



## Activities

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**Seniors Center Without Walls**

**WECAN Food Basket Society of Alberta**

**Edmonton Public Library**



**ElderCare**  
EDMONTON

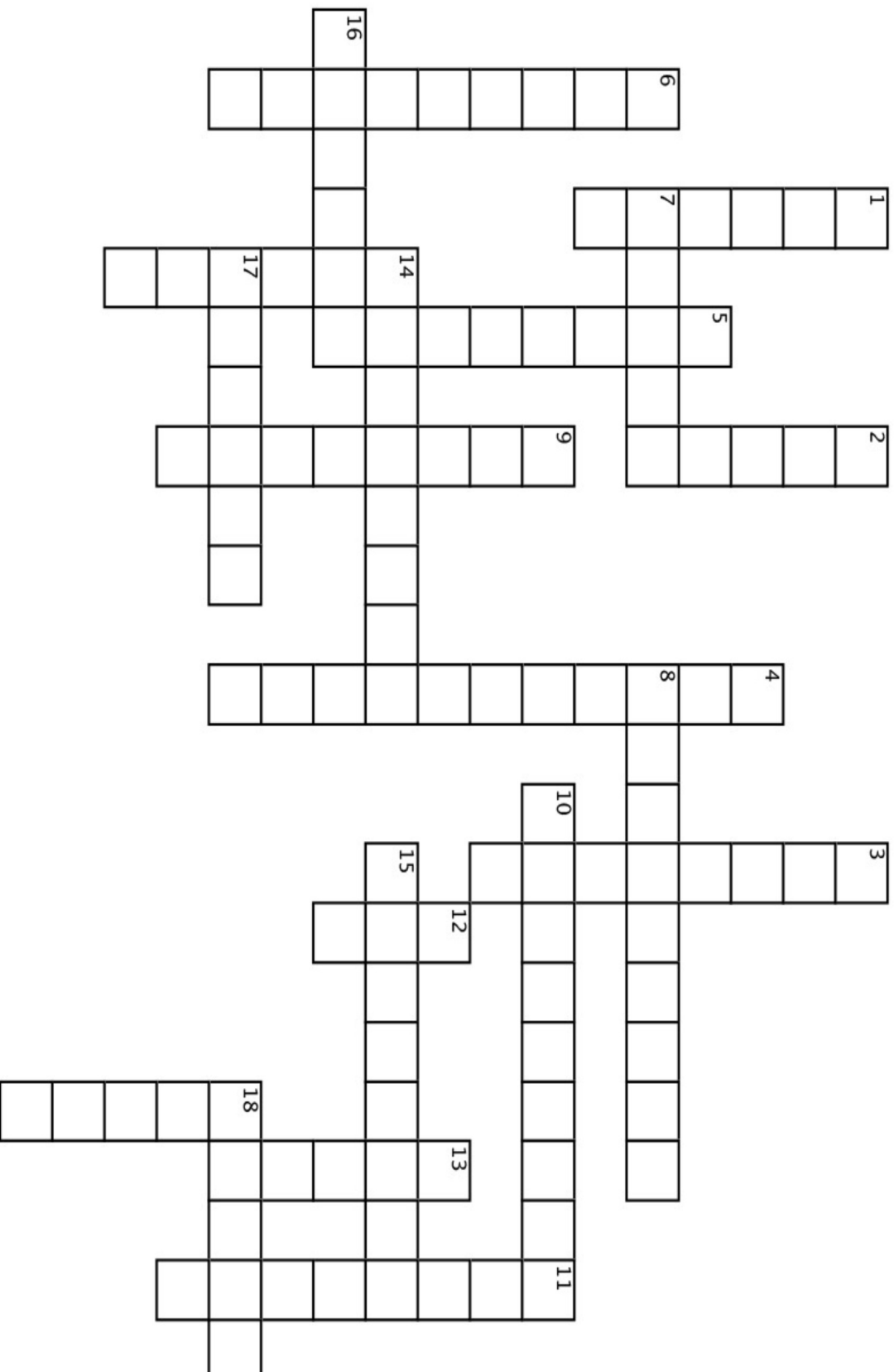
# Activity Book

## Week 8

# May 18 - May 22, 2020

# Victoria Day

Use the clues to fill in the crossword.



# Victoria Day Crossword

(clues)

## ACROSS

7. Govern
8. United Kingdom flag
10. Pyrotechnic display
14. Horse-drawn vehicle
15. Famous Victoria BC garden
16. Day that Victoria Day is celebrated
17. Victoria's husband
18. Queen Victoria stamp, \_\_\_\_\_ Black

## DOWN

1. Kingdom
2. Victoria's title
3. Capital of British Columbia
4. Competitions
5. Annual celebration
6. Number of guns in royal salute
9. Handheld firework
11. Country north of England
12. Ornamental flower
13. Leaf on Canadian flag
14. Calgary's country
18. Places for picnic



# Which Queen Am I?

The following are facts about Queen Victoria (A) and Queen Elizabeth (B) Can you put a name with each fact?

1. I was only 18 when I became queen. \_\_\_\_\_
2. I am the longest-reigning monarch. \_\_\_\_\_
3. I am the first monarch to celebrate my diamond wedding anniversary. \_\_\_\_\_
4. I was barely five feet tall. \_\_\_\_\_
5. I was raised by a single mother. \_\_\_\_\_
6. When I was proclaimed queen, the British prime minister was Winston Churchill. \_\_\_\_\_
7. I am known for my love of corgis. \_\_\_\_\_
8. I am the oldest daughter of King George VI. \_\_\_\_\_
9. I am the mother of nine children. \_\_\_\_\_
10. I spoke only German until the age of three. \_\_\_\_\_
11. My husband is named Philip. \_\_\_\_\_
12. I was born in May. \_\_\_\_\_
13. My coronation was televised. \_\_\_\_\_
14. My husband was from Germany. \_\_\_\_\_
15. I survived at least six assassination attempts. \_\_\_\_\_
16. Helen Mirren won an Oscar for portraying me in the film *The Queen*. \_\_\_\_\_

# Tussie-Mussie

Using the language of flowers and herbs, arrange a tussie-mussie in a simple paper holder. A tussie-mussie is a small flower bouquet arranged with floral symbolism and used to send a special message. Also known as *nosegay* and *posy*, these meaningful bouquets have been around since medieval times. They became a popular fashion accessory during the reign of Queen Victoria (1837–1901). The stems are typically wrapped with a doily. The arrangement is then put into a holder and given as a gift to someone special.

## You will need:

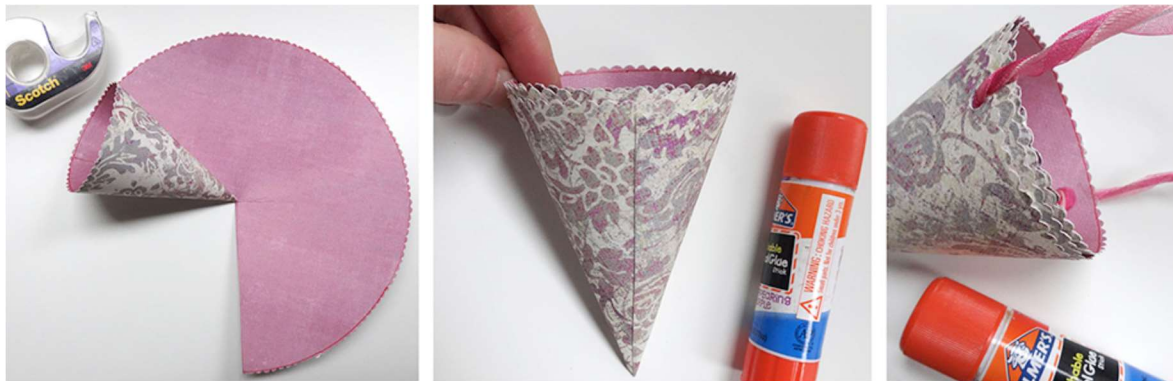
- Assortment of fresh flowers and herbs
- Soft floral foam (about 1" X 1" X 1 1/2")
- 8"-round paper doily
- 9" plate or paper plate for circle template
- Heavy scrapbook paper
- 1"-wide ribbon (about 18" long)
- Small bowl of water
- Scissors (scalloped and/or regular)
- Scotch tape
- Glue stick
- Hole punch
- Pencil or pen
- Plastic sandwich bag
- Twist tie or rubber band



**Directions:**

1. Select your flowers and herbs. The arrangement should have no more than 6 stems.
2. Cut off the stems to make an arrangement 6–9" tall. Stick the stems into the floral foam. Set the foam and flowers in a bowl of water as you make the paper holder.
3. Using a 9" plate as a template, trace a circle onto the back of a sheet of scrapbook paper. Cut out the circle with scalloped scissors. (Regular scissors can also be used.) Roll a quarter of the circle and tape the inside edge as shown in the left-hand photo above.
4. Continue rolling the paper to make a cone and glue down the outside edge.

5. Punch out 2 holes about 1/2" from the top, with one on each side, directly across from each other. Working from the outside in, thread the ends of the ribbon through the holes and tie knots to keep the ribbon from slipping through. Add glue to secure the bottom of the handle to the top outside edge of the cone.
6. Cut off the top of a sandwich bag. Put the floral foam inside and wrap a twist tie or rubber band around the opening as shown.
7. Set the bouquet in the center of a doily, gather up the sides of the doily, and slip the arrangement into the cone. Gently push the foam downward until it fits securely in the cone.
8. Give the tussie-mussie to someone special or hang it on their door.



# Easy Cobb Salad

www.delish.com



## Ingredients

1/3 c. red wine vinegar  
1 tbsp. Dijon mustard  
2/3 c. extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper  
1 head romaine lettuce, coarsely chopped  
4 hard-boiled eggs, peeled and quartered  
12 oz. cooked chicken, diced  
8 slices bacon, cooked and crumbled  
1 avocado, thinly sliced  
4 oz. crumbled blue cheese  
5 oz. cherry tomatoes, halved  
2 tbsp. finely chopped chives

## DIRECTIONS

1. In a jar, shake together vinegar, mustard, and oil and season with salt and pepper.
2. On a large platter, spread out lettuce, then add rows of hard-boiled egg, chicken, bacon, avocado, blue cheese, and cherry tomatoes.
3. Season with salt and pepper, drizzle with dressing, and garnish with chives.

# Crispy Grilled Margherita Pizza



## Directions

- (16 ounce) package pizza dough, at room temperature
  - ¼ cup olive oil
  - 4 ounces shredded Asiago cheese
  - 3 large tomatoes, thinly sliced
  - 1 cup packed whole basil leaves
  - 8 ounces fresh mozzarella cheese, shredded
  - salt and ground black pepper to taste
- 
- Preheat an outdoor grill for high heat, and lightly oil the grate.
  - Place pizza dough in a bowl to rise 2 to 3 times the original size, about 1 hour. Flour a work surface and a rolling pin. Divide dough in half; roll each half to a 10- to 12-inch diameter circle.
  - Place pizza dough rounds on the preheated grill using a wooden paddle (pizza peel) and close lid; cook until grill marks appear on the bottom of each round, 3 to 5 minutes. Remove from grill and flip over on a work surface. Lower grill heat to medium.
  - Brush each round with olive oil. Spread half the Asiago cheese on each crust; add tomatoes, basil, and mozzarella. Season with salt and pepper.
  - Transfer pizzas to grill with wooden paddle and close lid. Cook until bottom of rounds is cooked with grill marks and cheese is melted, 7 to 10 minutes. Remove from grill and let stand for 5 minutes before serving.



# Finish the Sayings

These well-known sayings have had all of the vowels (a, e, i, o, and u) removed. Can you replace them and reveal the sayings?

**Example:** LT SLPNG DGS L (*LET SLEEPING DOGS LIE*)

1. BSNC MKS TH HRT GRW FNDR

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2. HR TDY, GN TMRRW

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3. TH GRSS S LWYS GRNR N TH THR SD F TH FNC

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4. DN'T CNT YR CHCKNS BFR THY R HTCHD

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5. LK BFR Y LP

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6. TH HNDWRTNG S N TH WLL

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Puzzle #1:



Puzzle #2:



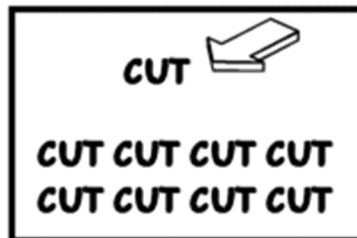
Puzzle #3:



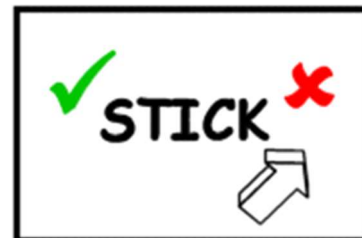
Puzzle #4:



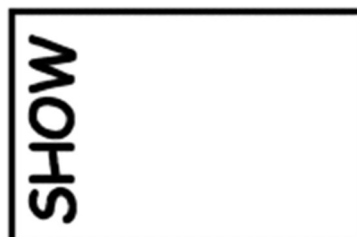
Puzzle #5:



Puzzle #6:

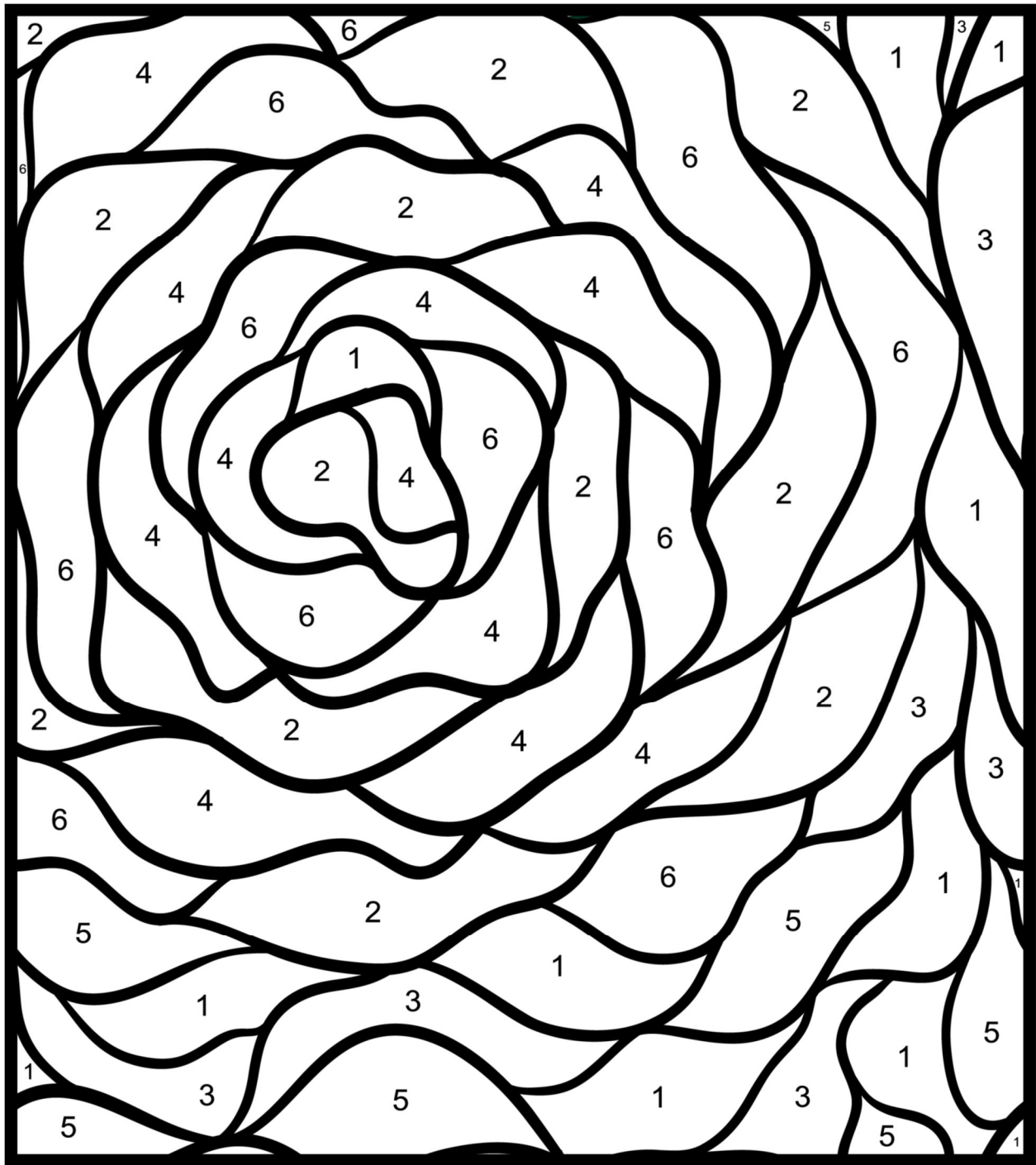


Puzzle #7:



Puzzle #8:





1-Light Green 2-Red 3-Green  
4-Yellow 5- Dark Green 6-Orange

## THE CAREGIVER CANDLE

To leave this world like a candle, and to be a glowing pure light.  
To see the darkness held at bay, and to have a dream shine bright.  
To feel the power of inspiration, fill our heart full of hope.  
To reach out to the hopeless, enabling them to cope.  
To love with passion your enemy, when one's inner self says fight.  
To hold a hand softly, as they go gently into the night.  
To build another's confidence, as they move towards their dream.  
To believe in a friend's vision, and truly nurture their esteem.  
To give until you feel empty, and receive until you are full.  
To share all your abundant riches, without guilt's remorseful pull.  
To live with a sense of freedom, and to fly with the eagles above.  
To embrace each and every moment, with a child-like sense of love.  
For these are the actions of greatness, and they allow a new sense of sight.  
And they keep our hope candles burning, well into the darkest night.



### Self-Care Tips for Caregivers

During this time, it is important that you take care of yourself.

Self-care activities

- Go for a walk
- Baking or cooking
- Yoga or home exercises
- Phone or video call a friend or family member
- Healthy eating
- Drink water
- Limit social media
- Writing or journaling
- Expressive art, painting, drawing, colouring, clay making, lego
- Solo activities, puzzles, cross words, word searches
- Meditation
- Deep breathing
- Listen to music
- Listen to a Ted Talk or Podcast
- Diffuse essential oils
- Maintain a sleep routine (wake up and go to bed at the same time every day)
- Read a book

### Free guided meditation and breathing apps

- MindShift

[https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_CA)

- Oak [https://play.google.com/store/apps/details?id=meditation.fo.rest.oak.oakforest\\_guidedmeditation&hl=en\\_CA](https://play.google.com/store/apps/details?id=meditation.fo.rest.oak.oakforest_guidedmeditation&hl=en_CA)

### Check out the following links for Caregiver Strategies during Covid-19

<http://alzheimersocietyblog.ca/coronavirus-covid-19-tips-for-people-with-dementia-caregivers-and-families/>

<https://www.pbs.org/newshour/health/tips-for-health-every-caregiver-needs>



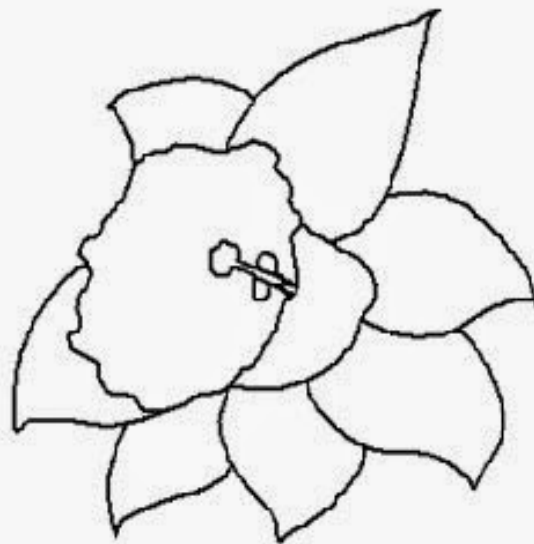
Spring

Word

Search

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

daffodil  
 flower  
 gardening  
 green  
 growth  
 jacket  
 melting  
 puddle  
 rainbow



raindrops  
 rubberboots  
 seeds  
 splash  
 springtime  
 sprout  
 sunshine  
 tulips  
 umbrella

## **Let's Get Moving**

Check out one of our favorite Chair Zumba Videos

<https://www.youtube.com/watch?v=QbU7GfdEm6A>

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 and Old Classics as they perform some of their  
favorites:**

*Check out the concert Jackson MacKenzie and Wayne O performed on the ElderCare  
Edmonton Facebook page*

*Dolly Parton- Jolene- <https://www.youtube.com/watch?v=L0eeSoU35wM>*

*Randy and Rai- Best West Concert- <https://www.youtube.com/watch?v=ln1lCbuAyT8>*

*The Eagles- Hotel California- <https://www.youtube.com/watch?v=x47aiMa1XUA>*

### **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

Discovery Education Virtual Field Trip to the Polar Bears in the Tundra

<https://www.discoveryeducation.com/learn/tundra-connections/>

Check out the surface of Mars on the Curiosity Rover

<https://accessmars.withgoogle.com/>

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## 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

## Alberta Health Services- COVID19 Information

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

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

## 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](mailto:office@caregiversalberta.ca)

## 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.



## 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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## ONLINE PROGRAMMING FOR SENIORS

### *Edmonton Seniors Centre*

#### **Joyful Chats Peer Support Group**

Mondays and Wednesdays, 1 - 2 p.m.; Fridays 9:30 - 10:30 a.m.

If you want to connect with others for lively conversations, this online support group is for you. To keep things fresh, a new theme is selected each week with a different topic of conversation for each session. Sessions are limited to 10 participants so everyone has time to talk. To register and for more information, email Donna at [donna@edmontonseniorscentre.ca](mailto:donna@edmontonseniorscentre.ca).

#### Upcoming chats include:

##### Joyful Chats

- Monday and Wednesday, 9:30 - 10:30 a.m.

##### Chair Yoga

- Every Thursday, 4:30 - 5:30 pm

##### Sing-a-long

- Every Saturday, 10:00 - 11:00 am

### *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>