



**ElderCare**  
EDMONTON

## **Activities**

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Dye**

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Seniors Center Without Walls**

# **Activity Book**

## **Week 2**

# **April 6- April 14, 2020**

# Easter Word Search

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

Basket  
Bonnet  
Bunny  
Candy  
Chicks  
Chocolate  
Daffodil  
Decorate  
Ducks



Dye  
Easter  
Egg Hunt  
Eggs  
Family  
Flowers  
Grass  
Happy  
Jellybeans

Lily  
Parade  
Peeps  
Rabbit  
Spring  
Sunday  
Tradition  
Tulips





## Button Tree Art

**Supplies needed:** paint, paintbrushes, canvas/paper, white glue, buttons of various sizes.



**Step 1:** Begin by choosing your design and painting an image on to a blank canvas.



**Step 2:** Collect your buttons and put them into a large pile. You could also sort the buttons by shape, size, or color!



**Step 3:** Use a small amount of glue to attach the buttons to the canvas

**Step 4:** Continue adding buttons until you are satisfied with the way it looks. You can even choose to layer buttons upon buttons for extra dimension!

**Step 5:** Allow glue to dry thoroughly. Hang and enjoy! 😊

## Make Your Own Easter Egg Dye

There's no need to buy special kits for dyeing Easter eggs- all the ingredients you need are probably already in your cupboards. This recipe uses liquid food coloring, but you can also use paste. Experiment with combining different colors to produce new shades.

### INGREDIENTS

#### For each color:

- 1 teaspoon white vinegar
- About 20 drops liquid food coloring
- White-shelled hard-boiled eggs

### PREPARATION

#### To make 1 color:

Line large baking sheet with paper towels and top with wire cooling rack. In small bowl or cup, stir together 1/2 cup boiling water, vinegar, and food coloring. Immerse eggs in dye, turning occasionally to ensure even coating, until desired color, about 5 minutes. Using slotted spoon or tongs, remove eggs from dye and transfer to rack to drain. Refrigerate when dry.

#### Here are some ways to create designs on your eggs:

##### *Striped Easter Eggs:*

Wrap a portion of the egg with a rubber band before dyeing. Once the egg is dry, remove the rubber band to reveal the white, undyed strip underneath.

##### *Decal Easter Eggs:*

Another way to block off portions of the egg: Affix stickers or tape in shapes such as daisies or dots before dyeing. Remove once the egg is dry.

##### *Free-Hand Easter Eggs:*

A third way to block off portions: Before dyeing, draw on the egg with a light-colored crayon or wax. If desired, once the egg is dry, the wax can be softened by holding the egg over a candle flame and then wiped off.

##### *Two-Toned Easter Eggs:*

All three of the above methods can be used to create two-toned eggs: Dye the whole egg a light color, such as pink, and let it dry. Then wrap the egg with a rubber band, affix stickers, or draw a design in crayon. Dye the egg a second color, such as blue. Once dry, remove the rubber band, stickers, or crayon. The areas blocked off will remain the first color (in this case, pink), while the rest of the egg will turn a combination of the 2 colors (in this case, purple).

##### *Ombre Easter Eggs:*

Dip a portion of the egg in one color and another portion in another color. If the two sections overlap, that area will turn a combination of the two colors.





## Let's Get Moving

Check out one of our favorite Chair Zumba Videos

Part 2 at

[https://www.youtube.com/watch?v=1\\_QJIAyVG9s](https://www.youtube.com/watch?v=1_QJIAyVG9s)

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 7- Minute Yoga for Seniors

<https://www.youtube.com/watch?v=NDLad2vOHkU>

Join our community partners at the Westend Seniors Activity Center for Week 2 of their free 8 week fitness program

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

# Easter Egg-citement



14

1

2

3

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16

17



# Easter Egg-citement

(clues)

## ACROSS

1. Newly hatched bird
6. Holiday event
8. Soft colors
9. Spring flower
10. Easter day
11. Sun-blocking hat
12. Self-serve meal
13. Peeps ingredient
14. Color eggs
15. Flock member
17. Search high and low

## DOWN

2. "Here Comes Peter \_\_\_\_\_"
3. Search here for hidden eggs
4. Easter's season
5. Sweet treat
7. Arranged bunch of flowers
11. Easter container
16. Young hopper

# Famous Siblings

Match the famous siblings.

- |                             |                     |
|-----------------------------|---------------------|
| 1. Warren Beatty _____      | A. William          |
| 2. Beau Bridges _____       | B. Penny            |
| 3. Joan Collins _____       | C. Shirley MacLaine |
| 4. Emily Brontë _____       | D. Robert           |
| 5. Orville Wright _____     | E. Marie            |
| 6. Wilhelm Grimm _____      | F. Jeff             |
| 7. Ira Gershwin _____       | G. Eva              |
| 8. Groucho Marx _____       | H. Jackie           |
| 9. Serena Williams _____    | I. Dennis           |
| 10. Zsa Zsa Gabor _____     | J. Chico            |
| 11. John F. Kennedy _____   | K. Charlotte        |
| 12. Ann Landers _____       | L. Peyton           |
| 13. Randy Quaid _____       | M. Karen            |
| 14. Henry James _____       | N. Venus            |
| 15. Eli Manning _____       | O. Jacob            |
| 16. Richard Carpenter _____ | P. Wilbur           |
| 17. Garry Marshall _____    | Q. Dear Abby        |
| 18. Donny Osmond _____      | R. George           |





# Creamy Vanilla Banana Dip

A no-bake recipe

## Ingredients:

- 1 cup heavy whipping cream
- 2 (8-ounce) packages cream cheese, room temperature
- 1/2 cup powdered sugar
- 7 ounces sweetened condensed milk
- 1 cup prepared vanilla pudding
- 2 bananas
- 1 teaspoon lemon juice
- 1 box vanilla wafers



## Directions

1. Whip heavy whipping cream in a medium bowl with a whisk or hand mixer until stiff peaks form. Set aside.
2. Combine cream cheese and sugar in a medium bowl until smooth. Stir in condensed milk. Fold in pudding. Fold in whipped cream.
3. Mash bananas on a small plate and sprinkle evenly with lemon juice. Fold into the mixture.
4. Cover and chill until ready to serve. Just before serving, sprinkle several crushed vanilla wafers on top. Serve with vanilla wafers for dipping.

*Makes 16 servings*

## Arts and Culture

### Metropolitan Opera- Evening Live Streams

Visit

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

### The Royal Opera and Royal Ballet 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>

### 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/>

## Virtual Tours/ Live Cameras

Check out pandas via the “panda cam” at [the Atlanta Zoo](#)

<https://zooatlanta.org/panda-cam/>

Visit [Sea World](#) and ride the Mako roller coaster

<https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>

Choose any of [Monterey Bay Aquarium's live cams](#), including the sea otter cam (so cute!)

<https://www.montereybayaquarium.org/animals/live-cams>

## Edmonton Public Library

Edmonton Public Library offers a wide variety of [online resources](#) - courses, language learning, magazines, books, music (streaming audio) and film (streaming video). All you need is your free library card!

<https://www.epl.ca/resources/>

## Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

**DACRK**

laugh laugh laugh  
laugh laugh laugh  
laugh laugh laugh  
laugh laugh laugh

**FOOT**

start off  
**FOOT**

**kick  
kick  
kick  
kick**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Your Your •**

p ower  
po wer  
pow er

funny funny  
word word  
word word

~~**TURN**~~  
**RED**

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

  
*think*

**LOKE**  


**THINGS**  
Paccommekages

hooT 1/2

9. \_\_\_\_\_

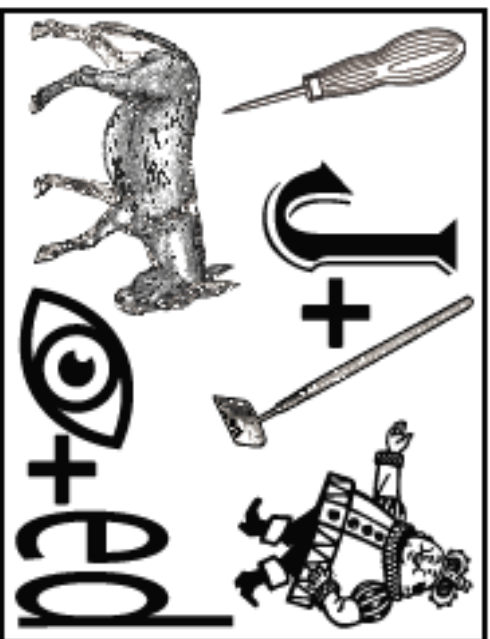
10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

## Concentration Puzzles

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



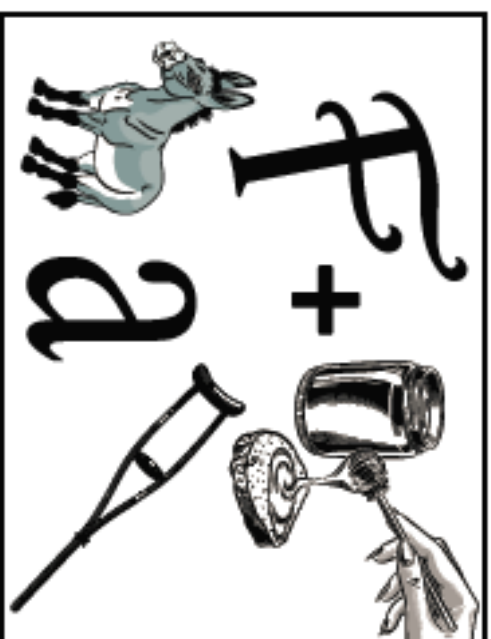
Puzzle #1



Puzzle #2



Puzzle #3

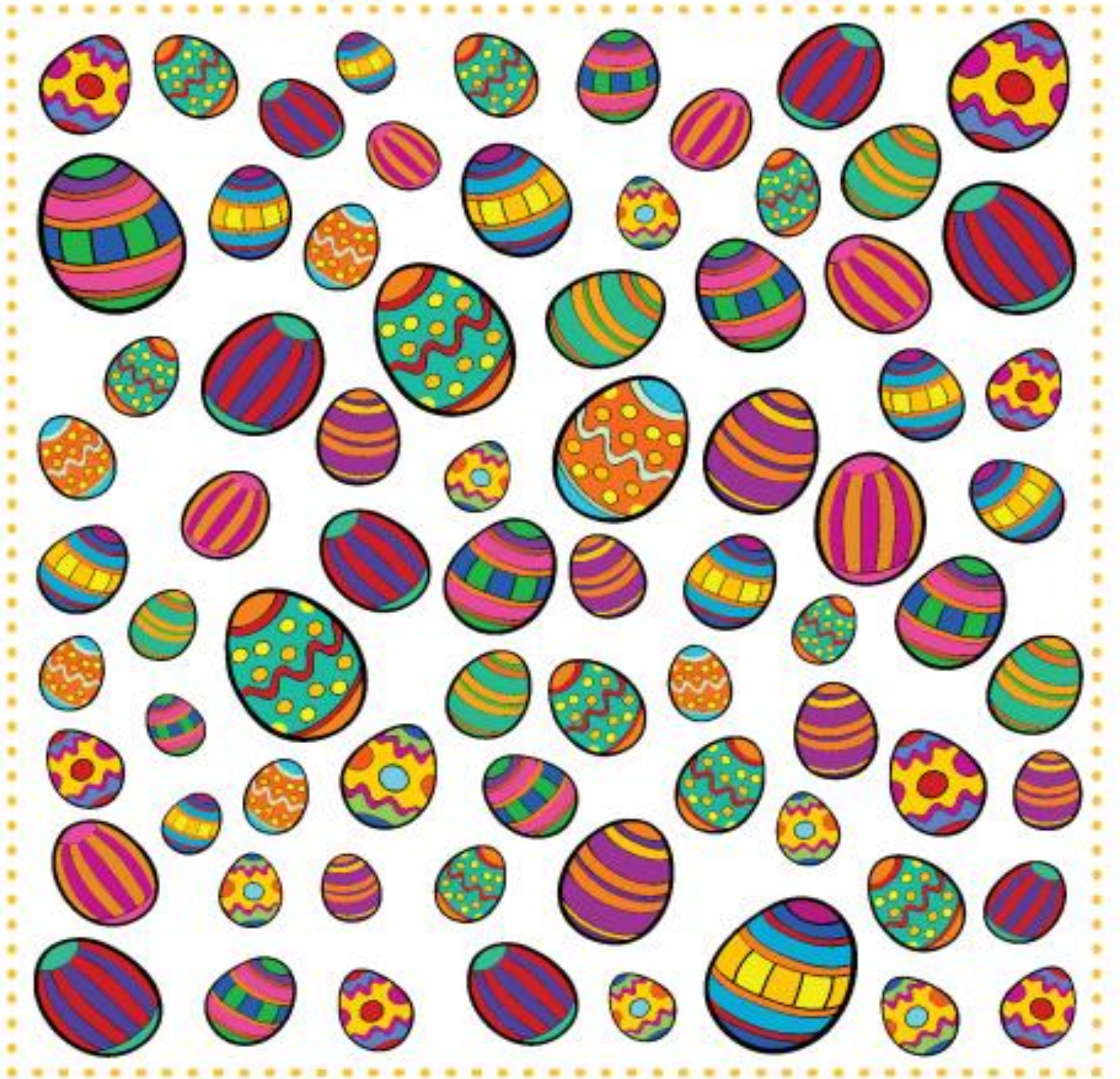
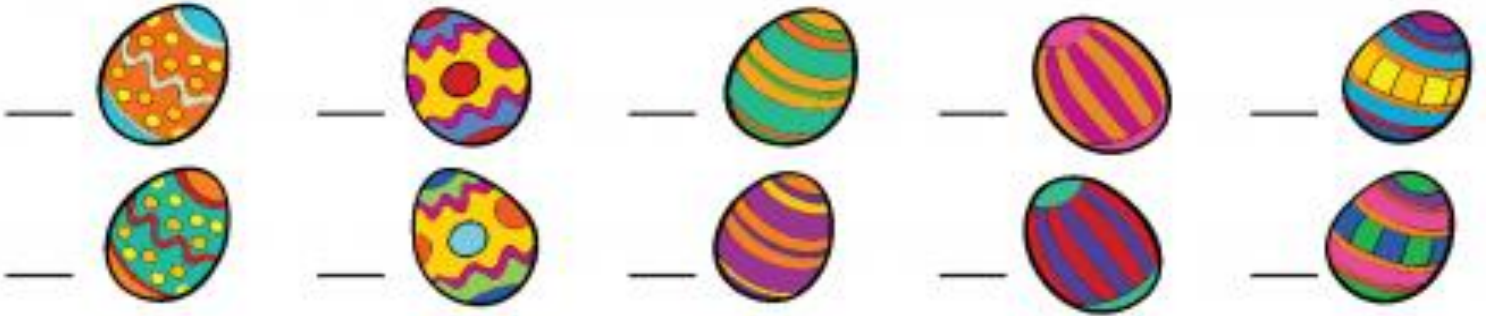


Puzzle #4



# Easter I-Spy

How many of each can you find in the box below?



## Missing First Letter

Fill in the missing first letter to form words that mean "to laugh."

1. \_HUCKLE
2. \_IGGLE
3. \_RACK \_P
4. \_NICKER
5. \_RIN
6. \_NORT
7. \_ACKLE
8. \_MIRK
9. \_ELLY \_AUGH
10. \_MILLE





## 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

### Edmonton Seniors Coordinating Council

#### *COVID-19 WEB PAGE RESPONDS TO SENIORS' NEEDS*

In an effort to support seniors during the COVID-19 pandemic, the Edmonton Seniors Coordinating Council has developed a [COVID-19 resource web page](#), which will be maintained and updated regularly in the coming weeks. This page includes updates from seniors' organizations and information to support seniors and their families during this challenging time.

Visit <https://www.seniorscouncil.net/covid-19>

### 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

## 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/>

<b>APRIL 2020</b>					CALL: 1.855.703.8985
					MEETING ID:225.573.6467 #
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 11am: Comedy Club 1pm: Caregivers 4pm: Pride Seniors	2 9am: Gratitude Group 11am: Protect Our Bison 3pm: Coffee Chat	3 11am: Strength Exercise 3pm: BINGO	
6 11am: Exercise 3pm: Jeopardy	7 11am: Beyond Meditation 3pm: Featured Artist	8 11am: Advocate for Change 3pm: How Do You Say?	9 9am: Gratitude Group 11am: The Memory Project 3pm: Health Chat	<b>EASTER NO PROGRAMS</b>	
13 11am: Meditation 3pm: Did You Know?	14 11am: Exercise 3pm: Current News	15 11am: Name That Tune 4pm: Pride Seniors	16 9am: Gratitude Group 11am The Storyteller 3pm: Coffee Chat	17 3pm: Memory Practice	
20 11am: Exercise 3pm: Fact or Fiction	21 11am: Beyond Meditation 3pm: Working Through Grief	22 11am: Beginner's French 3pm: Nutrition for Health	23 9am: Gratitude 11am: Canadian History 3pm: Sleep Hygiene	24 11am: Strength Exercise 3pm: Family Feud	
27 11am: Meditation 3pm: Armchair Travels	28 11am: Exercise 3pm: Taking Care of Your Health	29 11am: Did You Know? 3pm: Coffee Chat	30 9am: Gratitude 11am: Theatre Troupe 3pm: Readers' Corner		