



## **Activities**

**Baby Animal Wordsearch**

**Get Tangled in Maze**

**Let's Get Moving**

**Arts and Culture**

**Funny Words- Word Fit**

**Tickle your Funny Bone Quote**

**Post Office Detective**

**ElderCare Online Day Program**

**Virtual Tours/ Live Cams**

**Healthy Recipes**

**Microwave Carmel Popcorn**

**April Categories**

**Finish the Phrase**

**Color by Number**

**News and Events for Seniors**

**Seniors Shopping Hours**

**Edmonton Seniors Center**

**COVID19- Alberta Health Services**

**Caregivers Alberta**

**Seniors Center Without Walls**

**Edmonton Public Library**

**Bag Half Full**



**ElderCare**  
EDMONTON

# **Activity Book**

## **Week 3**

# **April 14- April 20, 2020**

# Baby Animals

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

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

CALF

FILLY

LAMB

CHICK

GOSLING

PIGLET

COLT

INFANT

PUP

CUB

JOEY

SQUAB

DUCKLING

KID

TADPOLE

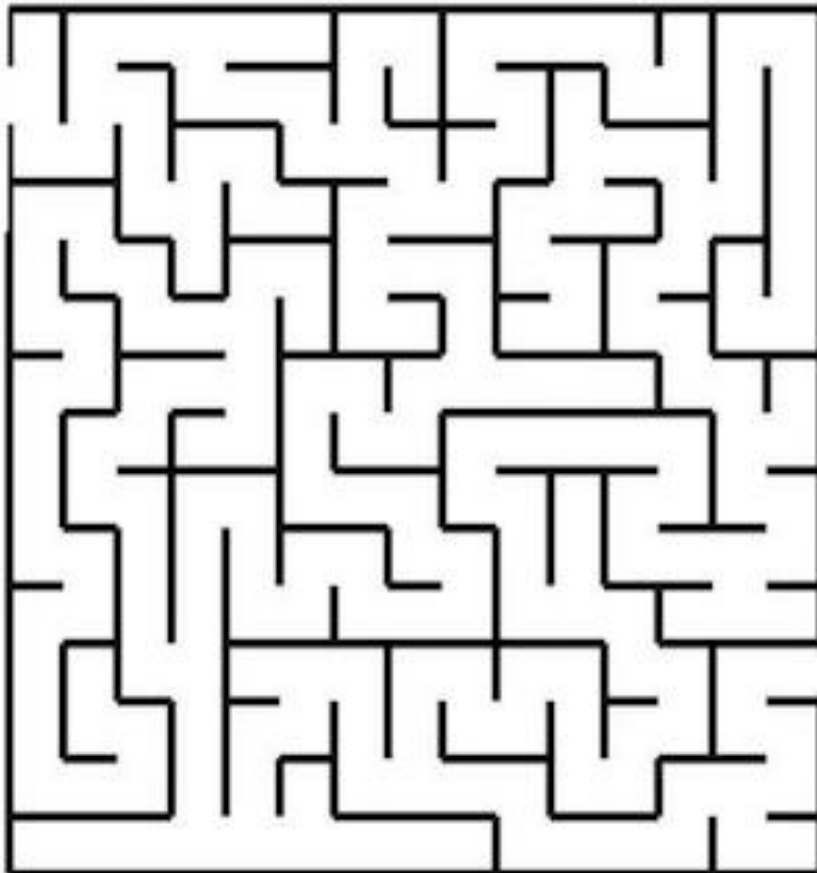
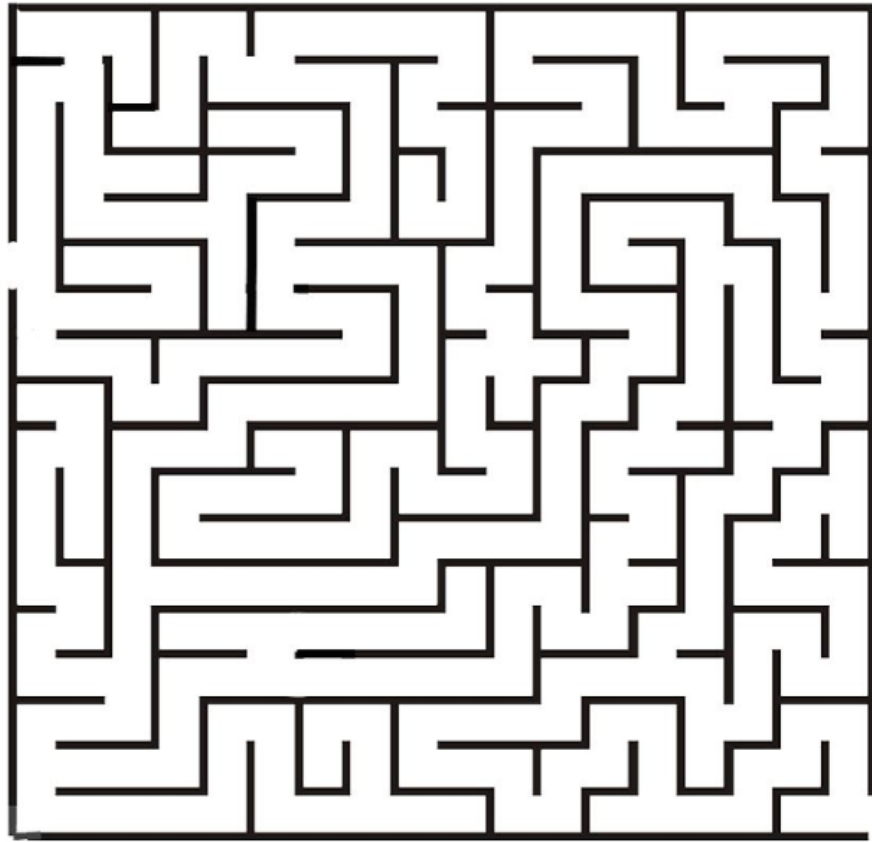
FAWN

KITTEN

YEARLING



# Get Tangled in a Maze



## **Let's Get Moving**

Check out one of our favorite Chair Zumba Videos

Part 3 at

<https://www.youtube.com/watch?v=zyX0Bv6IDdU>

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 3 of their free 8 week fitness program

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

## **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/>

# Funny Words

Fit the list of words into the puzzle.



- RICH
- ZANY
- COMIC
- MERRY
- SILLY
- WITTY
- ABSURD
- BLITHE
- CLEVER
- JOKING
- AMUSING
- JOCLAR
- PLAYFUL
- RIOTOUS
- MIRTHFUL
- LAUGHABLE
- SLAPSTICK
- HYSTERICAL

# Tickle Your Funny Bone Quote

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

1. Cross off all words that are plants.
2. Cross off all words that are four-letter words.
3. Cross off all words that are colors.
4. Cross off all words that are synonymous with *funny*.
5. Cross off all words that rhyme with *laugh*.



people	columbine	jazz	fuchsia
amusing	say	graph	comical
nothing	bamboo	bump	staff
exam	khaki	wacky	bluebell
beige	is	impossible	behalf
silly	sycamore	but	crimson
carafe	dogwood	I	mock
camp	do	hilarious	giraffe
milkweed	nothing	every	zest
deck	humorous	maroon	day



## Post Office Detective

Search for the items in bold.

Whether it be rain or shine, whether it be snow or sleet,

When it came to fun, the Glendale post office could not be beat.

**6 rubber bands, postal scale, calculator, 2 scissors** ready—

The supplies needed and friendly service so slow and steady.

A place where neighbors take off **headphones** to gather and chat,

Where they'd spend a moment to greet Fred the resident cat,

Where Grandma Peg sent a **poster tube** to her grandson Jake,

With **7 fragile stickers** placed upon it for safety's sake

For visiting pups, a never-empty box of **Milk-Bone treats**;

**2 cans of Diet Coke, 2 bags of chips, 2 apples** for human sweets.

For mishaps, a **first aid kit, 5 Band-Aids, 4 doses of ointments,**

A **bottle of Aspirin**, and a **cold compress** instead of doctor appointments

**2 take-out containers** and **bird guide** for deliveries of food and air;

A **Swiss Army knife** for everything from self-defense to cutting hair.

The post office had everything, making them the mailing champs!

The Glendale post office had everything—except for the stamps.



# ElderCare at Home Day Programming

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/>



## Virtual Tours/ Live Cameras

Check out pandas via the "panda cam" at [the Atlanta Zoo](https://zooatlanta.org/panda-cam/)

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

Tour [the Vatican](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html)

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Choose any of [Monterey Bay Aquarium's live cams](https://www.montereybayaquarium.org/animals/live-cams), including the sea otter cam (so cute!)

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

# Healthy and Simple Recipes for Breakfast, Lunch and Dinner

## Greek Yogurt Parfait

Yield: 4 servings

### Ingredients:

- 3 cups plain fat-free Greek-style yogurt
- 1 teaspoon vanilla extract
- 4 teaspoons honey
- 28 clementine segments
- 1/4 cup shelled, unsalted dry-roasted chopped pistachios
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### Preparation:

1. Combine yogurt and vanilla in a bowl. Spoon 1/3 cup yogurt mixture into each of 4 small parfait glasses; top each with 1/2 teaspoon honey, 5 clementine sections, and 1/2 tablespoon nuts.
2. Top parfaits with the remaining yogurt mixture (about 1/3 cup each); top each with 1/2 teaspoon honey, 2 clementine segments, and 1/2 tablespoon nuts. Serve immediately.

## Tuna Melt on English Muffins

Serving: 4

Serving Size: 1/2 muffin

### Ingredients:

- 2 English muffins, 100% Whole Wheat
- 8 ounces light tuna, packed in water, drained
- 4 tablespoons celery, minced
- 4 tablespoons red onion, minced
- 1 teaspoon flat-leaf parsley, minced
- 3 tablespoons light mayonnaise
- 1 tablespoon whole grain mustard
- freshly ground black pepper, to taste
- freshly squeezed lemon juice, to taste
- 2 ounces sharp cheddar cheese

### Directions:

Preheat the broiler and set the rack about 4-5 inches from the heat source. In a small mixing bowl, break up the tuna with a fork. Toss with the celery, onion, and parsley. Add the mayonnaise, mustard, and stir to combine. Season with the pepper and lemon juice to taste. Spread the muffins out on a baking sheet and toast under the broiler for 2 minutes. Top the toasted muffins with tuna salad and cheese. Place the baking sheet under the broiler and heat for 3-5 minutes, until the cheese has melted. Serve immediately.

\*Serving Suggestion: Serve with sliced tomatoes, coleslaw, and fruit for a complete meal.

## Healthy, but Delicious, Turkey Meatloaf

### Ingredients

- 2 **zucchini** (grated)
- 2 lbs **ground turkey**
- 6 ozs **canned tomatoes** (paste)
- 1/2 cup **breadcrumbs** (plain)
- 1 **large egg**
- 1/4 oz **onion soup mix**
- 1 tbsp **chopped fresh thyme** (2 teaspoons dried)
- 1/2 tsp **black pepper**

*Optional: Additional seasonings and vegetables*

### Preparation

1. Preheat oven to 350 degree. Spray 9x5x3" glass pan with cooking spray.
2. Combine all ingredients gently until incorporated. Press mixture into dish and shape into a loaf.
3. Bake 70 mins or until it registers 160°F.
4. Let stand 5 min and drain juices.

**Prep Time: 10 min**

**Total Time: 1 hr 20 min**

**Servings: 6**



# *Microwave Carmel Popcorn*

## **Ingredients**

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- 4 quarts popped popcorn
- 1 cup brown sugar
- 1/2 cup margarine
- 1/4 cup light corn syrup
  
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- Add all ingredients to list



## **Directions**

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1. Place the popped popcorn into a large brown paper bag. Set aside.
2. In a 2 quart casserole dish, or other heat-proof glass dish, combine the brown sugar, margarine, corn syrup, salt and vanilla. Heat for 3 minutes in the microwave, then take out and stir until well blended. Return to the microwave, and cook for 1 1/2 minutes. Remove from microwave, and stir in the baking soda.
3. Pour syrup over the popcorn in the bag. Roll down the top once or twice to close the bag, and shake to coat the corn. Place bag into the microwave, and cook for 1 minute and 10 seconds. Remove, shake, flip the bag over, and return it to the microwave. Cook for another 1 minute and 10 seconds. Dump the popcorn out onto waxed paper, and let cool until coating is set. Store in an airtight container.



## April Categories

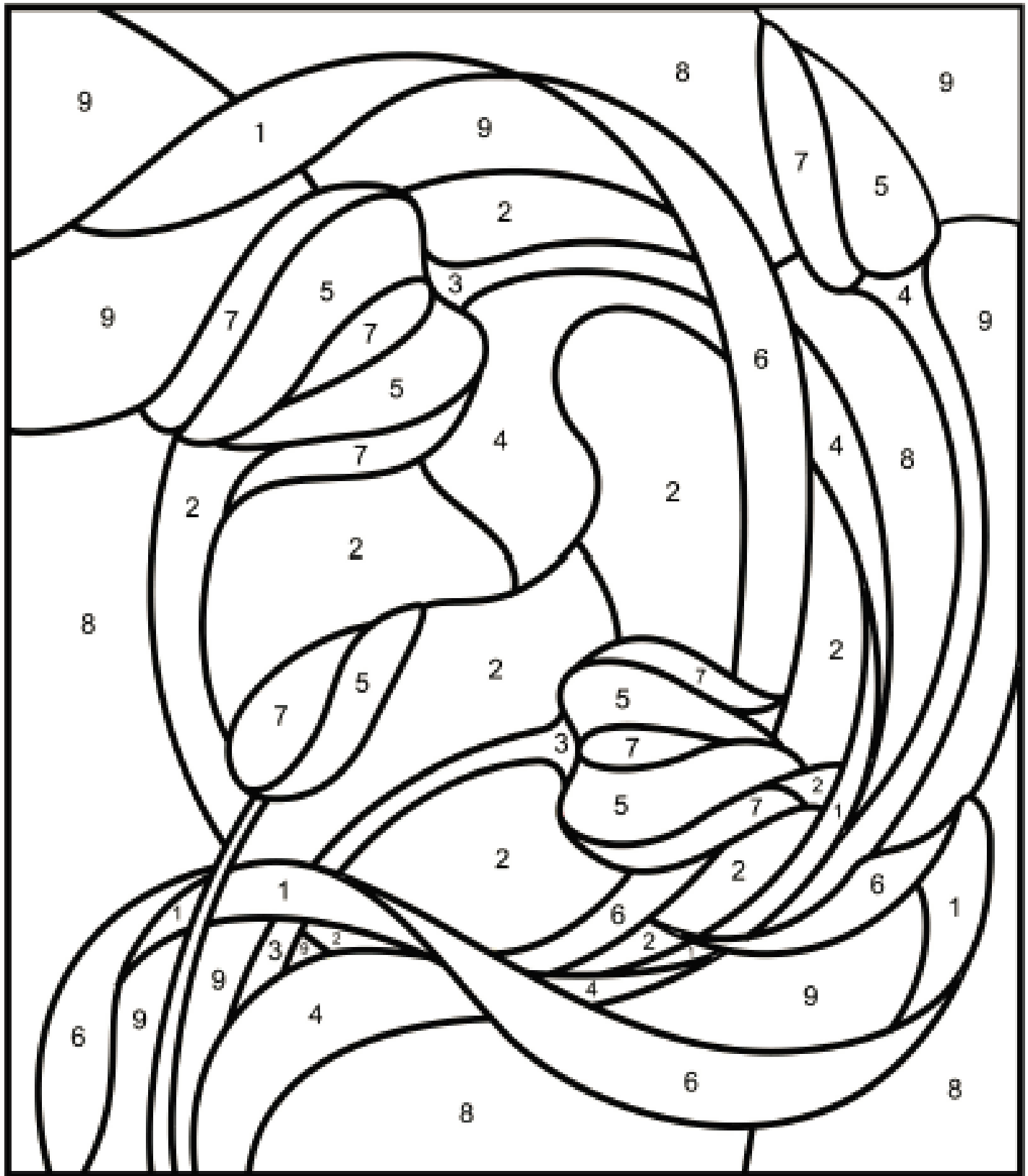
Fill in the boxes with words or terms that begin with each of the letters in APRIL. Add your own category in the last row.

	A	P	R	I	L
Girls' Names					
The Human Body					
Song Titles					
Occupations					
6-Letter Words					
Your Choice					

# Finish the Phrase

1. Eat, drink, and \_\_\_\_\_.
2. Money can't buy you \_\_\_\_\_.
3. When the cat's away the mice will \_\_\_\_\_.
4. It takes two to \_\_\_\_\_.
5. Fight fire with \_\_\_\_\_.
6. A chain is only as strong as \_\_\_\_\_.
7. All that glitters is \_\_\_\_\_.
8. Always put your best foot \_\_\_\_\_.
9. A picture is worth \_\_\_\_\_.
10. Don't cross that bridge until \_\_\_\_\_.
11. Every dog has its \_\_\_\_\_.
12. Good things come to those who \_\_\_\_\_.
13. It's no use crying over \_\_\_\_\_.
14. A bird in the hand is worth \_\_\_\_\_.
15. One person's trash is another person's \_\_\_\_\_.
16. Too many cooks spoil the \_\_\_\_\_.

# Color by Number



1 = Dark Green    2 = Yellow    3 = Light Brown    4 = Chartreuse    5 = Pink  
6 = Green    7 = Rose    8 = Medium Gray    9 = Light Turquoise

## 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

#### *Edmonton Seniors Centre*

#### **Core Strength and Stretching**

These free live, upbeat online fitness classes will strengthen your core and get you in tip top shape. The classes will be delivered through the Zoom videoconferencing platform. To register, email Donna at [donna@edmontonseniorscentre.ca](mailto:donna@edmontonseniorscentre.ca) with your phone number and the contact information for your emergency contact.

- Fun & Functional Movement: Tuesdays, 11 - 12 p.m.
- Stretch: Thursdays, 9:30 - 10:30 a.m.

#### **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:

Week One - "Remembering"

- Gratitude: April 10, 9:30 - 10:30 a.m.

Week Two - "Spring"

- Changes: April 13, 1 - 2 p.m.
- New beginnings: April 15, 1 - 2 p.m.

Most memorable spring: April 17, 9:30 - 10:30 a.m.

### Alberta Health Services- COVID19 Information

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

Please visit:

[www.albertahealthservices.ca](http://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](mailto:office@caregiversalberta.ca)

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## 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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## 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.

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## 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.