



Activities

May Word Search

Sightseeing Crossword

Concentration Puzzles

Simple Snack Foods to Try at Home

A-Mazing Turtle

What Am I?

Finish the Phrase

Color By Number

I Spy

Let's Get Moving

Classic Car Coloring

Arts and Culture

ElderCare Online Day Program

Virtual Tours/ Live Cams

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 9

May 25-

May 31, 2020

MAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.gets.com

Baseball

Bird

Butterfly

Emerald

Flower

Garden

Grass

Honeybee

Lily

Maypole

Memorial

Merry

Mother

Nest

Poem

Puddle

Rain

Seed

Spring

Sunshine

Taurus



Sightseeing

Use the clues to fill in the crossword.

DOWN

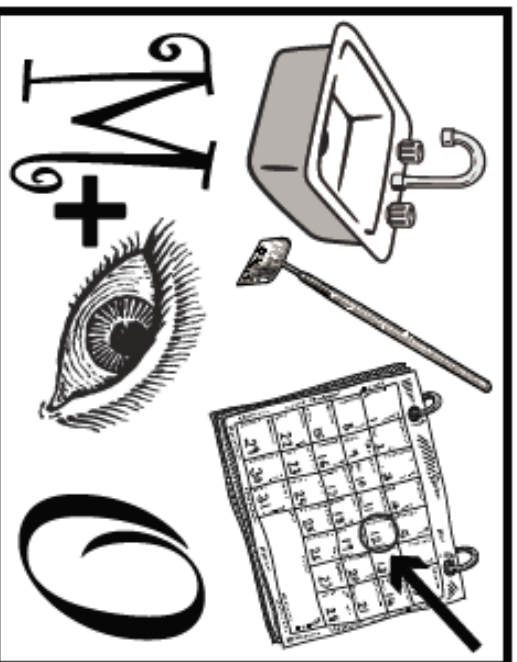
2. Carved artwork
3. Waterway
4. Royal home
5. Large wooded area
9. Place for many books
11. Religious retreat
13. Yellowstone and Yosemite

ACROSS

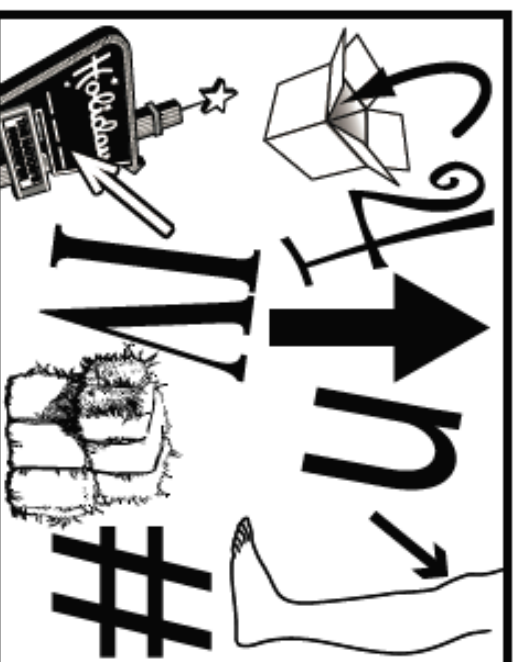
1. Flowery exhibits
2. The Louvre, for one
3. Lava emitter
4. Very tall building
5. Plaza feature
6. Water-skiing locale
7. Place of entertainment
8. Way across the river
9. Estate house
10. Very tall building
11. The Louvre, for one
12. Lava emitter
13. Water-skiing locale
14. Place of entertainment
15. Way across the river
16. Estate house

Concentration Puzzles

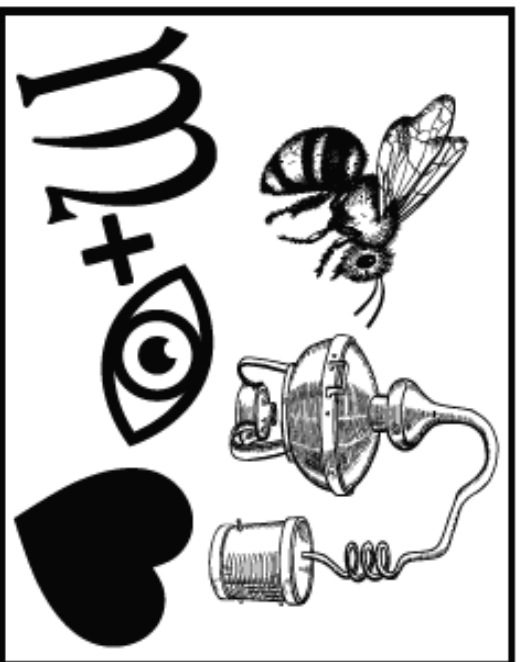
Use the visual clues in the puzzle to figure out what it says.



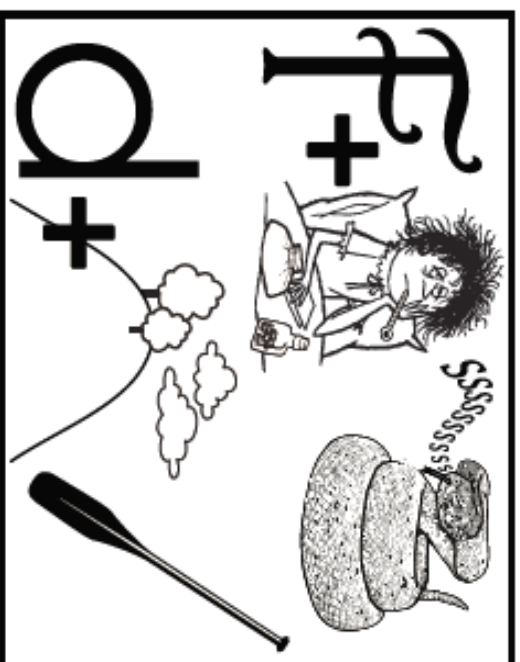
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

Simple Snack Foods To Try At Home

INGREDIENTS

Apple slices
Deli ham (thinly sliced)
Cheddar cheese, thickly sliced and cut into triangles

INSTRUCTIONS

1. Arrange a piece of cheddar cheese on one apple wedge.
2. Wrap ham around the middle of the apple and cheese.
- 3.

NOTES

To keep the apples from browning, brush the slices with lemon juice after coring and slicing.

<https://www.momables.com/ham-and-cheese-apple-wraps/>



FRUIT SALSA AND CINNAMON CHIPS

Cinnamon Chips:

Ingredients:

10 flour tortillas
Cooking spray
¼ cup granulated sugar
1 teaspoon cinnamon

Directions:

1. Preheat oven to 350°F.
2. Combine cinnamon and sugar in a small cup or bowl.
3. Spray both sides of each tortilla with cooking spray, and sprinkle cinnamon-sugar mixture on both sides.
4. Stack three tortillas together and cut into 8-10 triangle pieces. Separate the pieces from the stack and bake on baking sheet lined with foil for 8-11 minutes, until crisp. Let crisps cool before serving.



Salsa Ingredients:

2 apples (I used Granny Smith)
1 lb. strawberries
1 lb. raspberries
2 kiwis
Juice of 1 lemon
3 tablespoons raspberry preserves

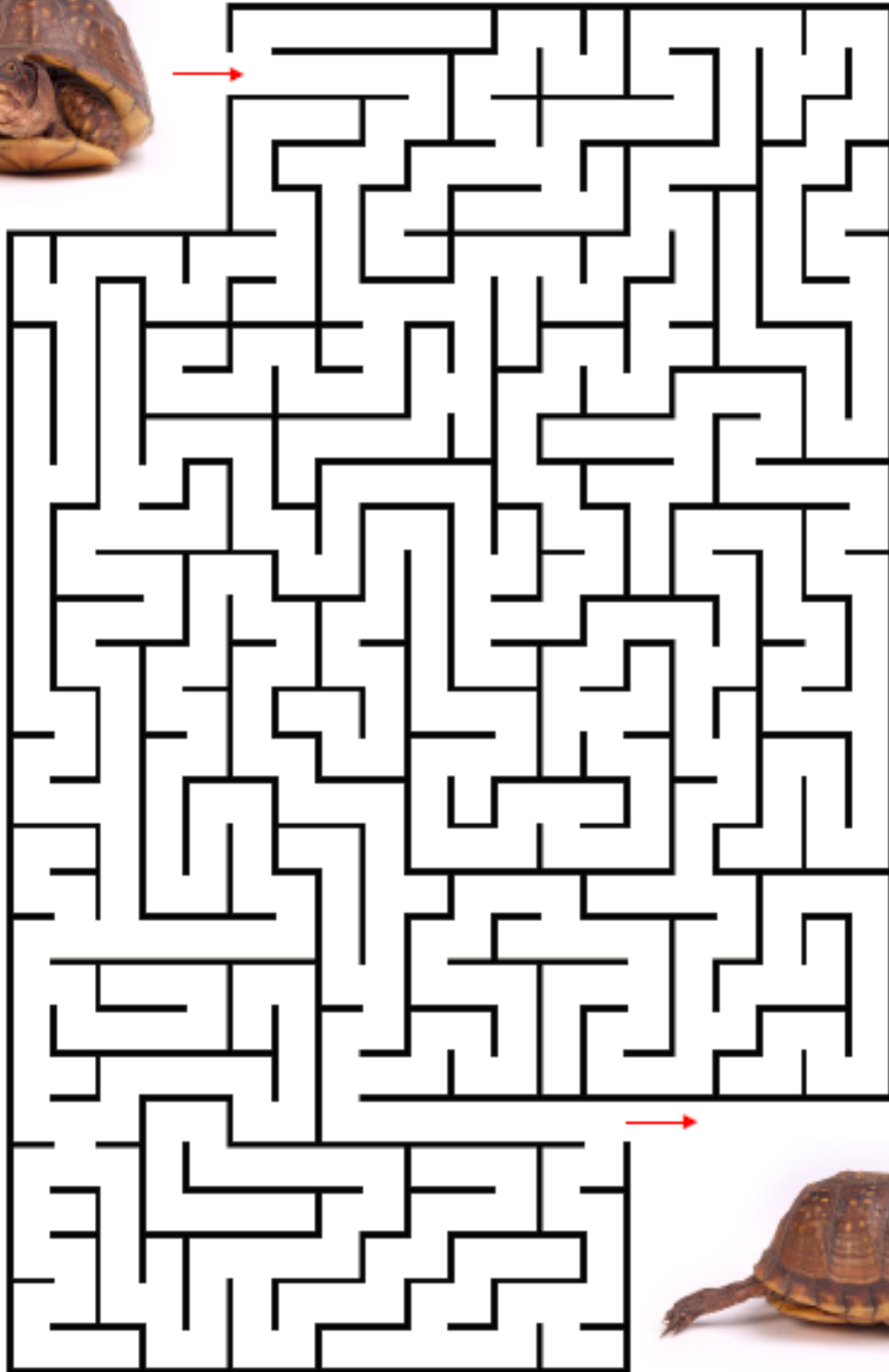
Directions:

1. Finely chop strawberries and peeled apples.
2. Combine chopped strawberries and apples into a medium bowl. Squeeze in the lemon juice and stir to combine.
3. Add kiwis, raspberries and preserves. Slightly break apart raspberries with your hands before adding to avoid whole raspberries in your salsa. Stir gently to combine all ingredients.
4. Grab a cinnamon crisp and enjoy!

<https://spoonuniversity.com/recipe/fruit-salsa-need-sweetest-v-day-ever>



A-Mazing Turtle



What Am I?

Puzzle # 1

I am a home for royalty.
There are many of me in England.
I am made of stone.
I am protected by a ring of water.
I'm found in many legends.

What Am I?

Puzzle #3

I am multi-coloured.
I appear after a storm.
People always point at me.
Everyone takes my picture.
Legend says there is gold at the bottom of me.

What Am I?

Puzzle # 5

I'll keep your hair dry.
Bring me just in case.
I'm long and light to carry.
Don't open me in the house.
I hope you don't need me today.

What Am I?

Puzzle # 2

I have buttons or a zipper.
You don't need me in the summer.
Hang me in your front closet.
I'll protect you from a cold wind.
I have pockets and sometimes a belt.

What Am I?

Puzzle #4

I am a delicious treat.
Lick me with your tongue.
I come in a bowl or a cone.
Don't eat me too slowly.
One of my flavours is vanilla.

What Am I?

Puzzle # 6

I am popular for winter sports.
I can be very dangerous.
You can go up or down me.
I get colder as you go higher.
Don't forget your safety gear.

What Am I?

A decorative border of yellow stars of various sizes surrounds the text.

Finish the Phrase

There's no place like _____

Fit as a _____

Better late than _____

When in Rome, _____

Practice what you _____

Easy come, _____

The early bird _____

Jack of all trades, _____

A Woman's work _____

Birds of a feather _____

Two wrongs don't make _____

Saved by _____

Give credit where _____

Like Father, _____

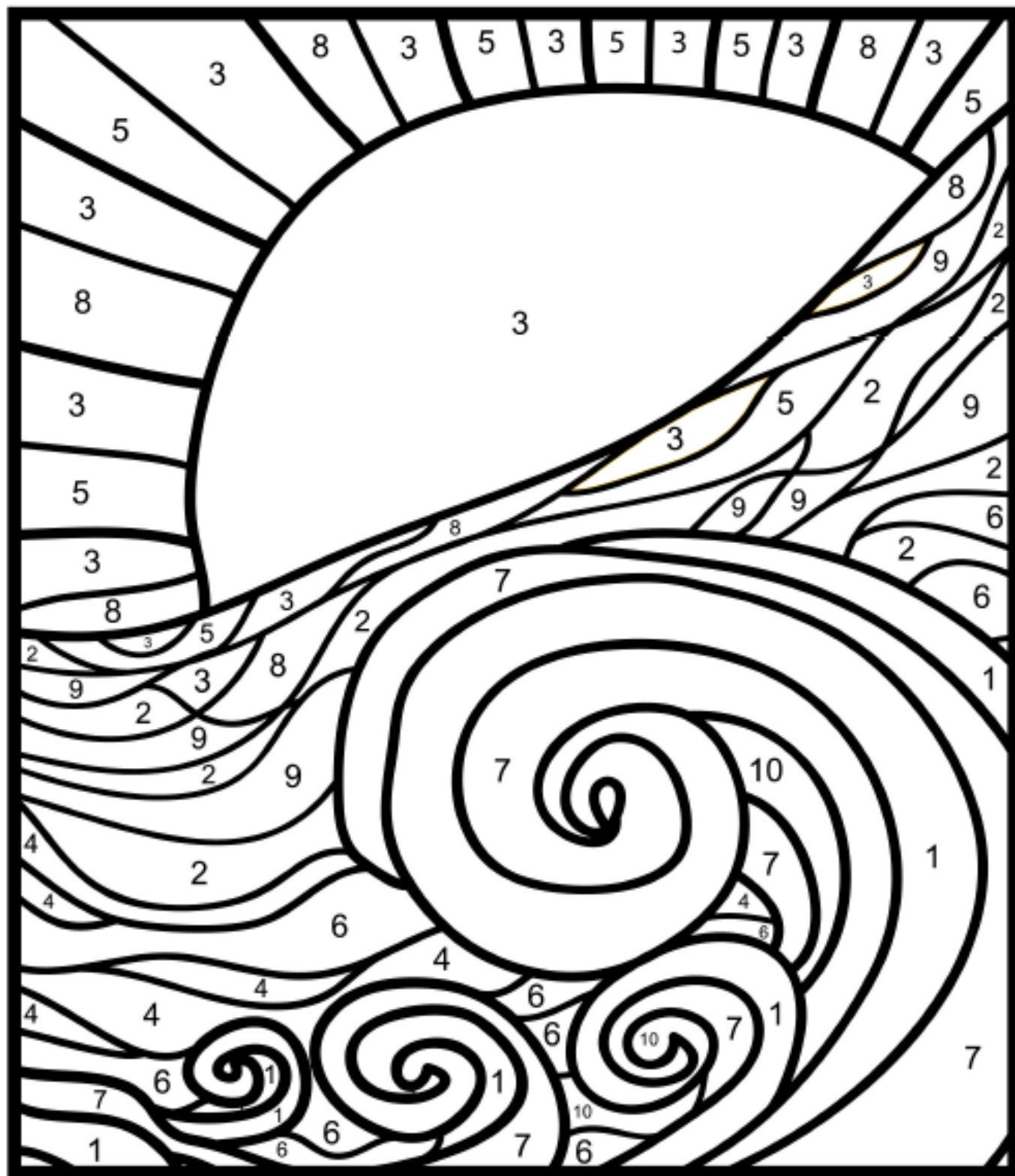
First come first _____

Laughter is the _____

Practice makes _____

Don't bite the hand _____

No time like _____



1 = Light Turquoise 2 = Dark Purple 3 = Gold 4 = Blue-Purple
 5 = Light Mauve 6 = Light Blue-Purple 7 = Turquoise
 8 = Red-Orange 9 = Light Purple 10 = Dark Turquoise

DIY Sea Glass Vases

Materials Needed:

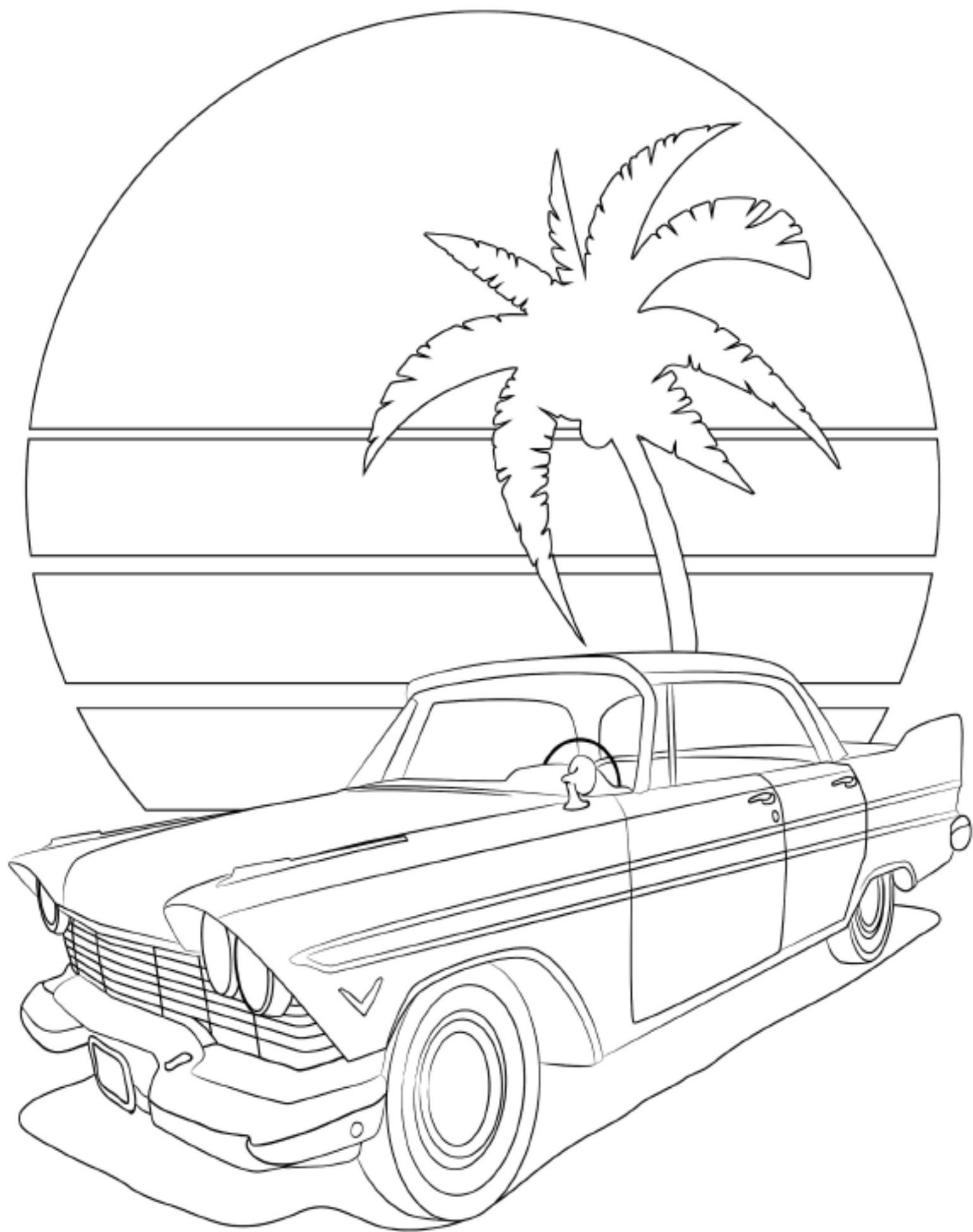
- Elmer's glue
- Food colouring (colour of your choice)
- A vase or glass jar.
- A mixing container.
- A sponge brush or paint brush.



Instructions:

1. Mix the Elmer's glue and food colouring together in the mixing container to make your desired color. (the amount will vary depending on how dark you would like the color to be).
2. Take your brush and cover the vase with the colored glue for a transparent sea glass effect! Cover the outside and rim of the vase or jar.
3. Put a second coat as needed and let dry completely.
4. Enjoy your new vase by adding some flowers for a complete centre piece!





Let's Get Moving

Check out one of our favorite Chair Zumba Videos

<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>

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

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

Arts and Culture

Check out some of Virtual Choir Performance:

Longest Time- Quarantine Edition -

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

Down to the River

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

Melbourne Symphony Orchestra- Waltzing Matilda

<https://www.youtube.com/watch?v=UrG7PTffmlQ>

Metropolitan Opera- Evening Live Streams

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

Senior's Positivity Hotline

In need of a smile? Then be sure to check out this wonderful free resource! Seniors can call to hear a pre-recorded joke or story. You can call 1-877-569-4255 or 403-209-4300

Virtual Canadian Theater- The Canadian Play Thing

[The Canadian Play Thing](#) (est. March 2020) is a playwright-centred virtual theatre that shares live readings of new and under-produced Canadian plays online. The goal is to support and celebrate the work of playwrights, and to connect the theatre family across the country. Artists and audiences around the world are welcome. To see a full listing of virtual theatre live streams, view their events calendar.

Join ElderCare Edmonton and Caregiver's Alberta for our Free Well-Connected Online Program

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/>



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.

www.caregiversalberta.ca

From Last weeks Program, here is Deb's Quick & Simple 3-Ingredient Peanut Butter Cookie Recipe!

Ingredients:

- . 1 cup peanut butter
- . 1 cup white sugar
- . 1 egg

Preheat your oven to 350 degrees. Line baking sheet with parchment paper, or spray with Pam.

Combine your 3 ingredients, until smooth.

Drop spoonful's of batter onto your cookie sheet.

Bake for 6-8 minutes. Do not over bake! These cookies are best warm and a little brown on the bottom.



News and Events for Seniors

SENIORS SHOPPING HOURS

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

Edmonton Seniors Centre

Free

If you're looking for a way to relax, unwind and meditate the pandemic stress away, try joining one of the many online yoga and meditation classes from Edmonton Seniors Centre. Classes include:

- Senior Yoga: Mondays and Wednesdays, 9:30 - 10:30 a.m.
- Stress Reducing Meditation: Tuesdays, 9:30 - 10 a.m.
- Chair Yoga: Wednesdays, 10:45 - 11:45 a.m.

Find your Zen. Pre-register today by emailing brenda@edmontonseniorscentre.ca.

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.

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

Mill Woods Seniors Association

Wednesdays, 1 - 2 p.m.

Free

This new online intergenerational program pairs youth and seniors for conversations and games. Channel your inner child, enjoy the therapeutic benefits of play, and learn about what "the kids" are getting up to these days. To register, email karen@mwsac.ca with the subject line, "Recess".

Edmonton Seniors Centre

Saturdays, 10 - 11 a.m.

Free

Zumba is a fun and lively dance-based workout that doesn't feel like exercise. Transport yourself to the beaches of Latin America and move and groove along to the beats of salsa, flamenco, and merengue music. Pre-register by emailing bella@edmontonseniorscentre.ca.

SENIORS CENTER WITHOUT WALLS

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

For a current full schedule of programs please call 780.395.2626 or visit

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

TALK2NICE

National Initiative for the Care of the Elderly (NICE)

Daily, 10 a.m. - 10 p.m. (Eastern)

This new nationwide phone outreach service connects older adults and persons with disabilities to social workers and social work students. The program aims to provide community members with prolonged engagement through friendly check-in phone calls weekly and bi-weekly. The program is an opportunity for older adults who may be experiencing isolation or loneliness to "check in" with an empathetic, non-judgemental and compassionate person on a regular basis. Call 1-844-529-7292 (toll-free) to schedule your friendly call or go [online](#) to book a time.

ALBERTA HEALTH SERVICES- COVID19 Information

For Current Up to Date Information on the COVID19 Virus

Please visit: 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.

MASKS, SANITIZER, AND PREPARED MEALS FOR SENIORS

Westend Seniors Activity Centre

WSAC is offering masks and hand sanitizer to seniors here in Edmonton. As of May 11, seniors have ordered almost 10,000 masks! Go [online](#) to order your masks and hand sanitizer. The centre has also launched a new Community Cafe outreach program to sell frozen soups and meals with a rotating menu that changes every two weeks. Go [online](#) for more information about the meals program. Free delivery of masks, sanitizer, and meals is available for all Edmonton seniors.

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 (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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