October & November Activity Kit

Version 2







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.





STIMULATING THE MIND

Promote daily socializing, reading, listening to music, completing mind challenge games (such as crossword puzzles), and activities or conversations that help remind older adults what day/month/year it is.



02

STAYING HYDRATED

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



05

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.



SEEING AND HEARING

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



04

SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



03



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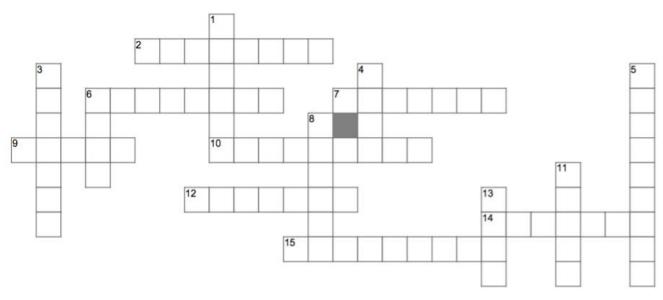


CROSSWORD PUZZLE NUMBER 1

Name: Date:

Autumn Crossword





ACROSS

- 2. Last month of Autumn
- 6. An organized day or period of celebration.
- 7. The process or period of gathering in crops.
- A variety of this fruit is marketed as "Autumn Glory"
- 10. Likes to store and eat nuts
- 12. Spring, Summer, Fall, Winter are the four
- 14. Another Autumn month
- 15. First month of Autumn

DOWN

- 1. What falls from a tree in Autumn.
- 3. You can use it to make a pie or for carving
- 4. You can gather fallen leaves with this
- 5. Used to scare the crows from fields
- 6. Another name for Autumn
- 8. Autumn leaves color
- 11. Fruit of the oak tree
- 13. Vegetable that grows in stalks

SEASONS	CORN	LEAVES	SQUIRRELS	
OCTOBER	PUMPKIN	SEPTEMBER	NOVEMBER	
SCARECROW	FALL	FESTIVAL	HARVEST	
ORANGE	RAKE	ACORN	APPLE	



FALL

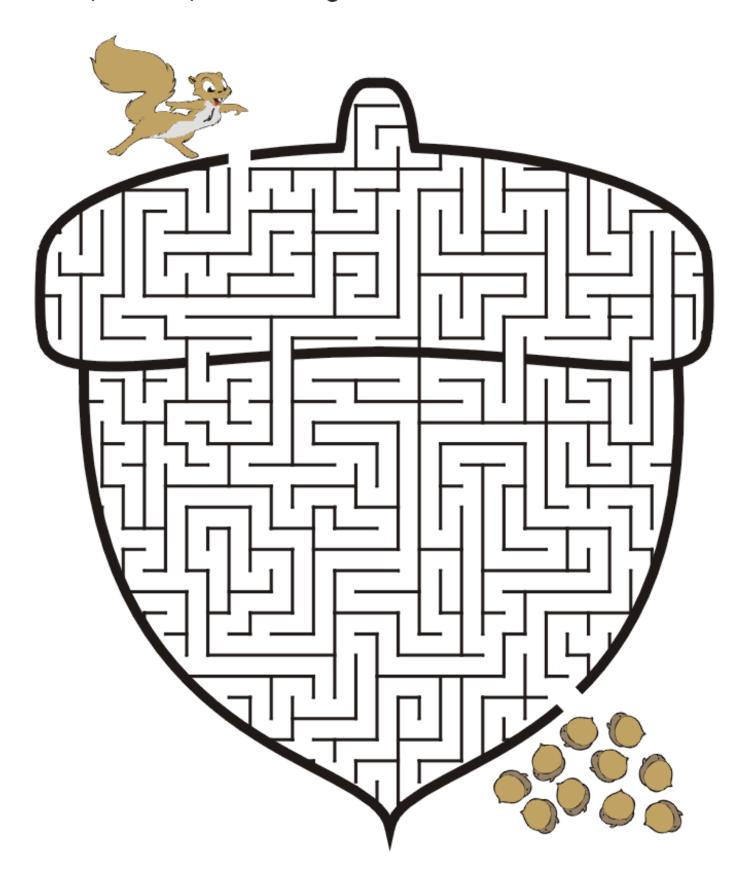
Y	В	F	R	L	0	Н	P	1	E	K	M
N	U	Т	S	Α	J	X	С	Y	W	Q	E
Н	P	0	٧	G	K	D	I	0	Z	Е	В
S	M	Α	Z	Е	W	Е	L	F	R	С	J
R	G	K	P	D	A	L	В	Т	Н	N	U
L	E	C	1	Q	Е	P	F	W	0	S	M
E	Т	D	L	Y	R	G	P	J	X	A	Р
A	C	W	E	В	Н	L	E	L	Ν	G	W
F	S	0	J	P	L	M	Α	D	Е	0	T 🚕
X	Н	N	0	Α	Y	C	R	Q	R	В	S
U	A	W	F	L	G	Е	S	C	Y	Z	D
P	Y	1	В	E	M	Т	J	0	W	L	K

fall	nuts	pile	yellow
crow	maze	pie	web
corn	leaf	pears	tree
cool	jump	owl	red
apple	hay	oak	rake



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Help the squirrel through the maze to find its acorns



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

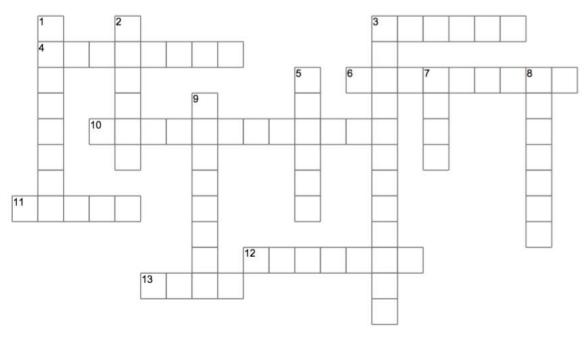
ULQIT	
LAVEES	
BEEESTRMP	
SVRTAEH	
TECTHUNS	
AUMUTN	
ATOLFLOB	
Q. What do yo	ou get when you drop a pumpkin?

CROSSWORD PUZZLE NUMBER 2

Name: Date:
Class: Teacher:

Thanksgiving Crossword





ACROSS

- 3. Bird eaten at Thanksgiving.
- Thanksgiving food that can be mashed or baked.
- The ship that brought the Pilgrims to North America.
- 10. Where the Pilgrims got of their ship.
- 11. A big meal.
- 12. Large orange vegetable.
- 13. Yellow vegetable grown by Native Americans.

DOWN

- 1. Thanksgiving dessert made from apples.
- 2. People you are related to.
- 3. Holiday of this crossword.
- Long line of people marching down the street.
- 7. The season of Thanksgiving.
- 8. Country that Pilgrims came from.
- 9. Eleventh month of the year.

CORN	PLYMOUTH ROCK	NOVEMBER	THANKSGIVING	
MAYFLOWER	FAMILY	ENGLAND	FEAST	
TURKEY	APPLE PIE	POTATOES	PUMPKIN	
PARADE	FALL			

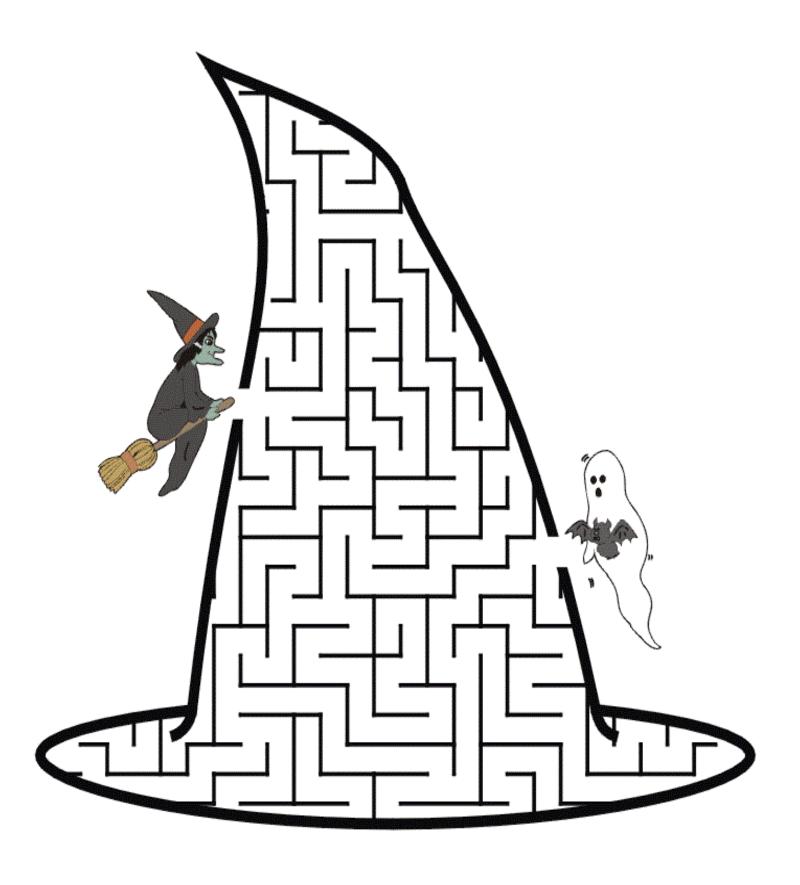
HALLOWEEN

Word Scramble

knumpip	
eaolewhnl	
dirpse	
ktcir	
mearpvi	
opykos	
retta	
c hwti	
uhdanet	
oteucms	
sothg	
ayncd	
oknltese	
emntros	

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acysr



Sudoku #955 (Easy)

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

Sudoku #956 (Easy)

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

Sudoku #953 (Easy)

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

Sudoku #954 (Easy)

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

Find 10 differences.





Halloween Word Search

0 S R W B P K C В W H X Н E B K S D N. 0 C N D F 0 B K G H D S 0 S Y M H J X Y E S X T M M A K G S Z E A S T P H M A B B P D M W T G C E U G S 0 S B C C R F K W Y X U S E R A W Е E W Z Q P Q A U X В В N M D T H K M 0

> BOO GAMES HALLOWEEN PARTY SPOOKY WITCH

CANDY GHOSTS MASK PUMPKINS TRICK

COSTUMES GOBLIN MUMMY SKELETON TREAT

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Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern

20.	What	the	pot
mie	ht call	the	kettle

- 21. stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- What a spider spins

Down

- When something makes our skin crawl, it's this
- house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature

- Comes out on full moon nights
- 16. October 31st
- 17. Witch
- transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary



Remembrance Day Quiz

What do you know about Remembrance Day?

Circle the correct answer.

- 1. Remembrance Day is a memorial day observed in many countries:
 - a. To remember members of the armed forces who have died in the line of duty since WWI.
 - To remember all the people who have died in wars since WWI.
 - c. To celebrate the end of WWI.
- 2. Remembrance Day is also known as:
 - a. Armistice day
 - b. Veteran's day
 - c. Poppy Day
 - d. All of the above
- On November 11th, 1918:
 - a. World War I officially ended;
 - b. Fighting formally ended at 11 a.m.
 - c. Germany signed the Armistice (agreement which ended the WWI)
 - d. All of the above
- 4. Remembrance Day is:
 - A holiday is all countries where it is observed.
 - b. Marked by special ceremonies by politicians and veterans at war memorials.
 - c. Marked by observing 2 minutes of silence at 11a.m.
 - d. Answers b & c.
- 5. The emblem of Remembrance Day the red poppy is:
 - a. sold by veterans for a fixed price
 - b. sold for donations to raise money for veterans
 - c. given out at no charge
- 6. The first remembrance poppy was worn in
 - a. The U.K.
 - b. The U.S.
 - c. Canada
- 7. The poppy became an emblem of Remembrance Day due to
 - a. The poem In Flanders Fields (by John McCrae)
 - b. The poem We Shall Keep the Faith (by Moina Michael)



Royal British Legion Poppy



A Canadian Legion Poppy

Created by Flickhappy



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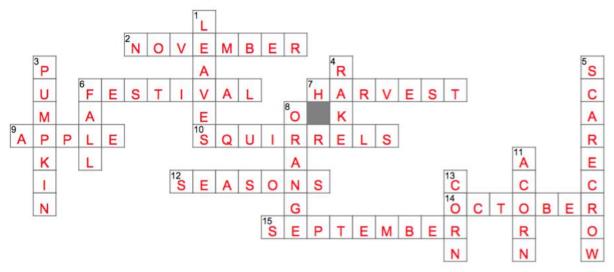


SOME SOLUTIONS AND ANSWERS*

Name:	Date:

Autumn Crossword





ACROSS

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CORN	LEAVES	SQUIRRELS	
PUMPKIN	SEPTEMBER	NOVEMBER	
FALL	FESTIVAL	HARVEST	
RAKE	ACORN	APPLE	
	PUMPKIN FALL	PUMPKIN SEPTEMBER FALL FESTIVAL	PUMPKIN SEPTEMBER NOVEMBER FALL FESTIVAL HARVEST



FALL

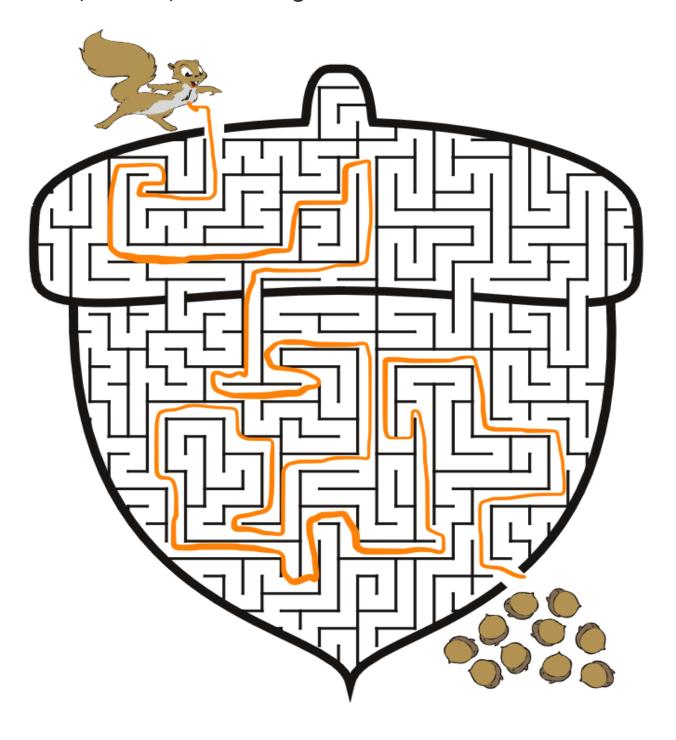
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N	U	Т	S	A	J	X	C	Y	W	Q	E)
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Α	C	W	E	В	H	(L)	E	L	N	G	W)
F	S	0	J	P	L	M	Α	D	E	0	T ;	
X	H	N	0	A	Y	C	R	Q	R	В	S	四位,
U	Α	W	F	Ĺ	G	Ε	S	(C)	Y	Z	D	
P	Y	1	В	E	M	T	J	0	W	L	K	

apple	hay	oak	rake
cool	jump	owl	red
corn	leaf	pears	tree
crow	maze	pie	web
fall	nuts	pile	yellow



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Help the squirrel through the maze to find its acorns



Fall Word Scramble

SOLUTION

ULQIT QUILT

LAVEES LEAVES

BEEESTRMP SEPTEMBER

SVRTAEH HARVEST

TECTHUNS CHESTNUT

AUMUTN A U T U M N

ATOLFLOB FOOTBALL

Q. What do you get when you drop a pumpkin?

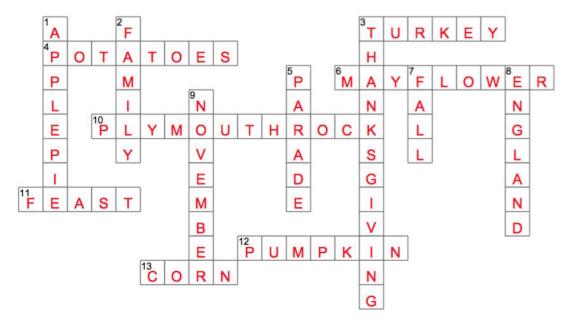
SQUASH

At puzzles-to-print.com, find more fun word scrambles.

Name:	Date:		
Class:	Teacher:		

Thanksgiving Crossword





ACROSS

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MAYFLOWER	FAMILY	ENGLAND	FEAST	
TURKEY	APPLE PIE	POTATOES	PUMPKIN	
PARADE	FALL			

HALLOWEEN

Word Scramble

knumpip

eaolewhnl halloween

dirpse

ktcir

mearpvi

opykos

retta

chwti

uhdanet

oteucms

sothg

ayncd

oknltese

emntros

acusr

pumpkin

spider

trick

vampire

spooky

treat

witch

haunted

costume

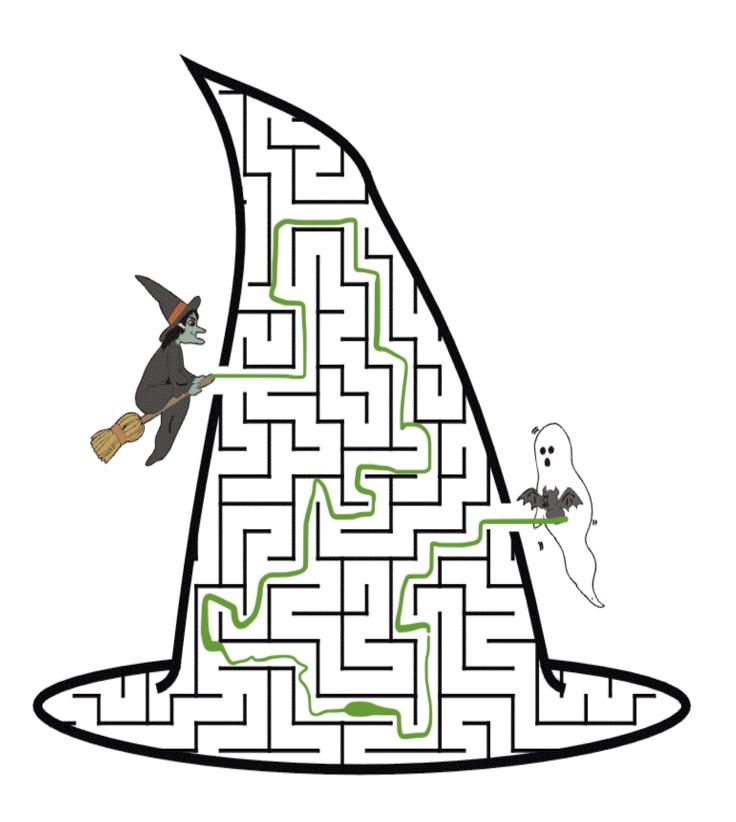
ghost

candy

skeleton

monster





Sudoku #953 (Easy)

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

Sudoku #954 (Easy)

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

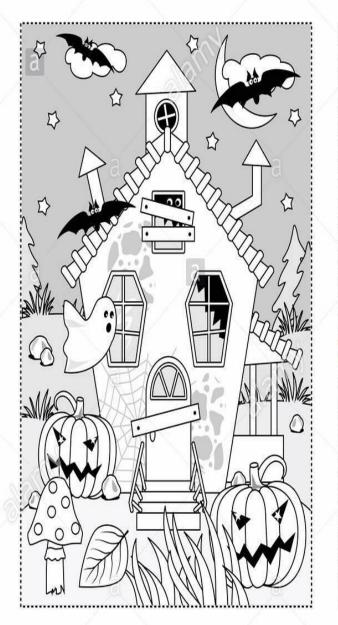
Sudoku #955 (Easy)

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

Sudoku #956 (Easy)

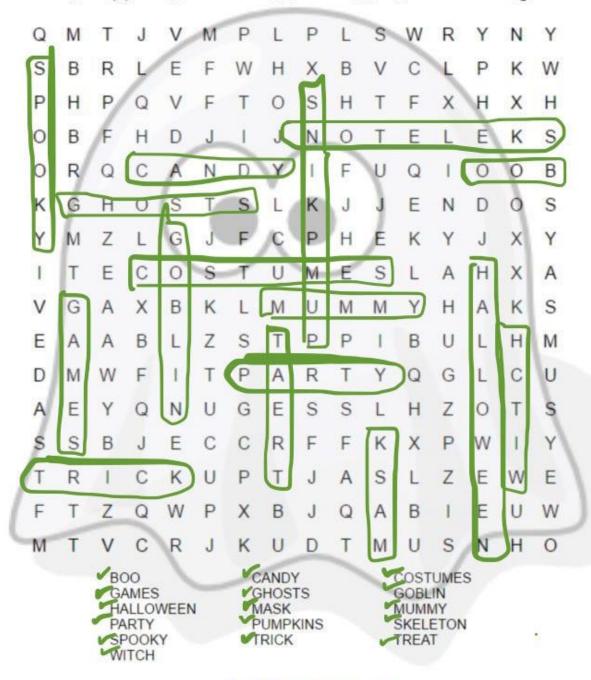
1	4					9		3
9	2	3	4	1	5	7	6	8
5	7	8	3	9	6	1	4	2
7	1	4	9	5	3	2	8	6
2	6	5	1	4	8	3	9	7
3	8	9	6	7	2	5	1	4
4	3	7	5	8	9	6	2	1
6	5	1	2	3	4	8	7	1
8	9			6		4		5

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Halloween Word Search



www.thetypicalmom.com



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