



Activities

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Caregivers Alberta

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WECAN Food Basket Society of Alberta

Edmonton Public Library



ElderCare
EDMONTON

Activity Book

Week 6

May 4 - May 10, 2020

Happy Cinco de Mayo

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



C	I	H	C	A	I	R	A	M	S	M	C	Y	G	J
O	E	Z	L	F	Q	O	S	O	A	G	U	C	A	F
W	C	L	Z	A	M	J	M	R	C	G	O	S	I	M
U	O	I	E	E	V	B	I	J	A	U	L	F	I	P
B	S	L	X	B	R	I	L	B	R	O	T	H	B	C
Z	T	V	S	E	R	L	N	A	A	H	P	Y	F	G
I	U	G	R	C	M	A	G	R	M	Y	A	P	A	Q
M	M	O	I	D	F	E	T	L	A	D	R	A	M	G
X	E	C	P	U	L	R	D	E	I	C	A	T	I	X
B	S	N	R	O	H	F	E	L	E	T	D	A	G	Y
V	I	C	T	O	R	Y	O	E	S	Q	E	N	O	P
P	U	E	B	L	A	H	X	E	D	H	S	I	C	X
G	N	I	C	N	A	D	I	E	Z	O	R	P	N	U
F	D	B	N	F	Z	F	E	I	O	V	M	F	Y	Q
X	J	R	F	C	Z	G	N	E	C	H	K	V	K	R

AMIGO
CARNIVAL
CELEBRATE
COSTUMES
COURAGE
DANCING
FIESTA

FIFTH
FREEDOM
HOLIDAY
HORNS
MARACAS
MARIACHI
MAY

MEXICO
MUSIC
PARADES
PIÑATA
PUEBLA
SOMBRERO
VICTORY



Fiesta Categories

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

	F	I	E	S	T	A
Automobiles						
Three-Letter Words						
Words That End in "ed"						
Food						
Historical Women (first or last name)						
Your Choice						

Recipes To Try At Home



Deb's Quick Simple
& Nutritious Meal
Ideas

CAULIFLOWER FRITTERS

Cauliflower Fritters

- o 5 cups Chopped Cauliflower Florets
- o 2 eggs
- o ½ cup flour
- o ½ tsp baking power
- o 2 green onions chopped
- o 1 cup Parmesan Cheese
- o Salt & pepper to Taste
- o Vegetable oil for frying

Instructions

- o Put the cauliflower florets into a food processor, if you don't have one, a sharp knife will do. Chop fine.
- o Place your cauliflower in a large bowl, add the remaining ingredients, except for the vegetable oil.
- o If the mixture looks too soft or moist – simply add a little more flour.
- o Roll into balls, and flatten to made a patty.
- o Add your vegetable oil to your frying pan, fry patties on medium heat for about 2 minutes per side.
- o Serve with sour cream, or your favorite dip.

Doritos Taco Salad in A Bag!!

Ingredients

- 6 mini bags Doritos
- 1 lb Ground Beef
- 1 pkg Taco Seasoning
- 1 1/2 cups Cheese
- 1 cup lettuce, shredded
- Optional: Salsa, Beans, Avocado, Sour Cream

Instructions

1. Brown your Ground Beef or Turkey.
2. Drain, add one packet taco seasoning and 1 cup water.
3. Simmer 4 minutes.
4. Grate your cheese, shred your lettuce.
5. Take a Doritos Bag, crunch it up a little.
6. Then open the bag with scissors on the long side.
7. Add your taco meat, lettuce, cheese, sour cream and any other ingredients you like. Eat with a fork right from the bag!



Cinco de Mayo Word Pairs

Combine blocks of letters to make words associated with Mexico or Cinco de Mayo. Example: Guada + lupe = Guadalupe

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4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

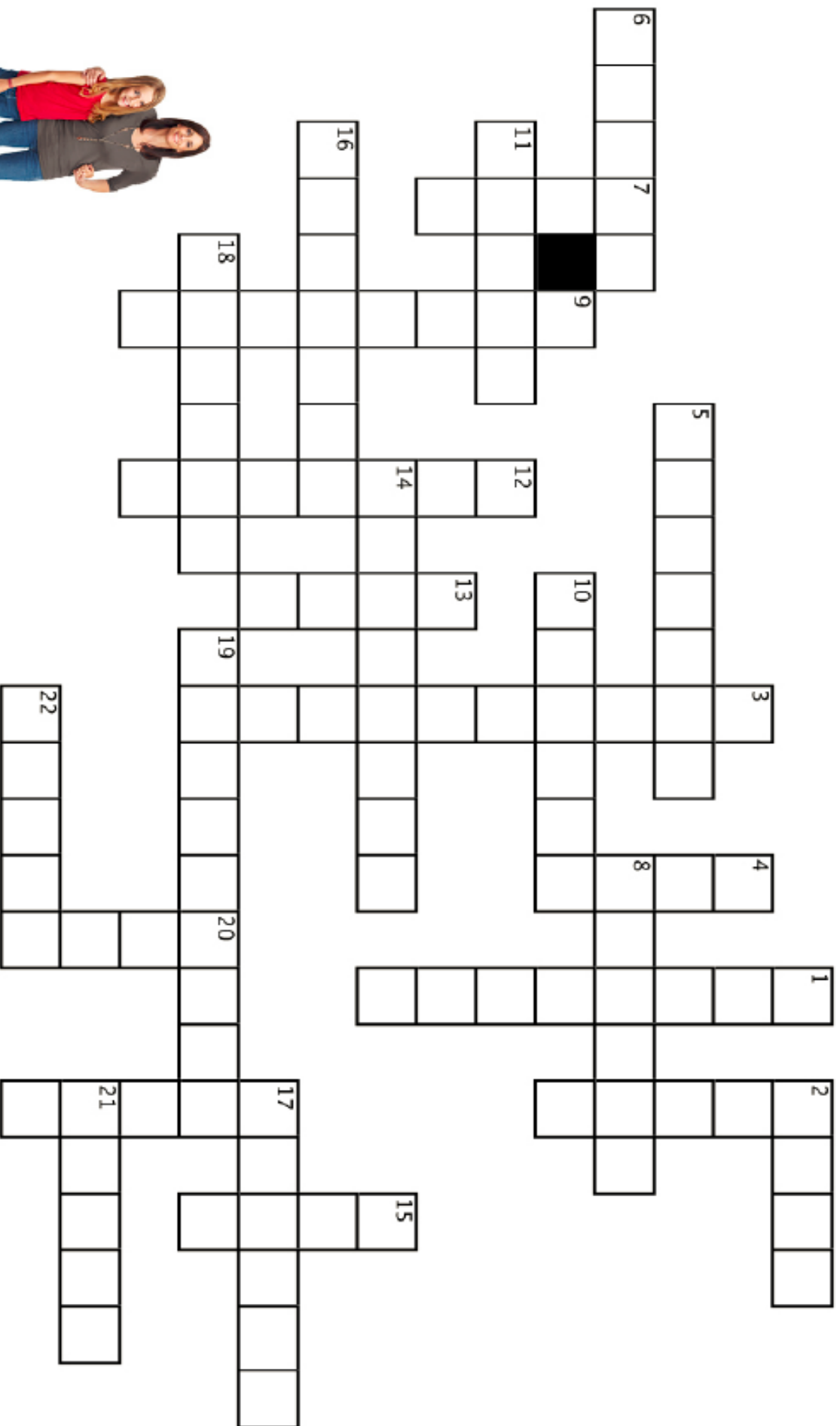
14. _____

15. _____

16. _____



Momisms



Momisms

(clues)

ACROSS

2. I am not your _____.
5. You'd lose your head if it wasn't _____ on.
6. Don't look a gift horse in the _____.
8. Just wait till your _____ gets home.
10. Don't make that face or it will _____ that way.
11. There's a _____ for everything and everything has its _____.
14. If I've told you once, I've told you a _____ times.
16. No _____ till you clean your plate.
17. A little _____ told me.
18. It's no use _____ over spilt milk.
19. Always wear clean _____ in case you're in an accident.
21. If your friends jumped off a _____, would you jump too?
22. You can't _____ a book by its cover.

DOWN

1. If you can't say something nice, don't say _____ at all.
2. Do you think that I'm made of _____?
3. Don't sit too close to the _____ because it will ruin your eyes.
4. _____ isn't fair.
7. Don't _____ with your mouth full.
9. Don't run with _____.
12. Don't break your arm _____ yourself on the back.
13. As long as you're under my _____, you'll do as I say.
15. Close the door. Were you born in a _____?
17. Am I talking to a _____ wall?
20. _____ your feet.

Name: _____

Date: _____

Mother's Day Word Scramble

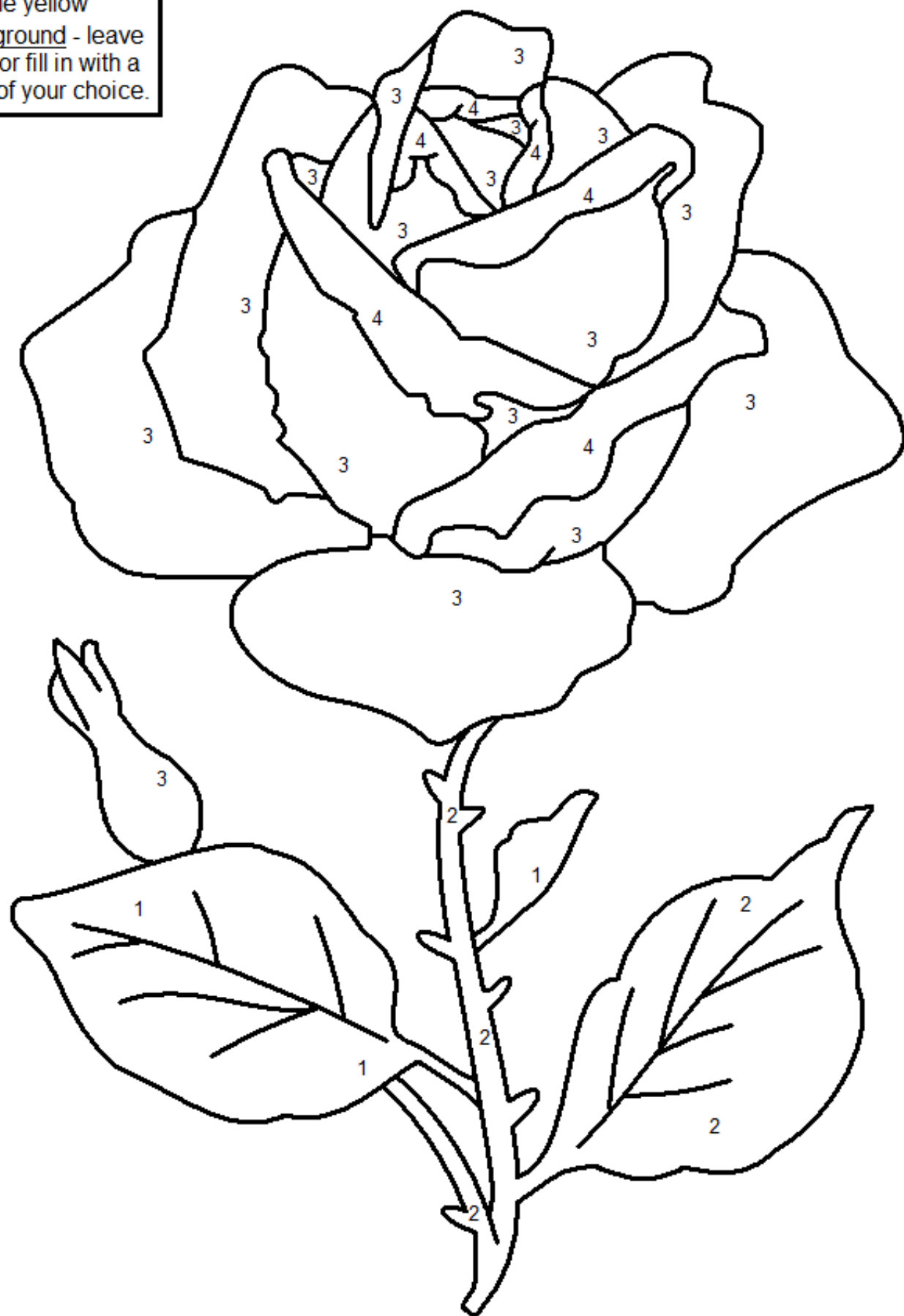


1. IFTG _____
2. WFOSRLE _____
3. HSKNAT _____
4. NDSAUY _____
5. MTHERO _____
6. NOIIAECDDT _____
7. YMA _____
8. RTCEPIPAAE _____
9. IBHRT _____
10. FMLAYI _____
11. EROCTTP _____
12. UDLDEC _____
13. OELV _____
14. AICGNR _____
15. KSSEIS _____
16. UHGS _____

Color Chart:

1. Light green
2. Medium green
3. Bright yellow
4. Pale yellow

Background - leave white or fill in with a color of your choice.



Folded Paper Butterflies

You will Need:

- a square sheet of paper (approximately 15cm x 15cm)
- scissors
- a piece of ribbon, wire or thread



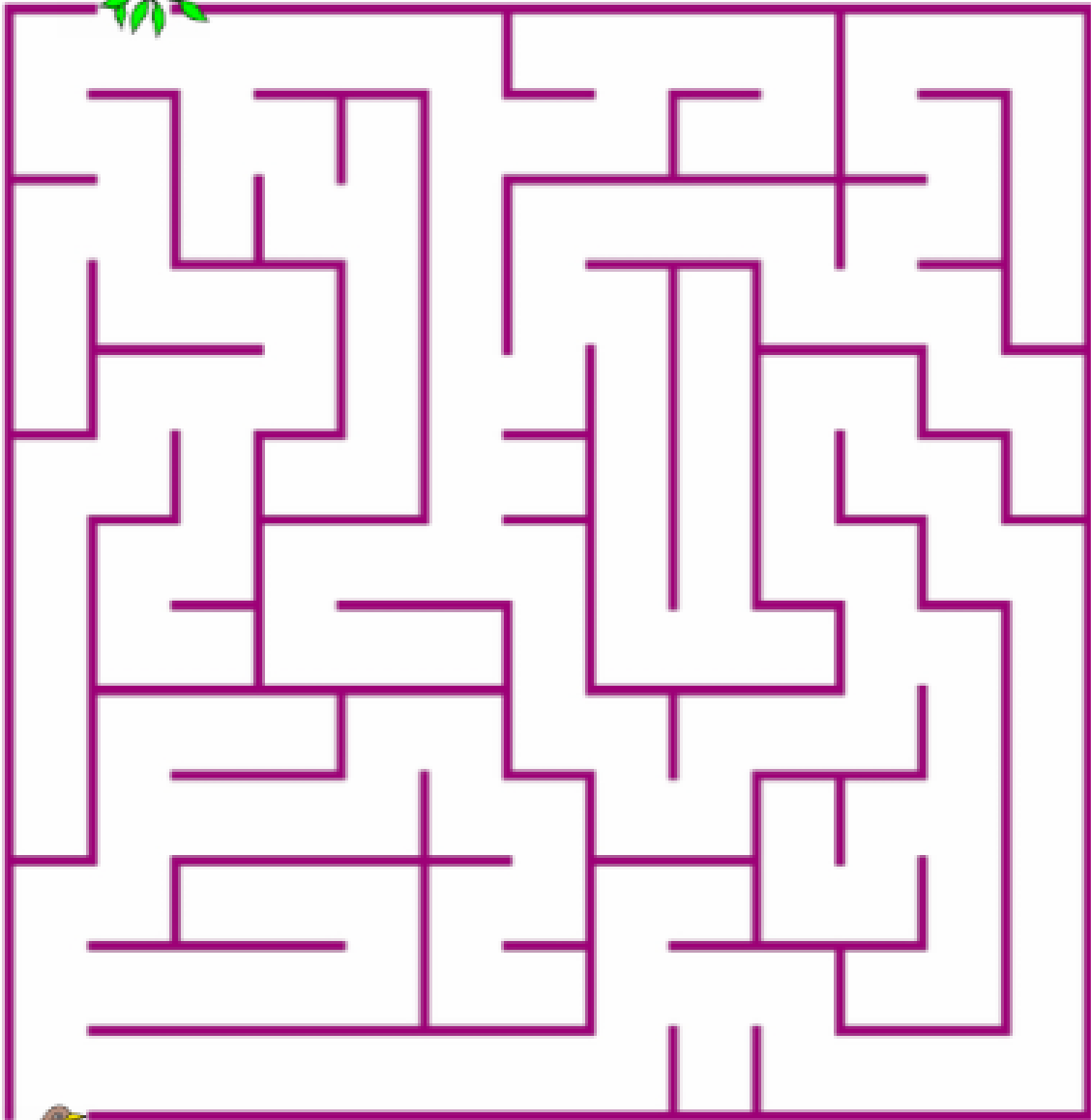
- Begin by cutting your square piece of paper in half
- Take one piece and fold it in half LENGTH ways.
- Open it up and fold in the corners, so you have a rectangle with pointy ends.
- Fold in half again – coloured side facing out.
- Now you need to “concertina each side”. Our concertinas are approximately half a centimeter wide.



- Now take the second strip of your origami paper and start folding it into a concertina across the short width.
- Fold both pieces in half.
- Tie with a ribbon or thread and secure.
- Your easy paper butterfly is done!

Mother's Day

MAZE



Let's Get Moving

Check out one of our favorite Chair Zumba Videos
Part 6 at

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

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 Sit and be Fit from Central Park

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

Join our community partners at the Westend Seniors Activity Center for Week 6 of their free 8
week fitness program

<https://www.weseniors.ca/resources/8-week-fitness-program-for-seniors/>

Arts and Culture

Check out some of our Program Entertainers as they perform some of their favorites:

Jackson MacKenzie- I Just Wanna Dance With You-

<https://www.youtube.com/watch?v=6F9ossuhSkU>

Green, Grass of Home- <https://www.youtube.com/watch?v=t-LXdcUM5So&feature=youtu.be>

Randy and Rai- Big Muddy- <https://www.youtube.com/watch?v=n6MBp2qMdOY>

Terry Jorden- Candle In the Wind- <https://www.youtube.com/watch?v=h8tdzp-pPGs>

The Britz-Live at Canada Place- https://www.youtube.com/watch?v=B4_6H2JT_u4

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 Caregiver's 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



Virtual Tours/ Live Cameras

Check out a virtual tour of Yellowstone Park

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Visit the Beluga Whales at the Georgia Aquarium

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Take a virtual tour of the Louvre Museum

<https://www.louvre.fr/en/visites-en-ligne>

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

Whatever your interests, WSAC has an online class for you. Online activities are a great way to stay connected during the pandemic. From yoga to clogging and everything in between, these online options are sure to keep you busy. Current class offerings include:

- Line Dancing
- Clogging
- Chair Yoga
- Yoga for Stress and Anxiety
- Total Fitness for Active Agers
- Nutrition Series on Fiber, Bone Health and Heart Healthy Eating
- Essentrics
- Mindful Wellness Courses
- Sleep Yoga
- Spanish
- Gentle Yoga

Check out WSAC's [online registration portal](#) for class dates and registration information. A new technology series is currently being developed, so check back soon for details. Non-members are welcome to register by emailing programs@weseniors.ca.

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

CAREGIVER'S 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

www.caregiversalberta.ca

SENIORS CENTER WITHOUT WALLS

Alberta Seniors Center Without Walls (SCWW)

Want to socialize and make new friends during the pandemic? The good news is, you can do this safely from home with telephone programming from Seniors' Centre Without Walls. There are some great programs coming up! History buffs will enjoy learning about Indigenous Canadian history in "Indigenous Canada" and hearing how Maritime inventions shaped the world in "Nova Scotian Inventions & Innovations". Want to have a dinner party but can't have company because of COVID-19? Join the virtual dinner party, "Come Dine with Us". Musically-inclined folks will enjoy belting out old favourites during the "Sing-a-Long and Live Music Night". These offerings are just a sneak peak of all available programs. Reference SCWW's May [announcement](#) and [schedule](#) for full details.

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 or call our office at 780-413-4525 (open Wednesday to Friday from 9 am to 2 pm).

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](#).

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