February/March Activity Kit

Version 2



Image: The snowy gates to downtown Hamilton Source: Ryan McGreal/CBC





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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Winter Word Search

Instructions: Try to find all of the hidden Winter words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

| W | W | Α | Z | С | -1 | С | D | В | Υ |
|---|---|---|---|---|----|---|---|---|---|
| Υ | О | J | С | W | K | 0 | Р | L | F |
| Н | Α | T | N | Υ | О | 1 | S | W | M |
| F | О | D | S | Н | Α | С | Р | Υ | X |
| R | F | Ε | M | O | О | D | Α | О | J |
| 0 | L | L | T | L | М | D | J | L | Р |
| Z | Υ | S | D | Е | 1 | U | 0 | В | F |
| Е | Z | Z | F | L | D | С | Р | О | Υ |
| N | О | G | 0 | ٧ | U | S | G | С | N |
| L | С | Н | N | ٧ | W | J | J | J | N |

Word List

| COLD | HAT |
|--------|---------|
| COZY | HOLIDAY |
| FOG | HOOD |
| FROZEN | SLED |



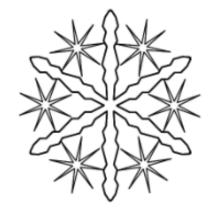
Winter Word Search

Instructions: Try to find all of the hidden Winter words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

| F | K | 0 | K | Α | U | F | 0 | В | Т | K | Χ | Т | I | U |
|---|---|---|---|---|---|---|---|---|---|---|---|----|---|----|
| G | В | Т | 1 | S | О | 0 | R | Р | В | L | S | G | T | D |
| М | R | R | S | W | Α | G | С | Е | Υ | U | T | F | Е | S |
| Q | F | S | F | F | Z | 0 | Α | Ν | T | K | S | -1 | R | В |
| 1 | Q | T | R | R | С | L | R | G | K | Α | D | F | Н | М |
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| Х | G | 0 | Α | Н | В | Z | O | 1 | T | U | Υ | Н | U | W |
| G | X | В | I | M | Р | Ν | Е | Ν | S | Е | 1 | U | S | U |
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| Х | W | С | Α | G | Р | 0 | D | Χ | R | U | ٧ | Υ | 0 | G |
| K | Ε | 0 | W | М | R | J | ٧ | F | F | R | D | F | W | F |
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| K | В | Н | G | T | Е | K | С | Α | J | U | W | Т | D | ٧ |

Word List

| BOOTS | FOG | JACKET |
|----------|--------|---------|
| BRISK | FROST | PENGUIN |
| COCOA | FROZEN | SCARVES |
| DECEMBER | HEATER | SNOWMAN |



Valentine's Day Word Scramble

Instructions: Unscramble the letters to find the Valentine's Day words from the list below.

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raeht
hotcalesoc
ndfier
aenrcom
edatsre
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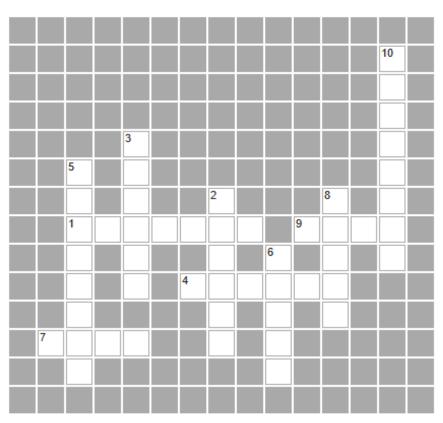
| | | | |
|----|-------------|----|------|
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| ٧١ | $^{\prime}$ | ıu | เอเ |

| admirer | dearest |
|------------|---------|
| candle | friend |
| chocolates | gifts |
| cupcakes | heart |
| cupid | romance |



Valentine's Day Grossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Valentine's Day words that fit the clues.



Across

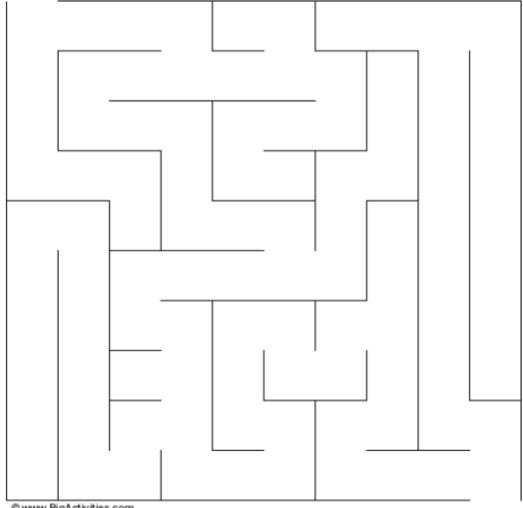
- 1. Companions or friends
- 4. A person that you like
- Opposite of false
- 9. Two people going out

Down

- 2. Something you don't tell anyone
- 3. Piece of wax that is burned to give light
- Second month of the year
- A Valentine shape
- 8. Something sweet to eat
- 10. Soft plush toys

Instructions: Trace the path through the maze. Help get the snowflakes to the igloo.





@ www.BigActivities.com

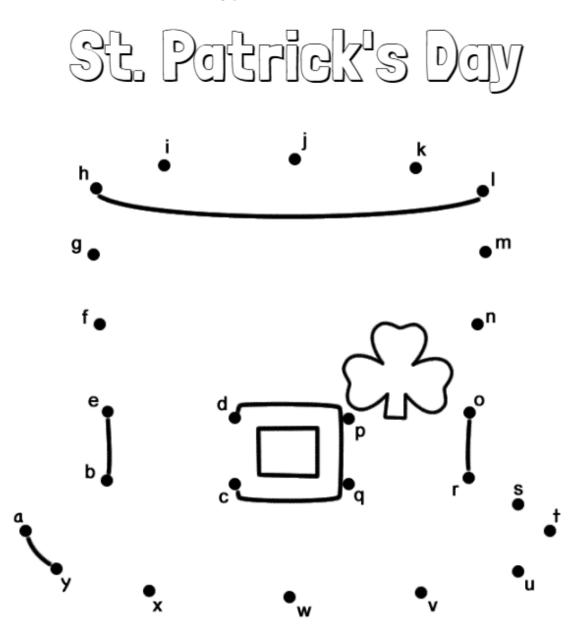


Finish

Instructions: Count by 2's. Connect the dots to make this St. Patrick's Day picture.



Instructions : Connect the dots by lowercase letters. Connect a, b, c, d, ... and so on. Connect the dots to make this St. Patrick's Day picture.

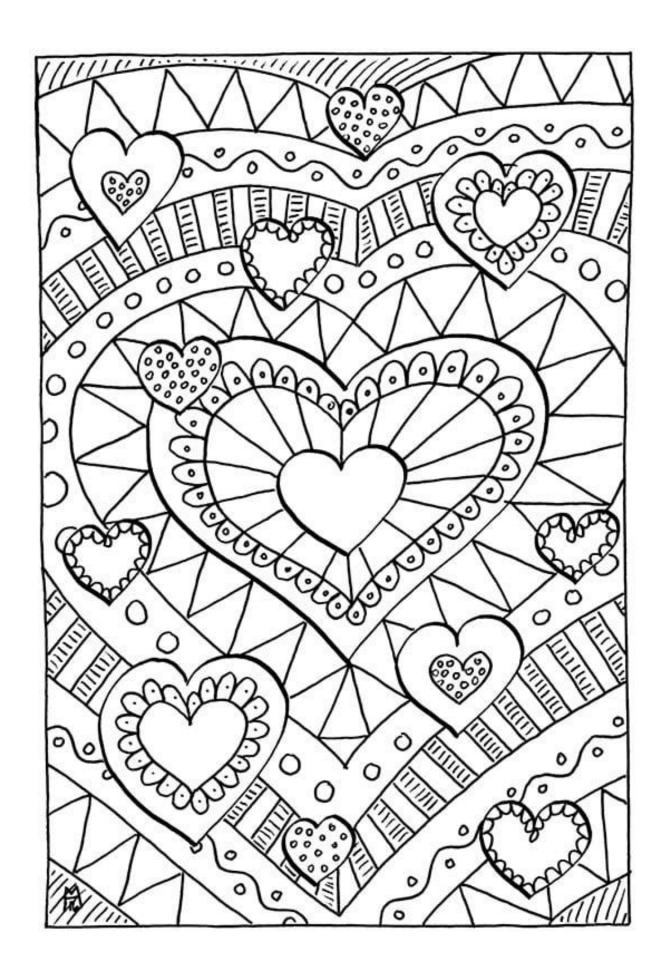


| | 5 | | 4 | | 3 | | 1 | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | | 7 | 6 | 5 | 4 | |
| 1 | 6 | 4 | | | 5 | 3 | 8 | |
| 8 | 4 | | 7 | | 1 | | | 3 |
| 5 | 3 | | | | 9 | | 7 | 1 |
| 7 | | 9 | 8 | 3 | | 6 | 5 | 4 |
| 6 | 7 | 5 | 9 | | 8 | | 3 | 2 |
| 3 | | 1 | 5 | | 4 | 7 | | 8 |
| 4 | | 8 | 3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

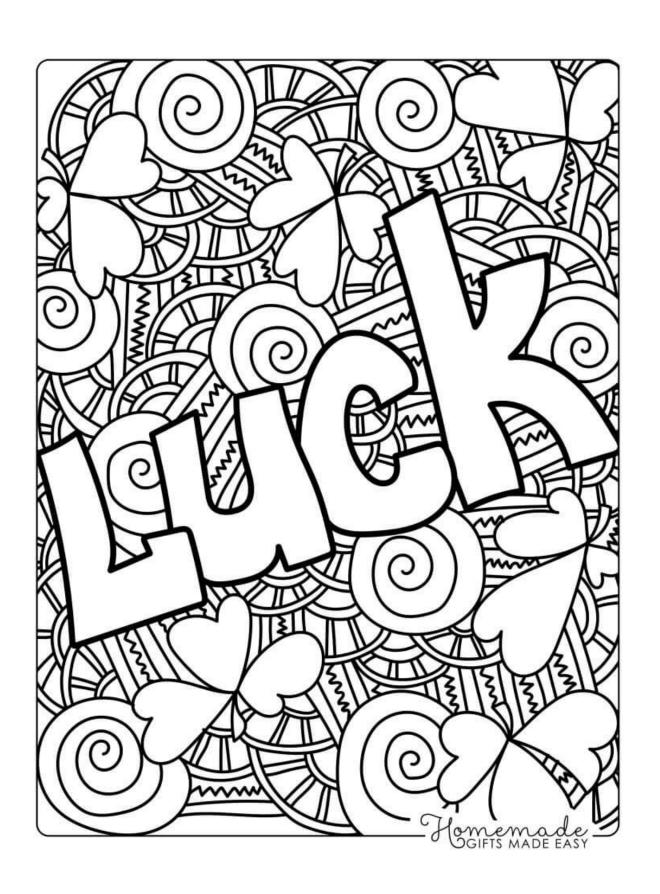
| 9 | 6 | 3 | 8 | | 7 | 1 | 4 | |
|---|---|---|---|---|---|---|---|---|
| | 7 | 1 | 5 | 3 | | | 8 | |
| | 5 | 2 | | 6 | 4 | 9 | 7 | |
| | 9 | 5 | 7 | 4 | | 8 | 1 | |
| 7 | | 8 | | 1 | 6 | 5 | 2 | 9 |
| | 2 | 6 | | 5 | 8 | 4 | 3 | 7 |
| | 3 | 9 | 2 | | 1 | 7 | 5 | |
| 2 | 8 | | | 7 | 5 | | 9 | 1 |
| |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

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

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









Winter Word Search Key

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Word List

COLD HAT
COZY HOLIDAY
FOG HOOD
FROZEN SLED



Winter Word Search Key

Word List

| BOOTS | FOG | JACKET |
|----------|--------|---------|
| BRISK | FROST | PENGUIN |
| COCOA | FROZEN | SCARVES |
| DECEMBER | HEATER | SNOWMAN |



Valentine's Day Word Scramble Key

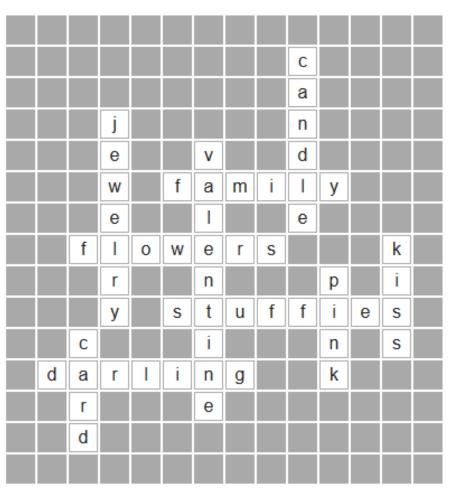
meardir <u>admirer</u> raeht hotcalesoc ndfier <u>friend</u> aenrcom r o m a n c e edatsr kccpase ledacı gtfis ciudp

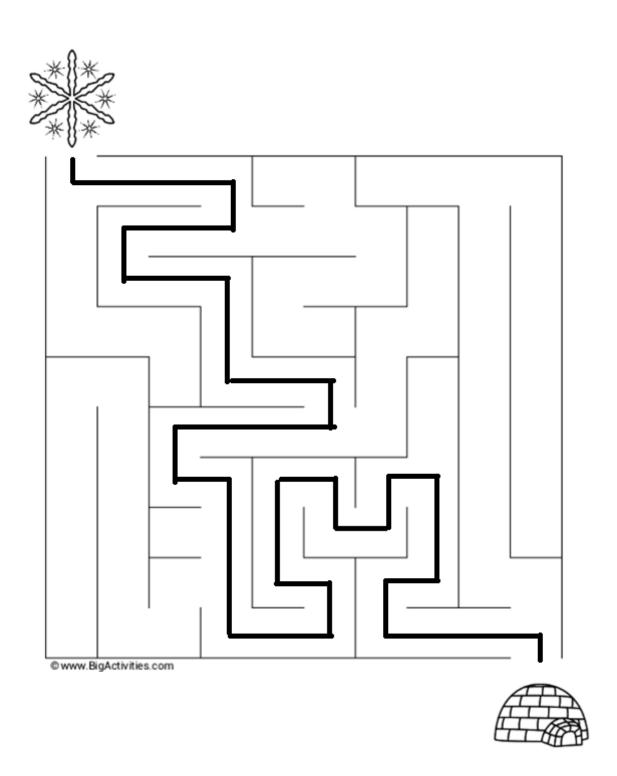
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|-----------|--|--|
| e u | <u>c u p c a k e s</u> | |
| n | <u>c a n d l e</u> | |
| | g i f t s | |
| | c u p i d | |
| | | |
| Word List | | |
| _ | | |

admirer dearest friend candle chocolates gifts cupcakes heart cupid romance



Valentine's Day Grossword Puzzle Key





Finish

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

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

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

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