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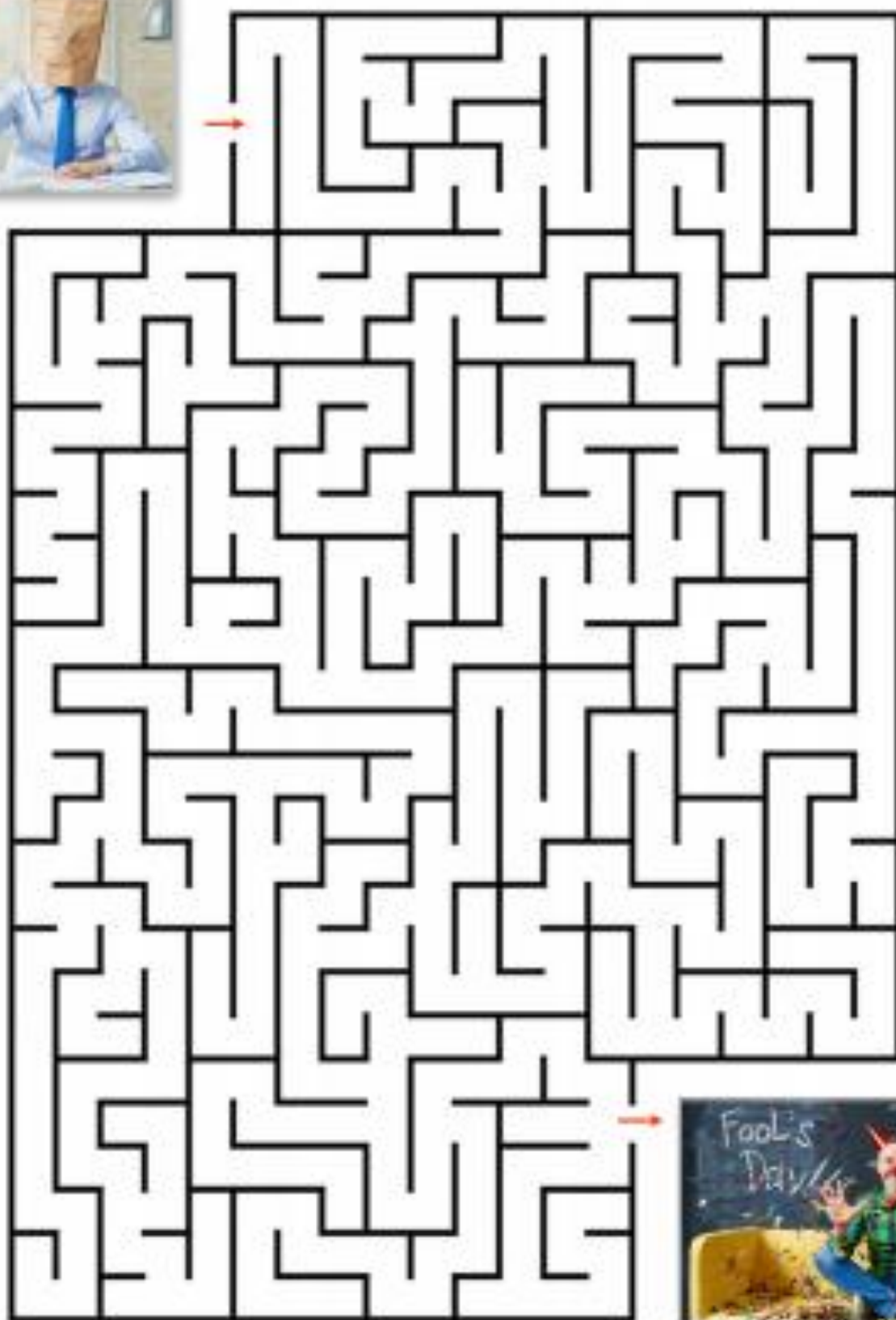
ElderCare
EDMONTON

Activity Book

Week 1

March 29- April 5, 2020

A-Mazing April Fools' Day



Paper Flower Craft

What you need:

- circle paper punch –
- yellow paper
- paper in a variety of colors (we used regular print paper)
- paper cutter or scissors
- stick glue
- green paper drinking straws
- clear tape (or patterned for some fun)

First punch a few circles out of yellow paper. You will need one circle for 1 flower.

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. We recommend you use the largest circle punch, as then cutting strips across the width of a letter sized paper works out nicely.

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.



Coffee Filter Butterflies

Here's what you'll need:

- 2 coffee filters
- Washable markers (we used Mr. Sketch, but Crayola will work too)
- Water
- An eye dropper or small measuring spoon
- 1 pipe cleaner (12" long)

You will need TWO coffee filters for this craft. Place one inside the other so they fit together well. We used the coffee filters meant for small 4 to 6 cup coffee makers. I recommend placing the coffee filters on a cookie sheet to keep the mess contained.



Flatten out the coffee filters a little. They don't have to be perfectly flat, just flat enough that you can colour on them.

Colour your creative designs onto the coffee filters. You'll be colouring on 2 layers, and some of the marker will leak through to the bottom coffee filter.

Then take an eye dropper or small measuring spoon and drip water onto the marker until the coffee filter is completely wet. Once the coffee filter is completely wet, stop adding water. If you add a big pool of water the colours will mix together too much, plus it will take forever to dry.



Place coffee filters in a sunny window to dry. If you're drying them indoors, it will take several hours, or even overnight, depending on how much water you added.

Once they are dry and you pull apart the two coffee filters, you'll end up with two very similar looking layers.

Fold each one back and forth, accordion style, in about 1/2" folds. (Just make sure the coffee filters are completely dry first or you'll end up with messy fingers!)

Keep folding until the end, so you have two strips.

Put the two folded strips on top of each other.

Twist a pipe cleaner around the middle so that the two ends point upwards in a big letter "V". Trim the ends to make them even if you need to.

Next, pinch the end of each pipe cleaner and curl it outwards to make a small spiral.



Finally, pull apart the folds in the coffee filter to open them up and shape your butterfly. I used the darker pink marker in the butterflies below and it worked MUCH better than the light pink.

My little tip:

The less white space you leave on the coffee filters, the brighter your butterflies will be. I recommend colouring more of the coffee filter with marker than what I showed in the tutorial photo above.

Just make sure you leave at least a little bit of white space between the colours (about 1/4").

My second batch of butterflies where I covered way more of the coffee filter with marker ended up looking so pretty.

These coffee filter butterflies are so easy to make and they look so beautiful!





Spring Word Scramble

- WBNIAOR _____
- BLLAMURE _____
- WFLORE _____
- PLITU _____
- NERGE _____
- MLOBO _____
- PLRIA _____
- LFBTUTREY _____
- NIAR _____
- DREGNA _____
- EBE _____
- YMA _____
- GNRIPS _____
- HSSNIEUN _____
- YBNUN _____
- CAMHR _____
- EDES _____



Let's Get Moving

Check out one of our favorite Chair Zumba Videos

at

https://www.youtube.com/watch?v=GdHFAeC_Ys

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>

If you have weights at home, go ahead and grab them. If not you can still do these exercises without weights.

https://www.youtube.com/watch?v=tdB9YyP1jbg&list=RDQMSrY2w2JBsQk&start_radio=1

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

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

Spa Day Detective

How many of these things can you find?

- 2 slipper socks
- Bag of Epsom salts
- 6 candles
- CD player
- 3 tea bags
- 2 tweezers
- Towel
- 3 bottles of nail polish
- Hair-waxing kit
- 3 emery boards

What else do you see in the picture?



Searching for April

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



APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BULL (Taurus)

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PASSOVER

RAM (Aries)

SHOWERS

SWEET PEA

TAURUS

TAXES

ACROSS

4. Rouse
6. Fit and well
7. Rejuvenate
9. Sleep vision
10. Without noise
12. Dawn to dusk
13. Brief
14. Sleeping noise

Time for a Nap

Use the clues to fill in the crossword.



DOWN

1. Cozy cover
2. Recollection
3. Sofa
5. Rapid eye movement
6. Canvas bed

DOWN

7. Kick back
8. Napping helps reduce this
11. Soft cushion
13. Catch some Z's

Blueberry Bliss

A no-bake recipe

Ingredients:

- 2 (8-ounce) packages cream cheese, room temperature
- 2 (1.3-ounce) envelopes Dream Whip Whipped Topping Mix
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 2 cups powdered sugar
- 2 (21-ounce) cans blueberry pie filling



Directions

1. Place cream cheese in a medium bowl and whip with a hand mixer until smooth. Set aside.
2. Whip Dream Whip, milk, and vanilla in a large bowl with a hand mixer for 4 minutes. Stir in cream cheese and powdered sugar, stirring until smooth.
3. Spread mixture evenly into a 9 X 13-inch baking pan. Top evenly with the blueberry pie filling.
4. Cover and chill 4 hours before serving.

Makes 18–20 servings

Arts and Culture

Each evening the Metropolitan Opera offers a free stream from the
Metropolitan Opera

Visit

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

The Royal Opera and Royal Ballet will be offering free streams of
the following:

Acis and Galatea, The Royal Opera, 2009 – 3 April 2020, 7pm
BST

Così fan tutte, The Royal Opera, 2010 – 10 April 2020, 7pm BST

The Metamorphosis, The Royal Ballet, 2013 – 17 April 2020,
7pm BST

Visit

<https://www.youtube.com/royaloperahouse>

Genealogy Secret Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that start with *L*.
2. Cross off all words that are seven-letter words.
3. Cross off all words that are synonymous with *happy*.
4. Cross off all words that are family members.
5. Cross off all words that rhyme with *clan*.



sister	lovely	man	pizzazz
we	all	cheery	fan
mother	listen	squeeze	merry
carry	plan	inside	cousin
jovial	tan	lipstick	us
people	costume	father	ran
joyful	who	list	jolly
grandfather	span	came	finally
gesture	ecstatic	lemon	before
son	flan	elated	us

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 FAMILY CAREGIVER WELLNESS WORKSHOPS

NorQuest College

Gain the confidence to safely look after your loved one at home by learning online with a nursing instructor. Upcoming workshops include:

- [COVID-19-All You Need to Know About Infection Control and Prevention](#): April 8, 9-10:30 a.m. Free
- [Assisting with Personal and Intimate Care](#): April 15, 9-11 a.m. \$35
- [Assisting with Mobility-Safe Practices](#): April 22, 9-11 a.m. \$35
- [Mealtime and Medication Assistance](#): April 29, 9-11 a.m. \$35

The COVID-19 workshop is 1.5 hours of lecture and Q&A. The other workshops are two hours and include class lecture and a simulated scenario related to the workshop topic.

Learn more and register today at www.norquest.ca/family-caregiver.