, we encourage you to use EPL's digital library, which includes eBooks, eAudiobooks, streaming movies, eMagazines and Newspaper, music, and online classes for all ages. Discover local music with free streaming from Capital City Records.

If you do not have a library card, register for FREE online for immediate access to EPL's digital content. Visit [www.epl.ca](http://www.epl.ca) for updates.