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Week 4

April 20- April 27, 2020

Celebrate Earth

By Daphne Liu

One cool April 22 morning, people started the day as usual. Yet it was not a normal day. In Australia, a group of people went to a beach. The beach was covered with garbage. Bottles, rusty cans, and other trash lay in the sand. For the next few hours, people removed all the litter and trash. Soon beautiful, clean sand stretched as far as the eye could see.

That same April 22 morning in Kenya, students hiked deep into an endangered forest. They planted a thousand new trees there.

What's so special about April 22? The answer is simple. It is Earth Day. People all over the world celebrate this important day. Let's find out how Earth Day started and see how people have protected the planet in the past. Then let's explore ways to keep Earth in good health for the future. We can all help!

A Planet in Need

The idea of having a special day to celebrate Earth began in the 1960s. Life was very different then. Few people talked or even thought about the **environment**. They didn't **recycle**. Most people had no idea how dirty our air and water were.

This attitude bothered Gaylord Nelson. He was a senator from Wisconsin. Senator Nelson started asking the government to take better care of the environment. He knew the job would not be easy. There were so many problems facing the planet. No one seemed to know where to begin.

Then Senator Nelson had an idea. If people knew the planet was in danger, they might work harder to save it. He just needed to get their attention. He worked with a team. They found a name for their project: Earth Day.

Earth Day Begins

On April 22, 1970, Senator Nelson's dream came true. Twenty million Americans joined the first Earth Day activities. They showed that people really did want to do something about the environment.

On the first Earth Day, people gathered to hear lectures about smog and other kinds of pollution. Other groups got together to clean rivers, plant trees, and pick up trash. People held parades and gave speeches. Even senators and congressmen spent the day learning about ways to protect the planet.

Name: _____ Date: _____

Earth Day - April 22nd

WORD SCRAMBLE AND CROSS: Unscramble each of the words on the left and write them in the grid. When the puzzle is complete the shaded letters going down will spell out another name for your home.

ERTWA →

RSHTA →

AOCEN →

BLOGAL →

NLLTOIUOP →

AETUNR →

REEDCU →

OCSTPMO →

YLCCEER →

TWSAE →

NYGEER →

EREUS →

TEILTR →



Let's Get Moving

Check out one of our favorite Chair Zumba Videos

Part 4 at

<https://www.youtube.com/watch?v=t6Oly1Qvzb4>

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>

Try out some chair yoga with Cassandra

<https://www.youtube.com/watch?v=1DYH5ud3zHo>

Join our community partners at the Westend Seniors Activity Center for Week 4 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/>

Beauty and the Beast- The Musical

<https://www.youtube.com/watch?v=iyq5VI2486I>

Check out this 360° Experience Inside the Titanic

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

View Andrea Bocelli Live from Duomo di Milano on Easter Sunday:

<https://www.youtube.com/watch?v=huTUOek4LgU>



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR

APRIL

CLEAN

CLIMATE

COMPOST

CONSERVATION

ENERGY

ENVIRONMENT

EXTINCTION

FOREST

GLOBAL

LAND

LITTER

NATURE

OCEAN

OZONE

PEOPLE

PLANET

POLLUTION

RECYCLE

REDUCE

RESOURCES

REUSE

SMOG

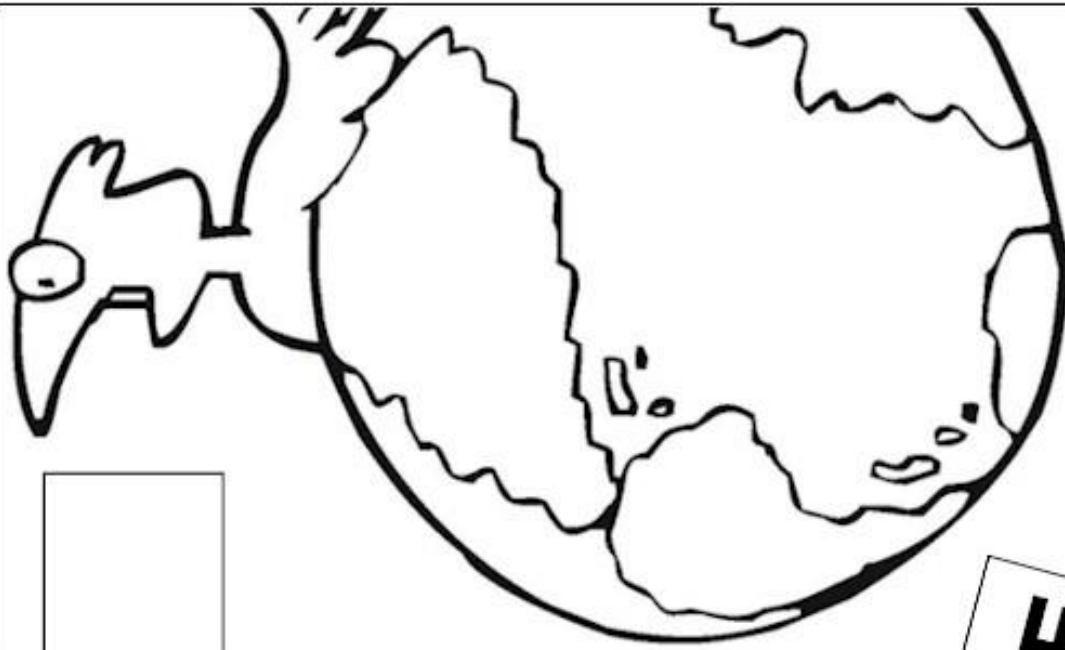
TRASH

TREES

WASTE

WATER

WILDLIFE



Cut out the letter tiles.
Arrange them in the
spaces below to find
out the message.

--	--	--	--	--

--	--	--	--

--	--

E O

TA

E A R

T A

C A R

P L E

F O

T H .

A S E

U R

K E

Carrot Top Pesto



INGREDIENTS *(Makes about 2 cups)*

- Washed carrot top greens from one bunch (large stems removed), about 1 cup
- ½ cup fresh mint
- ¼ cup toasted pine nuts
- 2 garlic cloves, minced
- 3 tablespoons fresh lemon juice
- ¼ cup olive oil

INSTRUCTIONS

Place the carrot tops, mint, pine nuts, garlic and lemon in a food processor and pulse until combined. Slowly add the olive oil until it reaches your desired consistency. Refrigerate for up to 3 days.

2-Ingredient Blueberry Slush Papaya Boat

INGREDIENTS *(Makes about 4 servings)*

- 1 cup frozen blueberries
- 1 cup water
- 2 large ice cubes
- 1 papaya medium, deseeded

INSTRUCTIONS

1. In a blender, add water, blueberries and ice. Blend until slushy
2. Cut papaya in half, lengthways. Deseed the papaya and pour slush into both halves
3. Add your favorite toppings and enjoy



Notes

- * Top with whatever toppings you like such as fresh fruits or coconut whipped cream.
- * You can use any berry to make fruit slush. Try blackberries or raspberries.
- * If you're watching your blood sugars, top with nuts to help prevent sugar spikes.
- * You can make this in advance and store the whole thing in the freezer then just thaw slightly before serving.
- * You can also make a big batch of blueberry slush and store it in the freezer, thaw as needed.

Wildflower Seed Bombs



How to Make Wildflower Seed Bombs for Earth Day



Supplies:

- 3-4 packages of Flower Seeds
- 3 Sheets of Construction Paper
- Food Processor/blender
- Scissors
- Water
- Muffin Tins

Step 1: Begin by preparing the paper. We decided to use construction paper, but you could easily use newsprint or any paper you have on hand. Rip the paper into smaller pieces and place the pieces in a bowl.

Step 2: Add water to the bowl of paper. You will need to soak the paper pieces for at least 20 minutes. You are trying to soften the fibers, so the amount of time you need will depend on the weight of your paper. If you used a heavier paper, let it soak longer.

Step 3: Once the paper is thoroughly soaked, it is time to add it to the food processor (or blender). Add the paper and process until the paper is completely broken down.

Step 4: Add a layer of the paper mash to the muffin. We used a muffin tin to make our seed bomb, but you could totally use your bare hands to make a sphere.

Step 5: Sprinkle in a layer of seeds.

Step 6: Top off the seeds with another layer of the paper mash. Be sure to press the paper firmly, to be sure that the fibers all stick together around the seeds inside.

Step 7: Set the seed bombs aside to dry for a few hours. Once the seed bombs were a little bit dry, we transferred ours to a baking rack and left them out overnight to dry all the way through.

Step 8: Once the seed bombs are dry, they are ready to take outside. It isn't time to plant our seed bombs (there is still snow on the ground). We placed our seed bomb in an airtight container and stored them in a dry, dark spot until spring arrives! 😊

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 some of the Animals at the Huston Zoo

<https://www.houstonzoo.org/explore/webcams/>

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/>

Recycled Magazine Art

Supplies:

- Old magazines
- 8" x 10" picture frames
- Black/brown construction paper
- glue sticks
- scissors/craft knife



Step 1: Take the frame apart. You will be working with just the cardboard back of the frame. Cut strips of colorful magazine pages, folding them lengthwise and gluing them down with your glue stick. Glue them down with the folded edges approximately 1/4" apart.

Tip* Try to use bright colored pages for the best contrast with your dark construction paper.

Step 2: Trim the edges of all the paper to match the edges of the picture frame back.

Step 3: Trim your construction paper to match the size of your picture. Then trim an addition inch off of the bottom so that the finished art will show all the colored strips along the bottom. Draw your pattern onto the paper, and then use a craft knife to cut out your picture.

If you would like the patterns, you can download the full-size pdf versions of the potted plant and the butterflies here. [Butterflies](#) or [Potted Plant](#)

Tip* Depending on how you are cutting it out, you might have to glue your construction paper down in sections.

Step 4: Put your frame back together and enjoy! 😊



Earth Day Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer.

The first answer is given.



1. Fourth month April
2. Wayside waste _____
3. Use again _____
4. Like dodos and dinosaurs _____
5. Grove makeup _____
6. Visible air pollution _____
7. Worldwide _____
8. Acreage _____
9. Break down, rot _____
10. Our planet _____
11. Natural surroundings _____
12. Ocean motion _____
13. Species placed at risk _____
14. Sahara, for one _____
15. Whirling wind _____
16. Large bodies of water _____
17. Winter follower _____
18. Environmentally friendly _____

ACROSS

3. Wooded area
4. Utilize again
5. Earth, for one
7. Homemade fertilizer
8. Humans
9. Maples and firs
11. Mother _____
12. Atlantic or Pacific
13. Spring month
15. What we breathe
16. Breeze

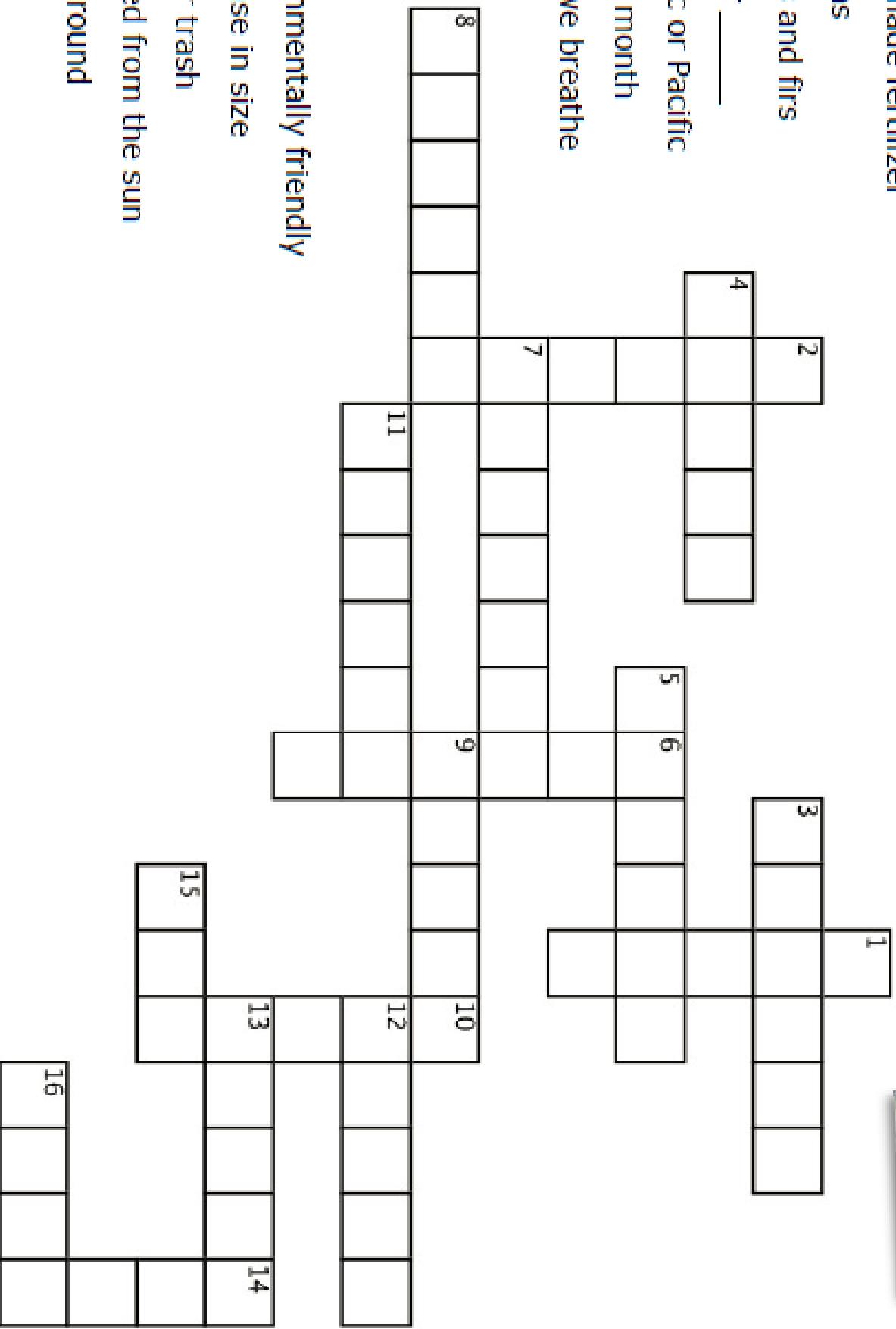
Happy Earth Day

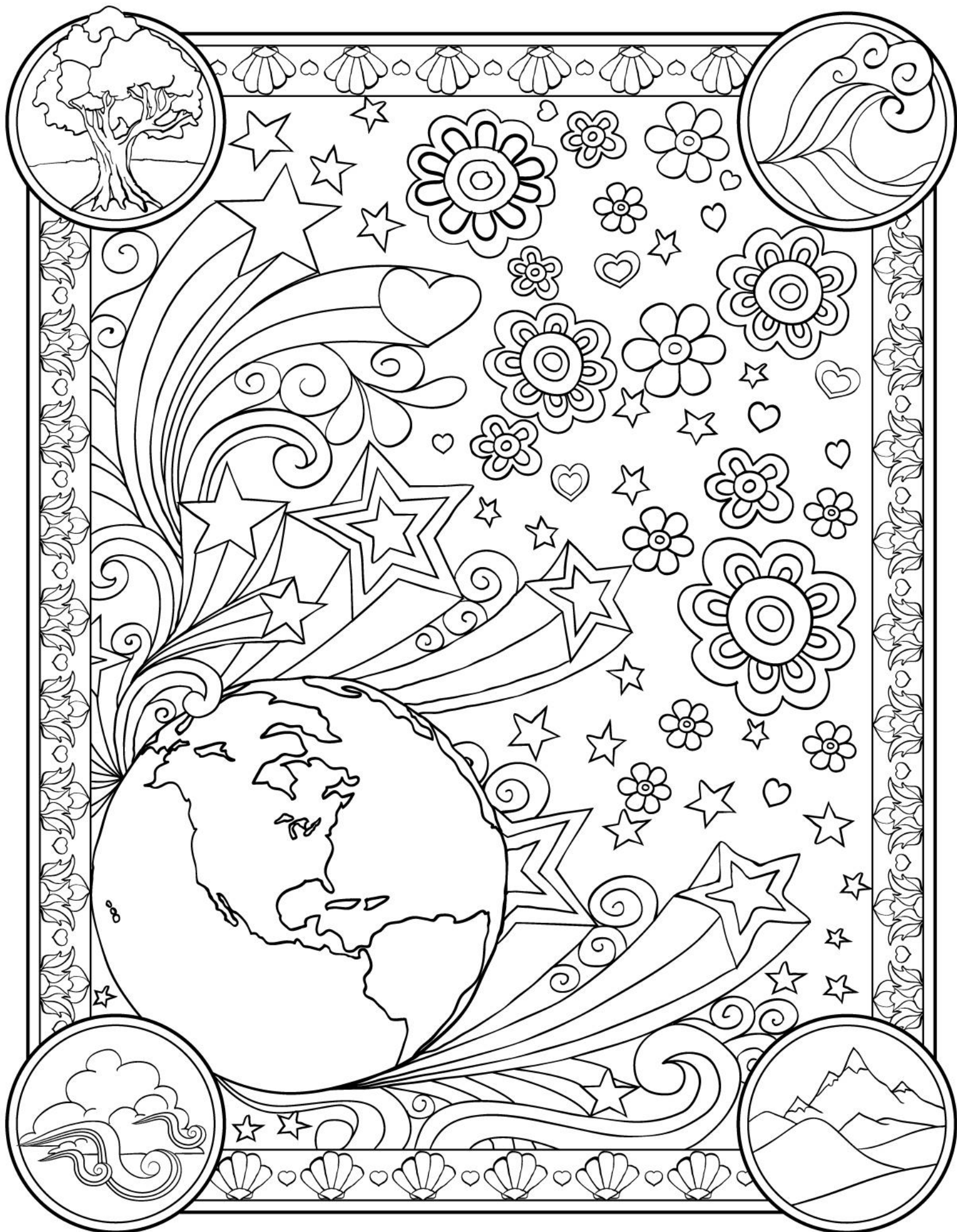
Use the clues to fill in the crossword.



DOWN

1. Environmentally friendly
2. Decrease in size
6. Scatter trash
10. Powered from the sun
14. Solid ground





Earth Day Secret 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 the color green.
3. Cross off all words that are animals.
4. Cross off all words that are synonymous with *recycle*.
5. Cross off all words that rhyme with *earth*.

mirth	rabbit	dandelion	in
emerald	aspen	lime	bass
reuse	wilderness	upcycle	forget-me-not
kelly	reprocess	llama	roses
owl	azalea	is	birth
the	salvage	eggplant	jade
lily	oak	preservation	porcupine
of	worth	olive	maple
buffalo	the	emu	whale
lizard	seafoam	rhododendron	world

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

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.

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.

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>

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.

Alberta Health Services- COVID19 Information

For Current Up to Date Information on the COVID19 Virus

Please visit: 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

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/>

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 (open 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.

If you do not have a library card, register for FREE online for immediate access to EPL's digital content. Visit www.epl.ca for updates.