# April/May Activity Kit

Version 1



Image: Durand Park in Hamilton
Source: Morena Rivera Rodriguez/Reddit





# **6 PROVEN\* STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS**

#### **EATING**

Ensure nutritious food is available throughout the day, and promote eating with others if possible.

06



#### **STIMULATING** THE MIND

challenge games (such as crossword that help remind older adults what day/month/year it is.





#### STAYING **HYDRATED**

Ensure plenty of fluids are taken throughout the day to avoid dehydration.





### DELIRIUM IS PREVENTABLE!

For all older adults, use these proven strategies to help prevent delirium\*.

\*If delirium develops, support the older adult by continuing to use these strategies.

#### MOVING

Promote physical activity - at least 3 times a day.



05

#### **SEEING AND HEARING**

Ensure hearing aids and glasses are available at all times, if needed.



04

#### **SLEEPING WELL**

Use techniques to promote



03



REGIONAL GERIATRIC **PROGRAM OF TORONTO** 

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# Spring



ARG S Κ В  $Q \in W C$ GMDE Т DENOCZAF MUPHТ В DAWDGP L D FSE RZUNO S ΑЕ S WHZNAPRSMY Τ CLEAN NGEBHKAV BMVRZOF RCAWHR D PHCRAMBEKL JYASNGL SHOWEΖ AKOPV C TXMUBAS - 1 LWDHGNE WIHPEDLJRYQBSAOXR

APRIL BASEBALL BREAK BREEZE CLEANING CLOUDS JACKET KITE MARCH MAY PICNIC **PUDDLES** RAINBOW RAINCOAT SEASON SUNSHINE SHOWERS SPRING THAW UMBRELLA WINDY



Tree Valley Academy

# April Showers



How many words can you make out of APRIL SHOWERS?

#### APRIL SHOWERS

| <br> |
|------|
| <br> |
| <br> |
| <br> |
| <br> |
|      |
|      |
|      |
| <br> |
| <br> |

Did you find?

A fruit.

An oyster's treasure.

A shovel's friend.

Another word for clean.

Say something bad.

Something that travels the ocean.

Something to tie things up with.

The opposite of better.

The opposite of dull.

The opposite of peace

What you wear on your feet.

Two question words.

A verb both past and present.

The place where sea meets land.

April showers bring May flowers.

Difficult:

| Date: | Name: |  |  |
|-------|-------|--|--|
|       | Date: |  |  |

### **Spring Crossword**

What is useful when it is broken? An Egg! Complete the activity.



|    |   |   |   |   |   |   |   | 1 |  |   |   |   | 2 |  |
|----|---|---|---|---|---|---|---|---|--|---|---|---|---|--|
|    | 3 |   |   | 4 |   |   |   |   |  |   | 5 |   |   |  |
|    |   |   |   |   |   |   |   |   |  |   |   |   |   |  |
|    |   |   |   |   |   | ı | Γ |   |  |   |   |   |   |  |
|    |   |   | - | 1 | 6 |   |   | 0 |  | 1 |   |   |   |  |
|    |   |   | 7 |   |   | 1 |   | 8 |  |   |   | - |   |  |
|    |   | 9 |   |   |   |   |   |   |  |   |   |   |   |  |
|    |   |   |   |   |   | ı |   |   |  |   |   | 1 |   |  |
| 10 |   |   |   |   |   |   |   |   |  |   |   |   |   |  |
|    |   |   |   |   |   |   |   |   |  |   |   |   |   |  |

#### **ACROSS**

- 4. A day for pranks
- 6. Works best on a windy day
- 8. Precipitation
- 9. A small pool of water
- 10. Set clocks ahead one hour

#### **DOWN**

- 1. April showers bring these
- 2. A yellow flower with a trumpet-shaped center
- 3. Used to keep dry
- 5. A season of the year
- 7. A flower often associated with Holland

| 1. daffodil | 4. rain    | 7. umbrella | 9. April Fools Day                 |
|-------------|------------|-------------|------------------------------------|
| 2. tulip    | 5. puddles | 8. kite     | <ol><li>Daylight savings</li></ol> |
| 3. spring   | 6. flowers |             |                                    |

## **Spring Word Scramble**

Unscramble the words below to discover a few of our favorite things about spring!

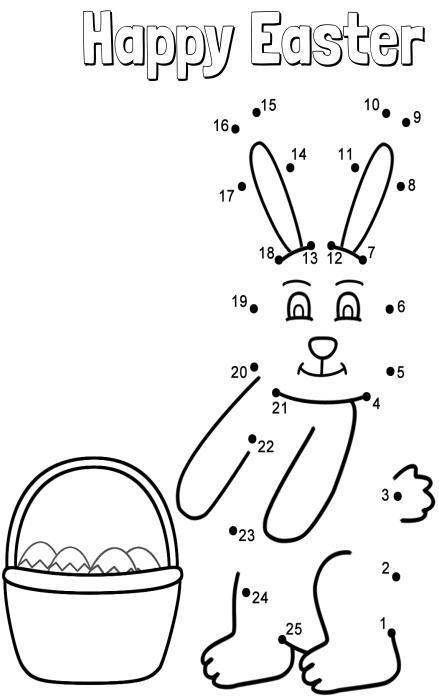
| sroeflw      |  |
|--------------|--|
| sweorsh      |  |
| yabb ilsaman |  |
| rsasg        |  |
| reeng        |  |
| ayM          |  |
| nhnisues     |  |
| ezrebe       |  |
| nrwaiob      |  |
| frbltetyu    |  |
|              |  |

Answer Key: Flowers, showers, baby animals, grass, green, May, Sunshine, breeze, rainbow, butterfly

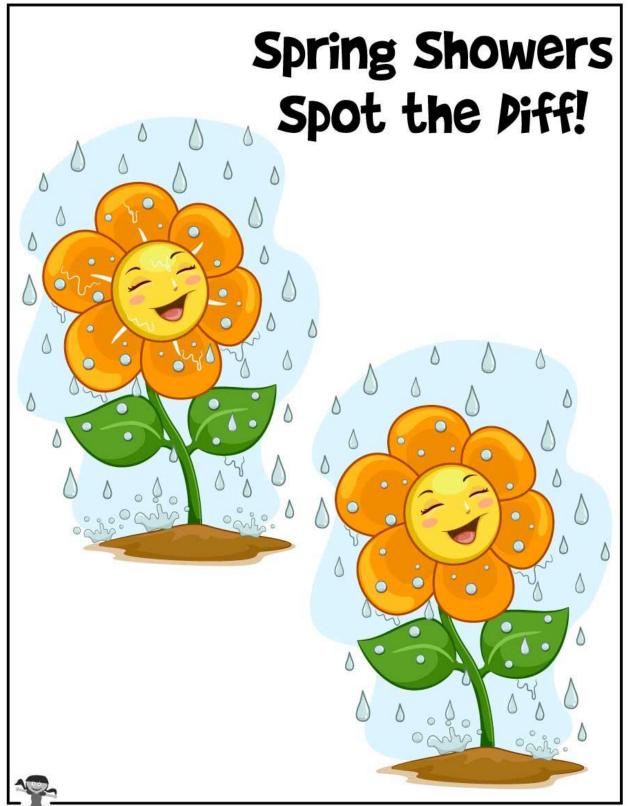
# Umbrella Maze!

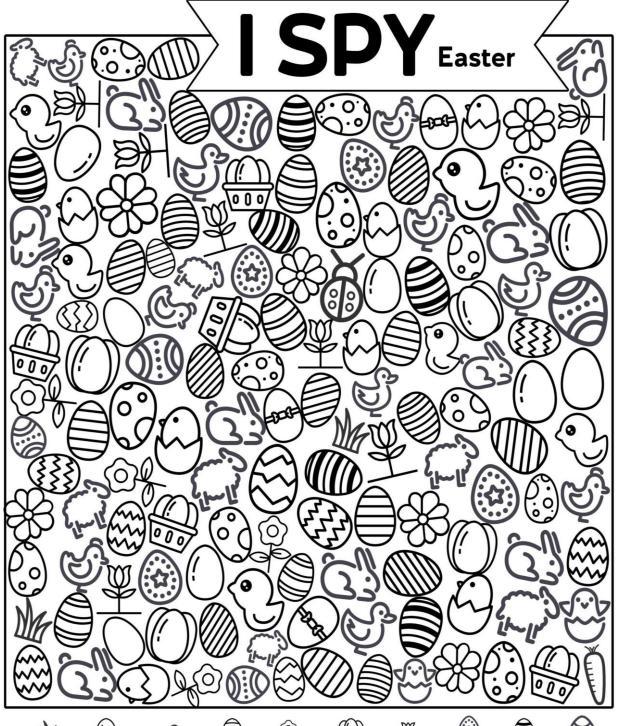


**Instructions**: Connect the dots to make this Easter picture.



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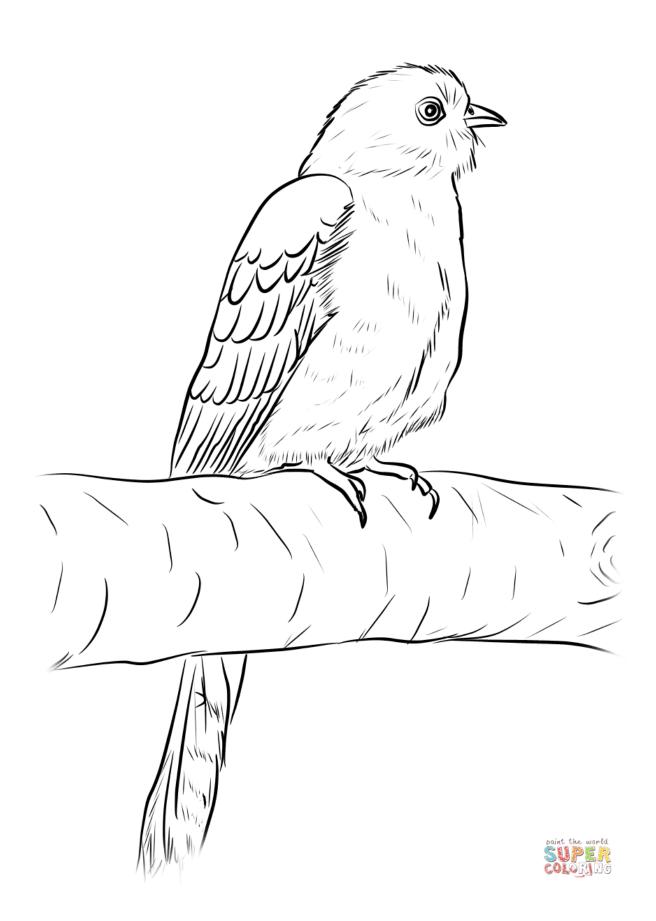
# Sudoku #1019 (Easy)

|   | 9 |        |   |   |   |   | 7 |
|---|---|--------|---|---|---|---|---|
| 5 |   |        |   |   | 7 | 3 |   |
|   | 4 |        |   | 6 | 5 |   |   |
|   |   |        |   | 3 |   |   |   |
| 6 |   | 5<br>9 | 9 |   | 4 | 2 |   |
|   |   | 9      | 9 |   |   |   |   |
| 1 |   |        |   |   | 3 |   |   |
|   | 3 |        | 5 | 7 |   |   |   |
|   |   | 7      |   | 4 | 2 |   | 6 |

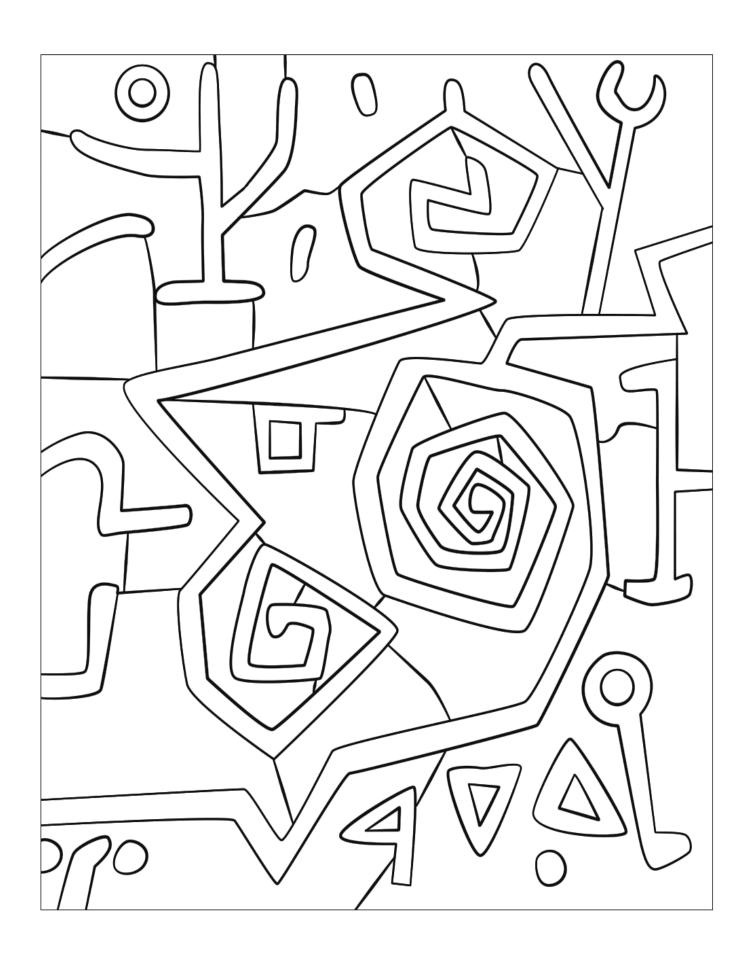
# Sudoku #1020 (Easy)

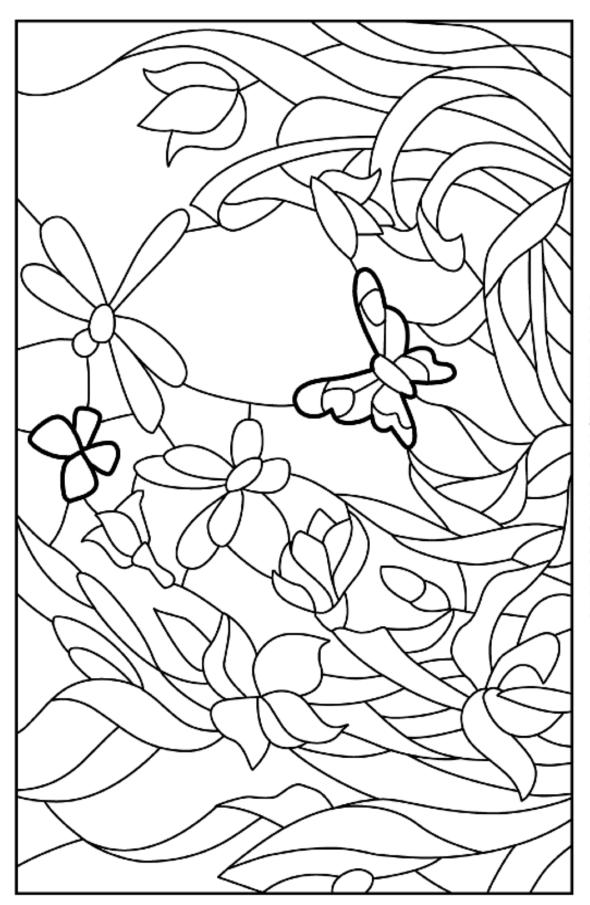
| 4 |        |   |   | 1 |   |   |   |   |
|---|--------|---|---|---|---|---|---|---|
|   |        |   |   |   |   |   |   |   |
|   |        |   | 3 | 7 |   |   |   |   |
|   |        |   |   |   |   | 2 |   | 1 |
|   | 1      |   |   |   | 4 |   |   | 6 |
| 6 |        | 3 |   |   |   |   | 9 |   |
|   |        | 1 |   | 5 | 6 |   | 7 |   |
| 9 | 3<br>7 |   | 7 |   |   |   |   | 5 |
|   | 7      | 5 | 2 |   |   |   | 4 |   |



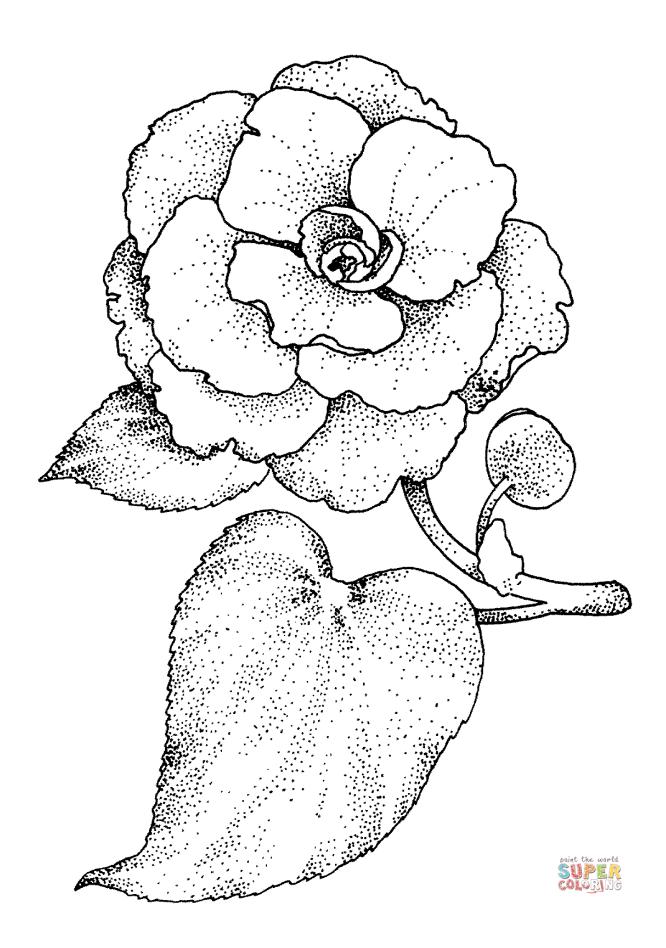


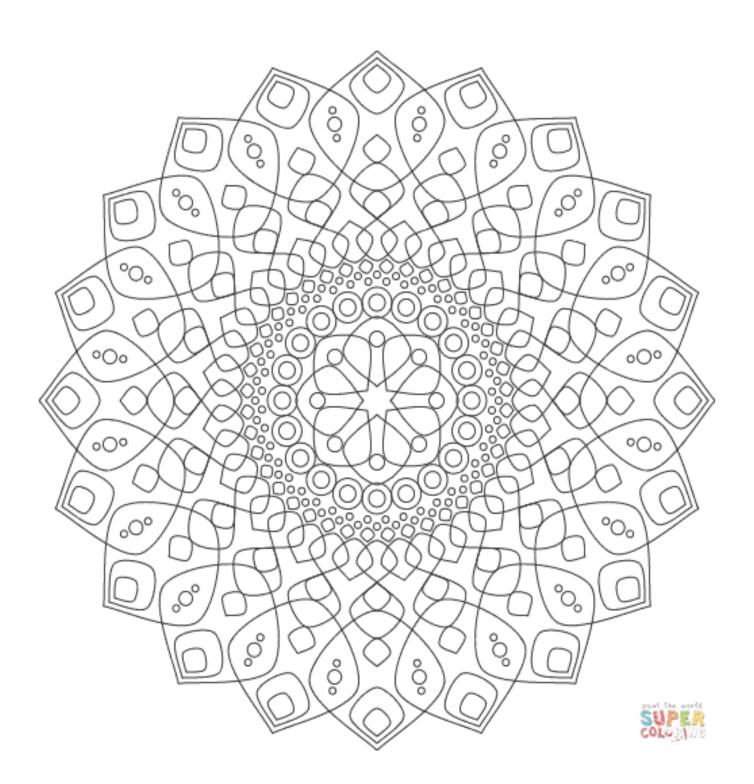


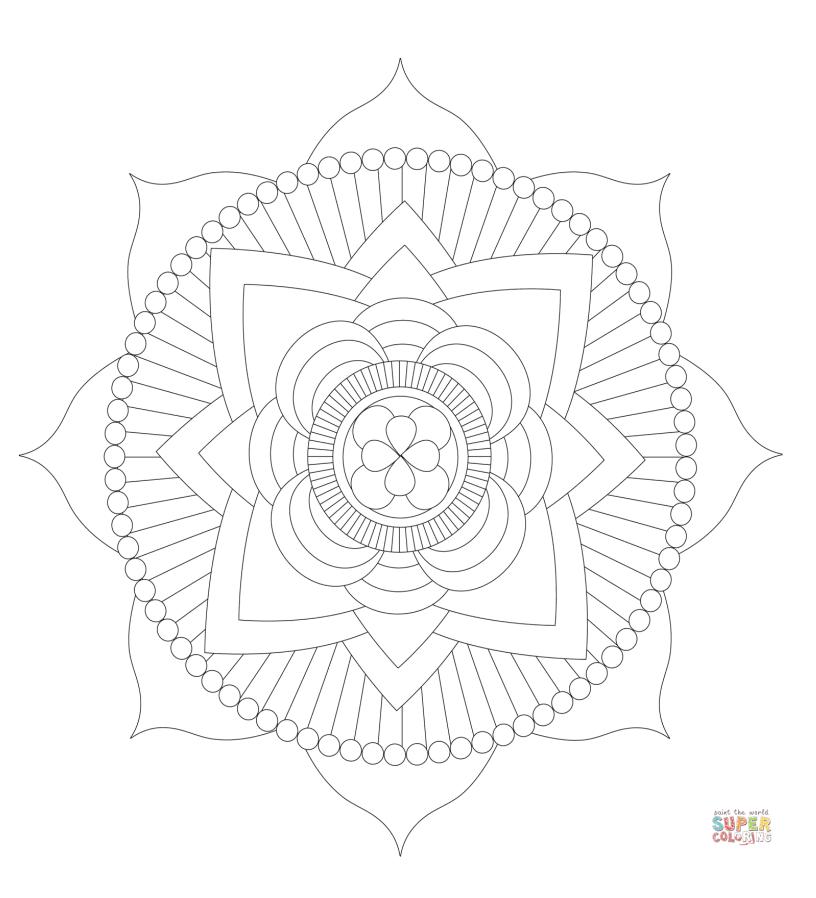




SUPERCOLORING.COM/STAINED-GLASS







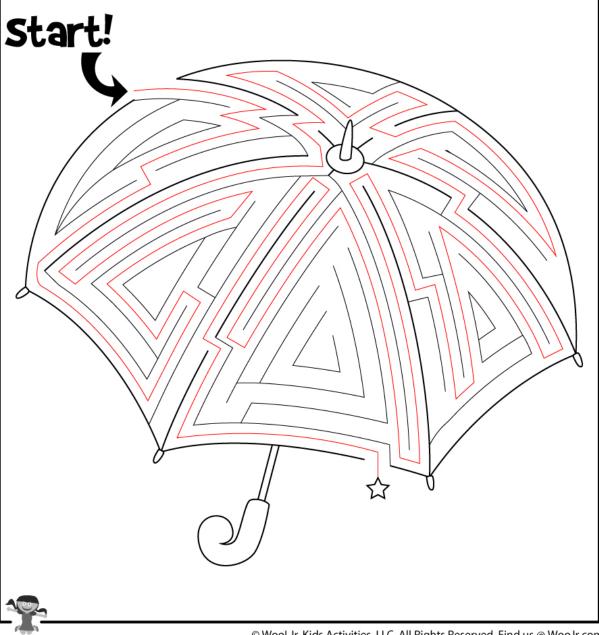
| SOLUTIONS AND ANSWERS |  |
|-----------------------|--|
|                       |  |

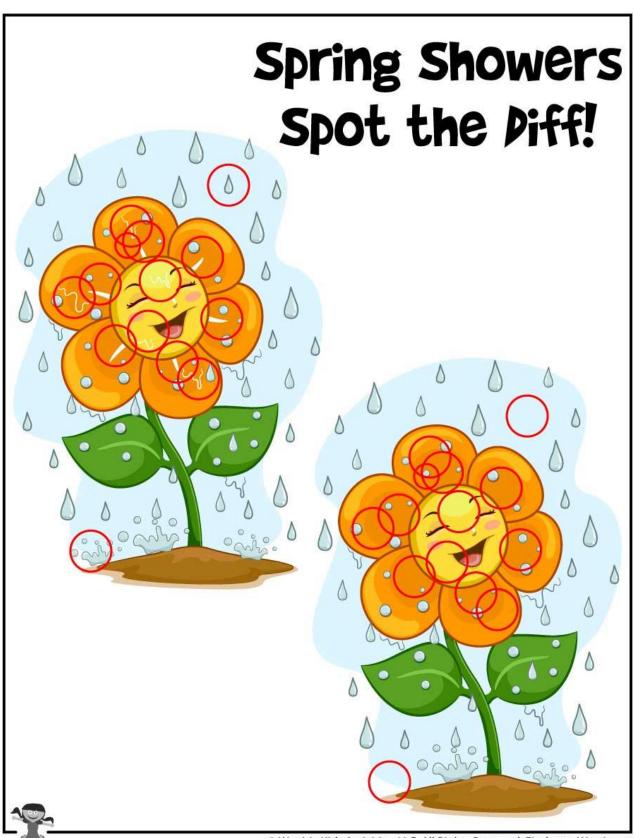
#### **Spring Word Search Answer Key**



**APRIL** BASEBALL BREAK **BREEZE** CLEANING CLOUDS JACKET KITE MARCH MAY PICNIC PUDDLES RAINBOW RAINCOAT SEASON SUNSHINE SHOWERS SPRING THAW UMBRELLA WINDY

# Umbrella Maze!





## Sudoku #1019 (Easy)

| 8 | 9 | 3 | 4 | 2 | 1 | 6 | 5 | 7 |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 2 | 8 | 9 | 7 | 3 | 4 | 1 |
| 7 | 4 | 1 | ფ | 6 | 5 | 8 | 2 | 9 |
| 4 | 2 | 8 | 7 | 3 | 6 | 1 | 9 | 5 |
| 6 | 7 | 5 | 9 | 1 | 4 | 2 | 8 | 3 |
| 3 | 1 | 9 | 2 | 5 | 8 | 7 | 6 | 4 |
| 1 | 5 | 4 | 6 | 8 | 3 | 9 | 7 | 2 |
| 2 | 3 | 6 | 5 | 7 | 9 | 4 | 1 | 8 |
| 9 | 8 | 7 | 1 | 4 |   | 5 | 3 | 6 |

## Sudoku #1020 (Easy)

| 4 | 2 | 8 | 6 | 1 | 9 | 3 | 5 | 7 |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 7 | 4 | 8 | 5 | 9 | 1 | 2 |
| 1 | 5 | 9 | 3 | 7 | 2 | 4 | 6 | 8 |
| 7 | 9 | 4 | 5 | 6 | 3 | 2 | 8 | 1 |
| 5 | 1 | 2 | 8 | 9 | 4 | 7 | 3 | 6 |
| 6 | 8 | 3 | 1 | 2 | 7 | 5 | 9 | 4 |
| 2 | 4 | 1 | 9 | 5 | 6 | 8 | 7 | 3 |
| 9 | 3 | 6 | 7 | 4 | 8 | 1 | 2 | 5 |
| 8 | 7 | 5 | 2 | 3 | 1 | 6 | 4 | 9 |