

# February/March Activity Kit

Version 1



Image: Snow in Hamilton (King St W)

Source: Kelda Yuen/CBC



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

## 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.*

01

### 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

### MOVING

Promote physical activity - at least 3 times a day.



03

### SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



04

### SEEING AND HEARING

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



05

### STAYING HYDRATED

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



06

### EATING

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



Supported by:



Ontario

Toronto Central Local Health Integration Network

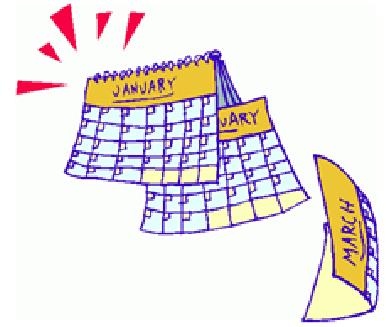


REGIONAL GERIATRIC  
PROGRAM OF TORONTO

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MONTHS WORD SEARCH



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

JANUARY  
FEBRUARY  
MARCH

APRIL  
MAY  
JUNE

JULY  
AUGUST  
SEPTEMBER

OCTOBER  
NOVEMBER  
DECEMBER

# WINTER OLYMPIC SPORTS

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

BIATHLON  
SKELETON  
LUGE  
SKI JUMPING  
SNOWBOARD  
CURLING  
SKIING  
SPEEDSKATING  
BOBSLED  
ICE HOCKEY

Unscramble the letters to find the words in our

## Winter Sports Anagram

**Word List:**

biathlon, curling, hockey,  
luge, medal, skating, skeleton,  
skiing, sports, snowboard



srawbnood

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egul

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ksigatn

---

nibathol

---

hoycek

---

ingksi

---

rgicunl

---

sntoelek

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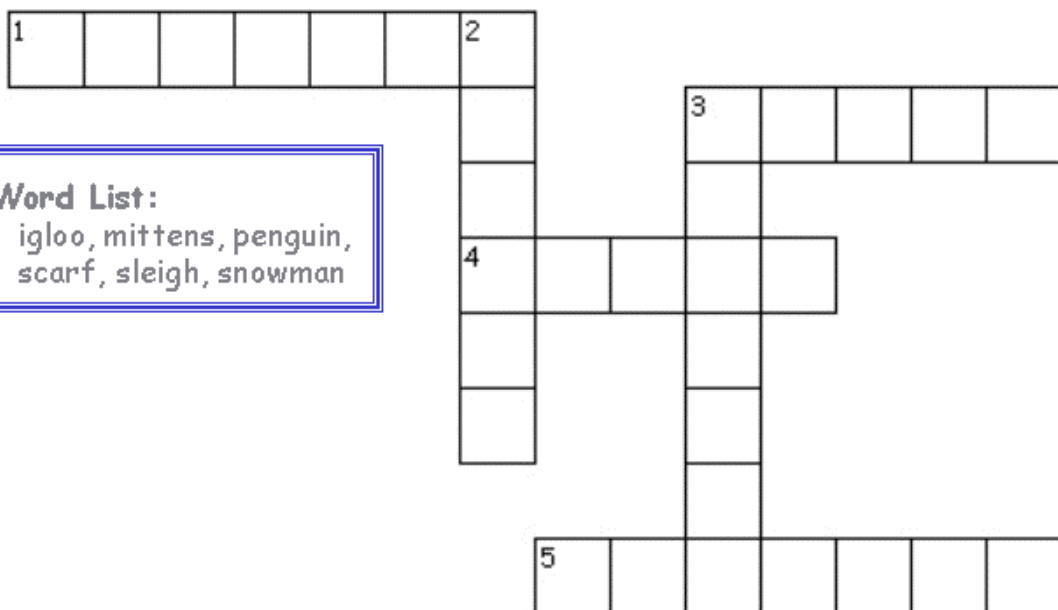
tsosrp

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almde

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# Winter Crossword



## Word List:

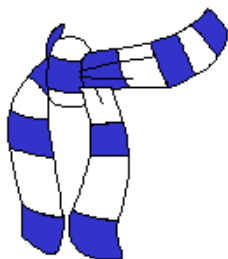
igloo, mittens, penguin,  
scarf, sleigh, snowman

## Across

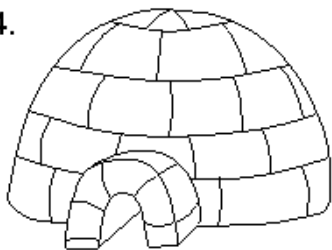
1.



3.



4.

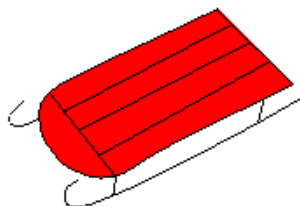


5.



## Down

2.



3.

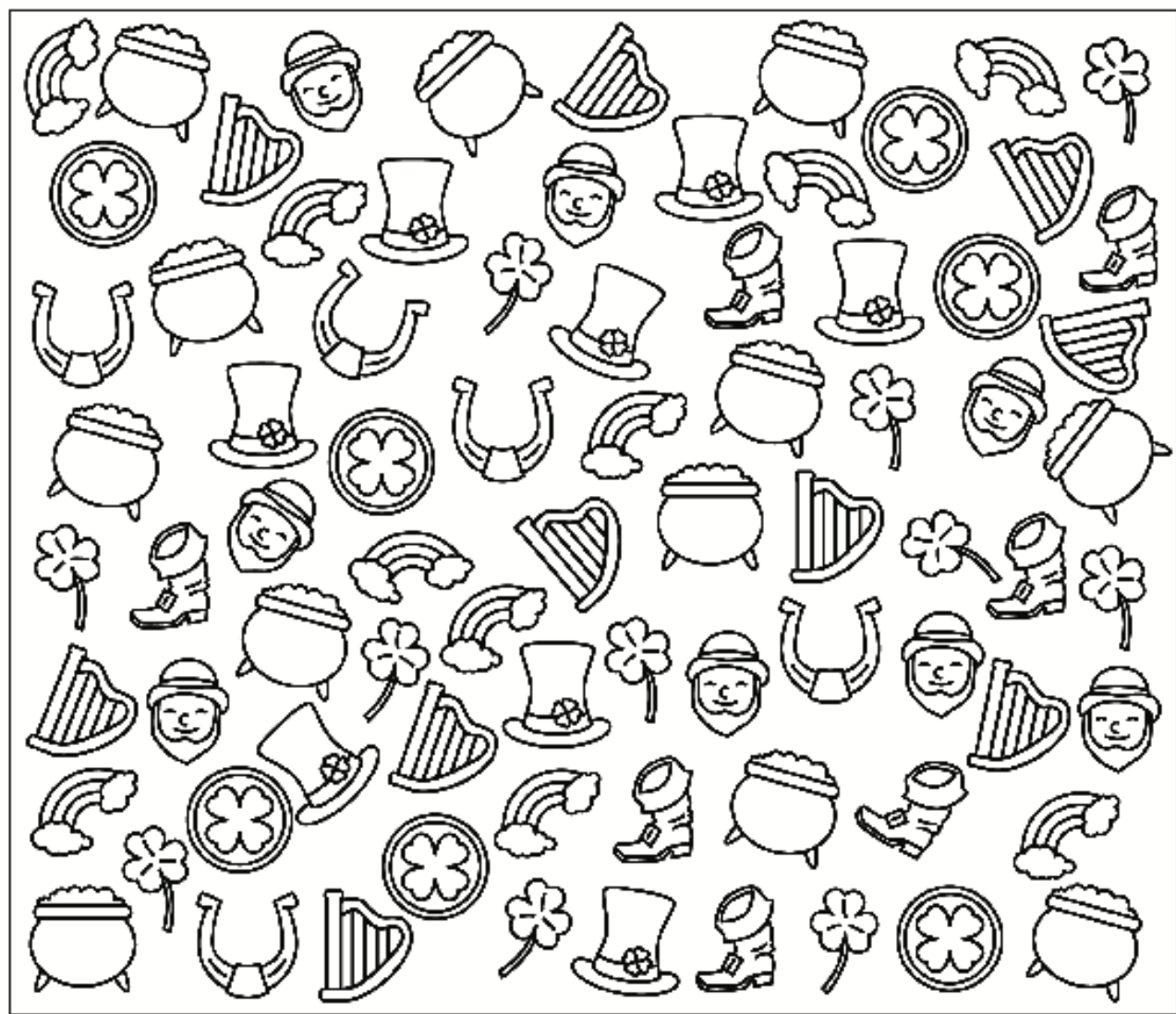




# Rainbow Maze!



# ST. PATRICK'S DAY I SPY



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

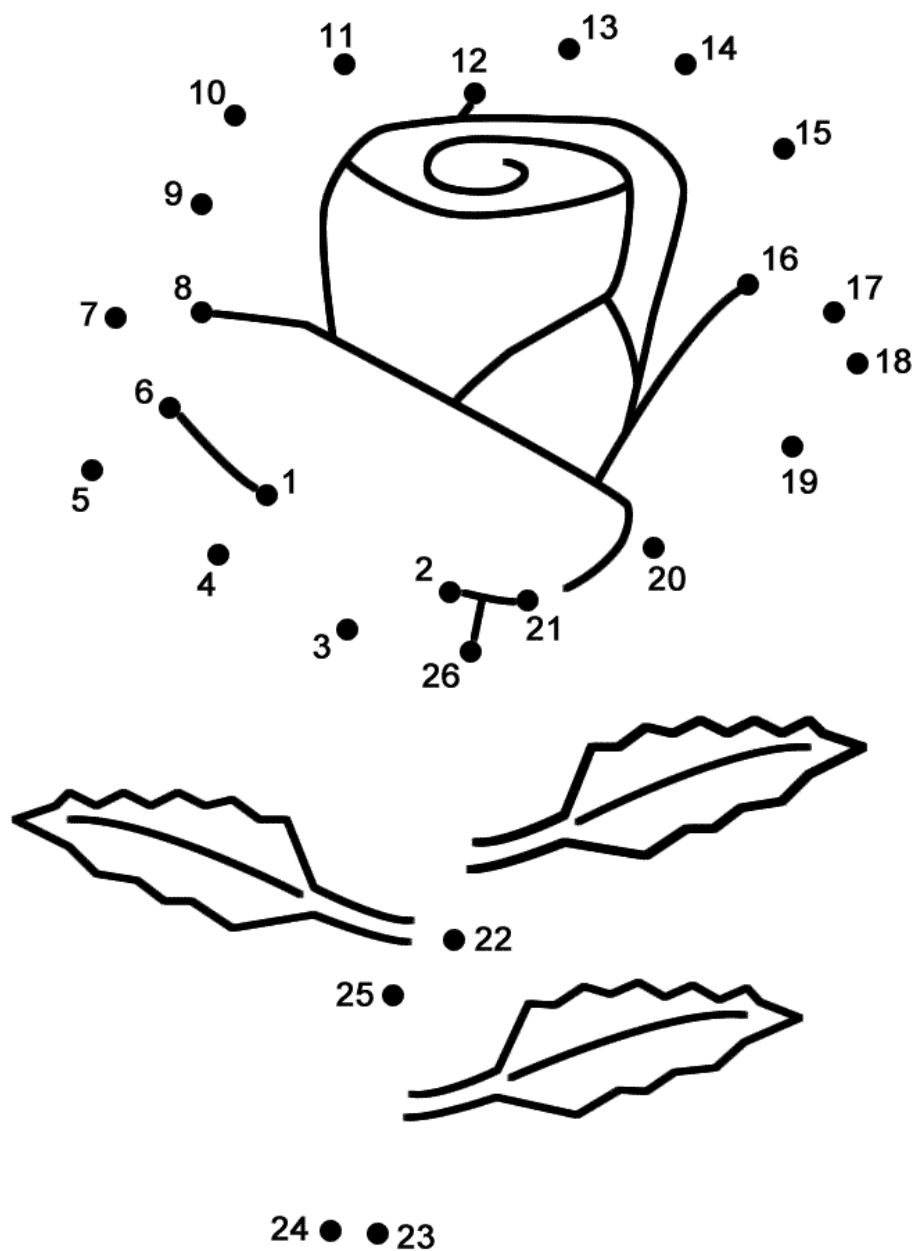


\_\_\_\_\_



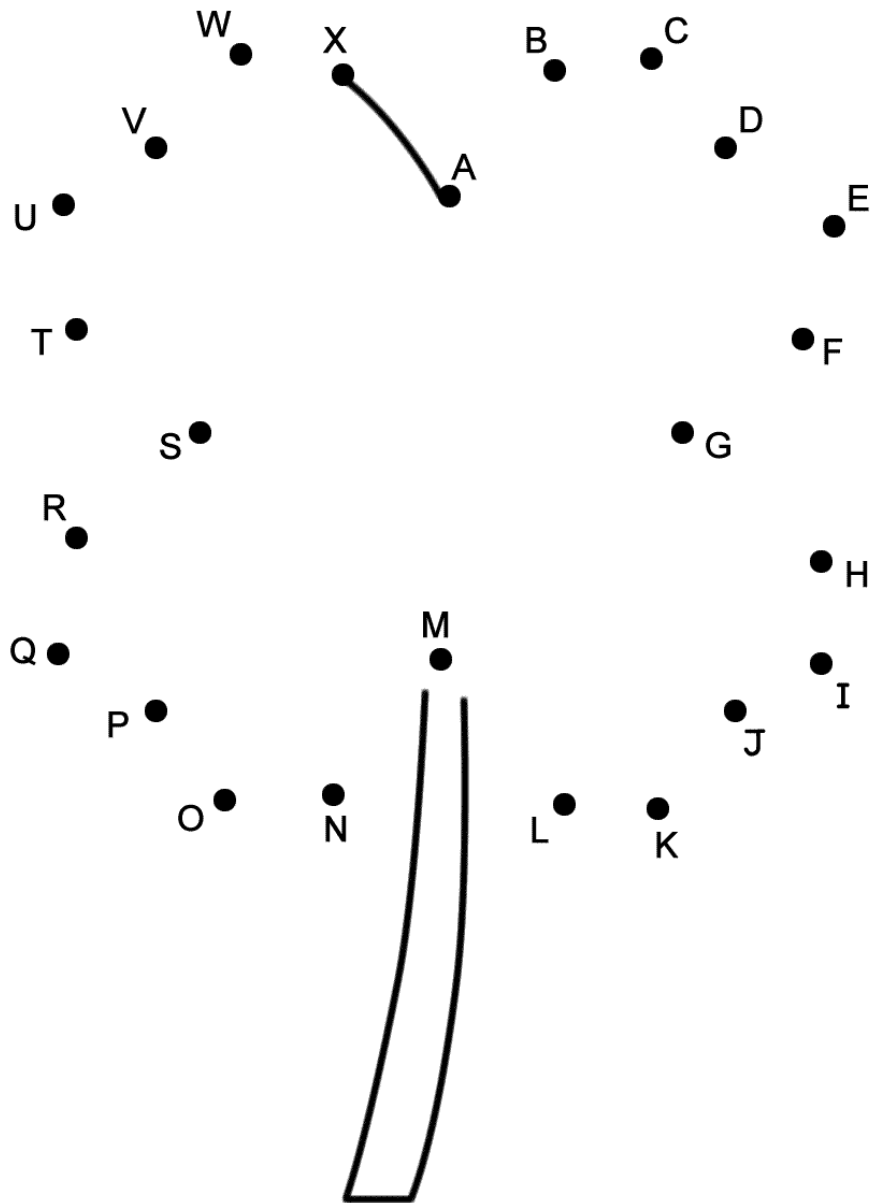
**Instructions:** Connect the dots to make this Valentine's Day picture.

# Happy Valentine's Day



**Instructions:** Connect the dots by Capital letters. Connect A, B, C, D, ... and so on. Connect the dots to make this St. Patrick's Day picture.

# St. Patrick's Day



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

1sudoku.com

n° 128673 - Level Easy

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

1sudoku.com

n° 128941 - Level Easy

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

1sudoku.com

n° 123150 - Level Easy

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

1sudoku.com

n° 16722 - Level Easy

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

1sudoku.com

n° 129218 - Level Easy

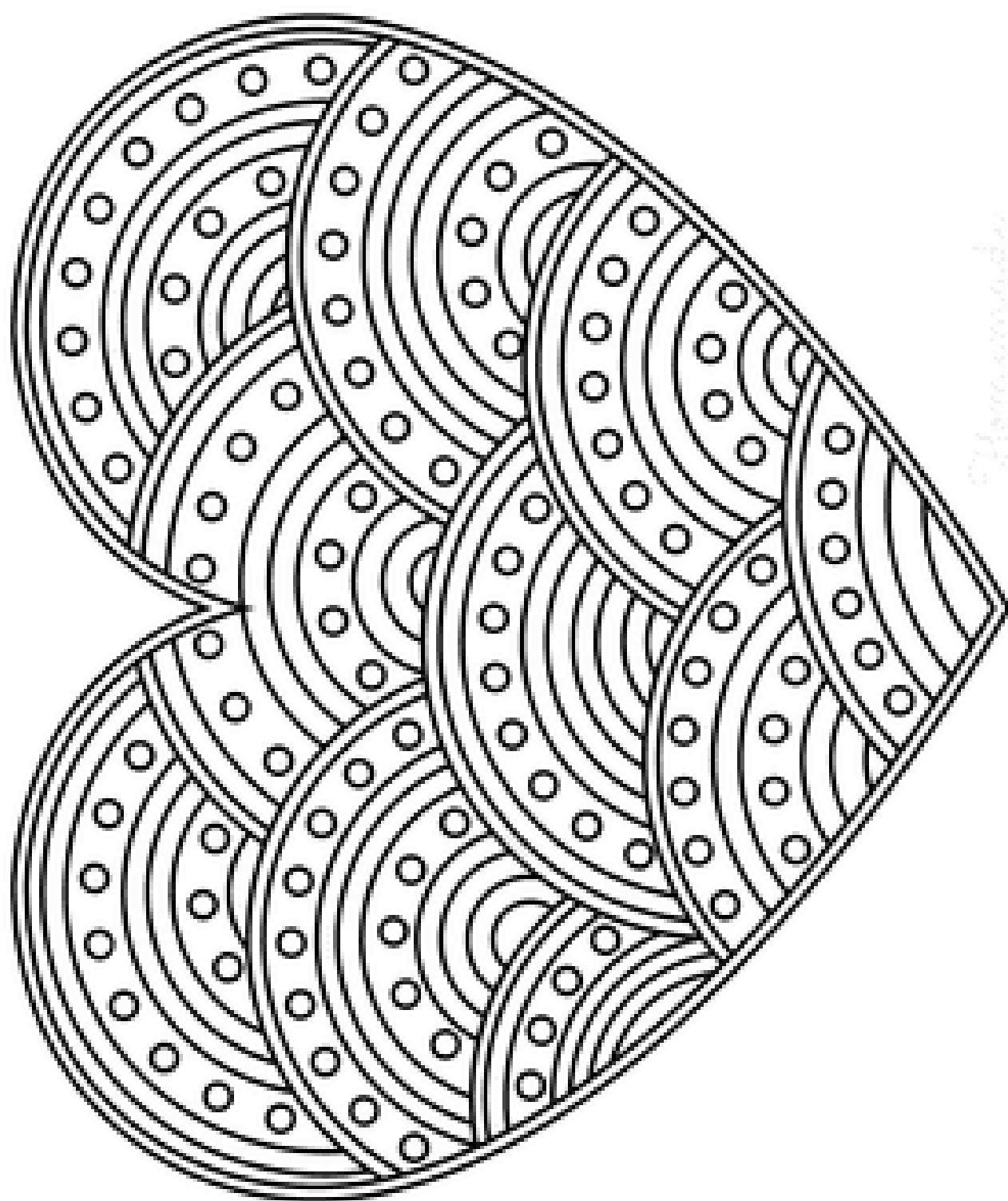
	1	8		5	3			
5			7	8		9	4	
					4		3	
7	5	9		4				
1	8		3		7		6	5
				1		2	9	7
	4		5					
	7	3		2	1			6
			6	3		7	1	

1sudoku.com

n° 129512 - Level Easy

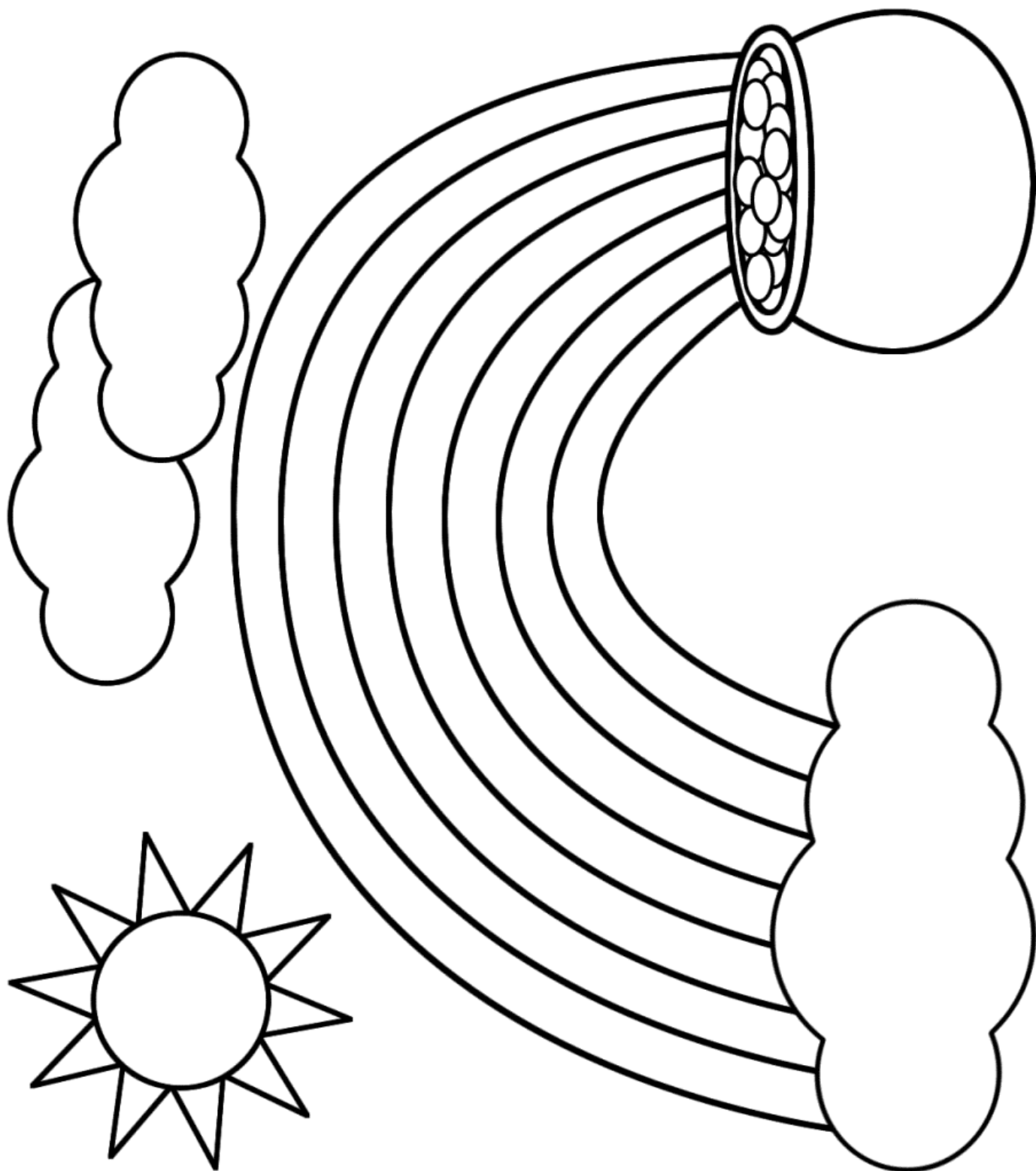


*Yemmate*



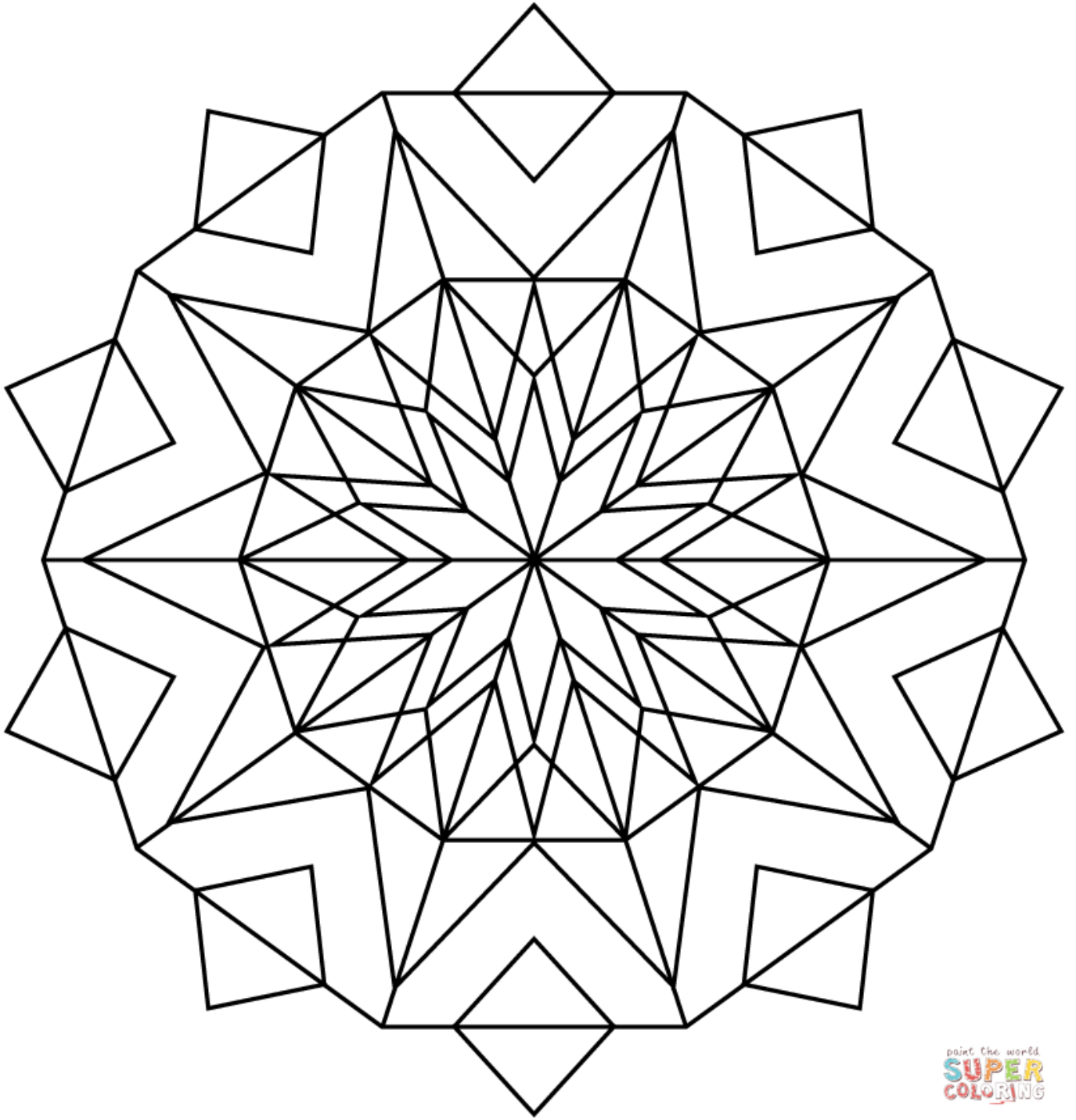
© 2011 by the author













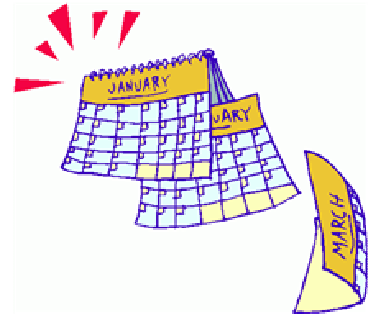


## **SOLUTIONS AND ANSWERS**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MONTHS WORD SEARCH



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

JANUARY  
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NOVEMBER  
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# WINTER OLYMPIC SPORTS

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

BIATHLON  
 SKELETON  
 LUGE  
 SKI JUMPING  
 SNOWBOARD  
 CURLING  
 SKIING  
 SPEEDSKATING  
 BOBSLED  
 ICE HOCKEY

Play this puzzle online at : <https://thewordsearch.com/puzzle/273715/>

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

Unscramble the letters to find the words in our

# Winter Sports Anagram

Hidden word (circled letters)

O	L	Y	M	P	I	C	S
---	---	---	---	---	---	---	---



snowboard

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luge

---

skating

---

biathlon

---

hockey

---

skiing

---

curling

---

skeleton

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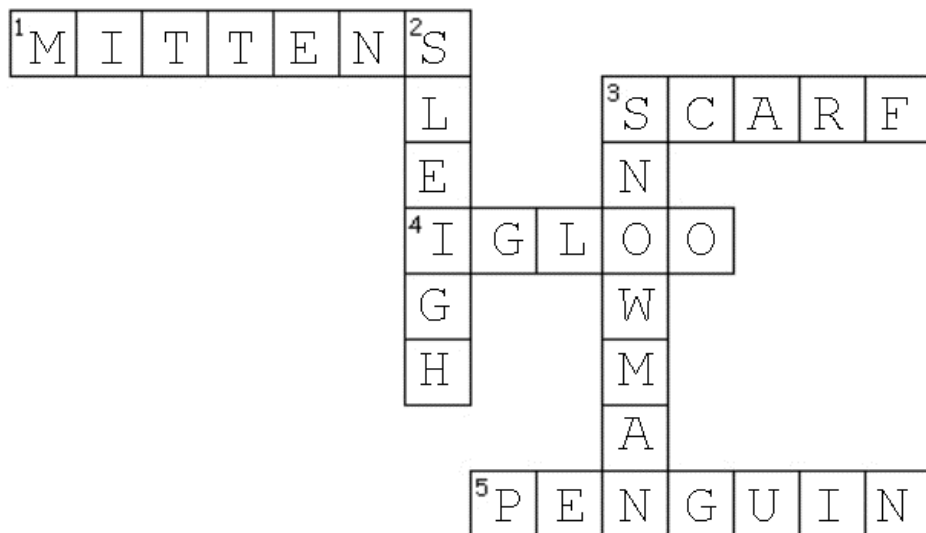
bobsled

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snow

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# Winter Crossword

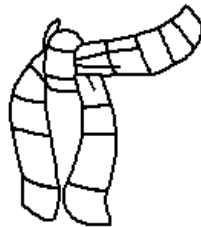


## Across

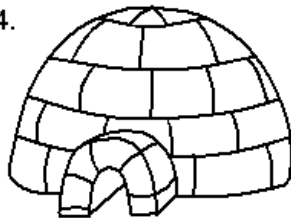
1.



3.



4.

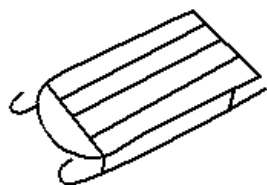


5.



## Down

2.



3.



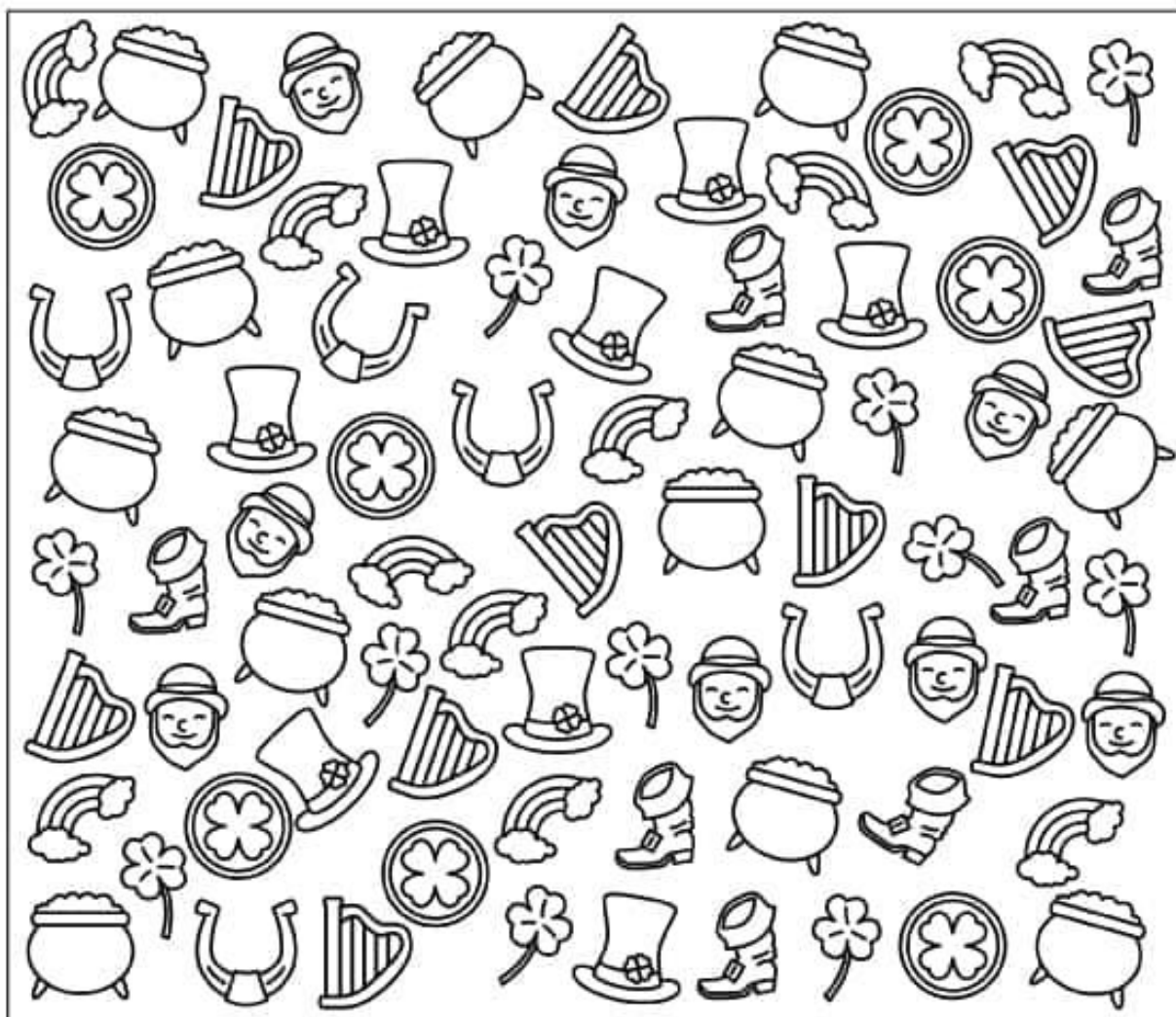



# Rainbow Maze!

**Start!**



# ST. PATRICK'S DAY I SPY




 11

 8

 8

 12

 5

 7

 10

 7

## Solutions :

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

1sudoku.com

n° 128673 - Level Easy

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

1sudoku.com

n° 128941 - Level Easy

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

1sudoku.com

n° 123150 - Level Easy

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

1sudoku.com

n° 16722 - Level Easy

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

1sudoku.com

n° 129218 - Level Easy

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

1sudoku.com

n° 129512 - Level Easy