August/September Activity Kit

Version 2



Image: Webster's Falls
Source: Paige Deasley/Pexels





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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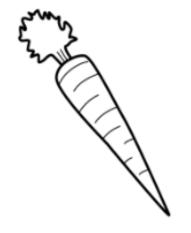


Vegetables Word Search

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

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

ARUGULA	CUCUMBER	POTATO
CABBAGE	OKRA	PUMPKIN
CHARD	ONION	SPINACH
CORN	PEPPER	YAM



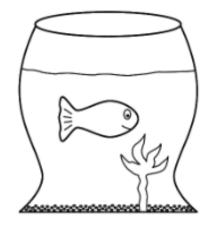
Aquarium Fish Word Search

Instructions: Try to find all of the hidden Aquarium Fish words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)

G	L	0	F	T	S	Н	G	S	Α	R	٧	٧	J	D
Z	Ν	0	R	Α	Ν	D	Α	D	D	Н	Р	С	R	J
Т	Z	F	В	J	Q	Р	Ν	1	Α	S	С	J	F	L
N	1	1	Q	T	V	L	Н	G	В	1	M	٧	1	Т
Е	Z	С	W	Е	Р	Α	S	0	U	F	Z	В	1	D
Н	Α	0	W	T	Q	T	1	U	T	R	0	1	W	Q
С	С	U	S	R	M	Υ	F	R	Z	Е	С	٧	Υ	С
L	K	Α	1	Α	U	G	Т	Α	1	F	M	N	F	J
D	Т	T	O	J	V	M	Α	M	0	F	R	U	Р	٧
J	Т	Н	R	L	J	N	С	1	Т	U	Р	J	Р	U
٧	0	С	Ε	L	Р	N	Ν	Е	1	Р	S	Е	Κ	M
Т	В	В	K	M	R	Α	M	Z	D	1	Q	1	X	L
J	S	S	Ε	F	D	0	Z	G	Ν	F	С	U	Ε	Н
F	R	Q	L	Q	С	Χ	D	U	N	M	R	N	J	٧
N	Α	Н	S	1	F	L	Ε	G	N	Α	J	R	R	Α

ANGELFISH	GLOFISH	PLATY
CATFISH	GOURAMI	PLECO
COMET	LOACH	PUFFERFISH
DANIO	ORANDA	TETRA



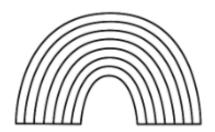
Rainbow Word Scramble

Instructions: Unscramble the letters to find the Rainbow words from the list below.

ienssunh	
pmsir	
lroclouf	
ieolvt	
s n d b a	
lcuosd	
nigdoi	
garone	
oosrcl	
wleylo	
-	

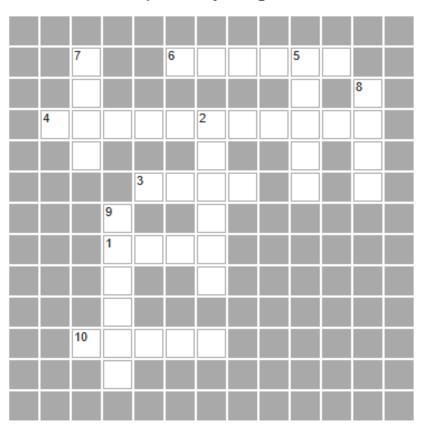
W		rd	l i	ict
v v	U	u		ıσι

bands	orange
clouds	prism
colorful	sunshine
colors	violet
indigo	yellow



Summer Grossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Summer words that fit the clues.



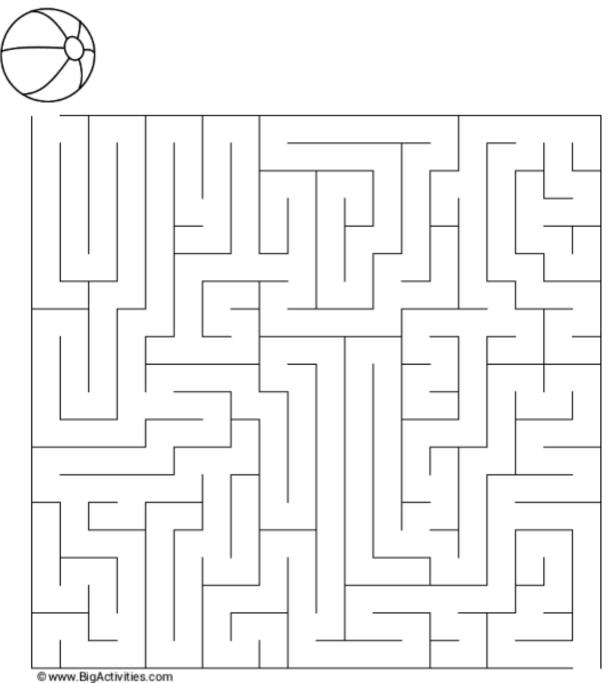
Across

- Container of water intended for swimming
- 3. It flies and is attached to a string
- 4. Turns into a butterfly
- 6. Worm in summer instead of pants
- 10. Plant them to grow plants

Down

- 2. Colorful parts of a flower
- 5. Flower planted as a bulb
- Transportation across water
- 8. To get bigger over time
- 9. Has eight legs and spins a web

Instructions: Trace the path through the maze. Help get the beach ball to the beautiful summer day.

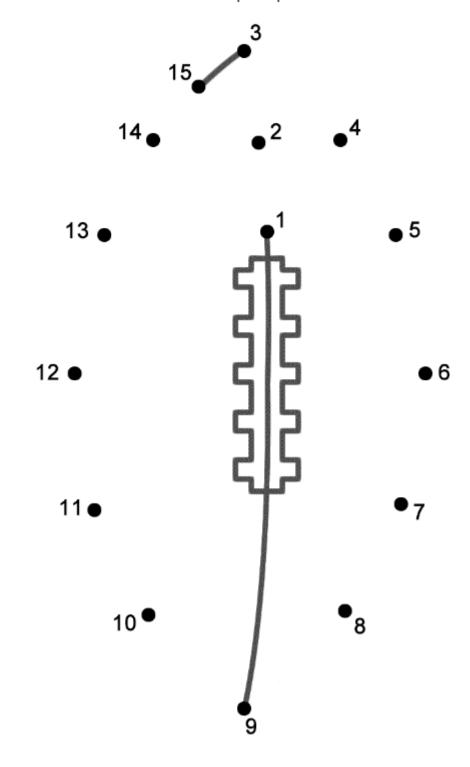




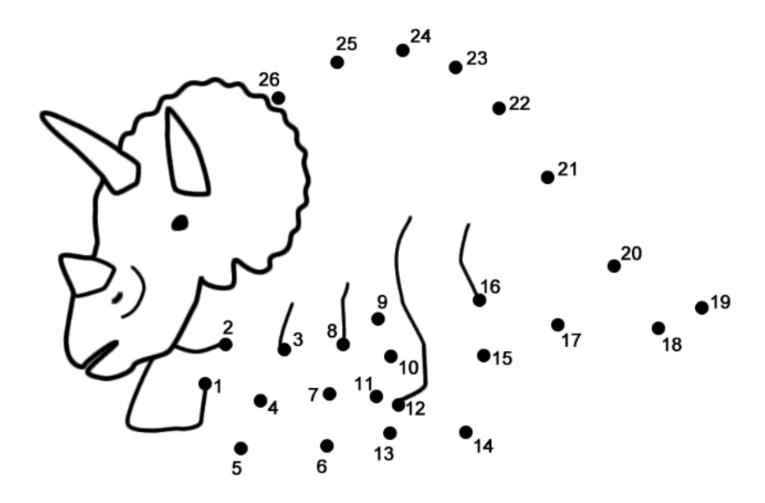


Finish

Instructions: Connect the dots to make this Sports picture.



Instructions: Connect the dots to make this Dinosaur picture.

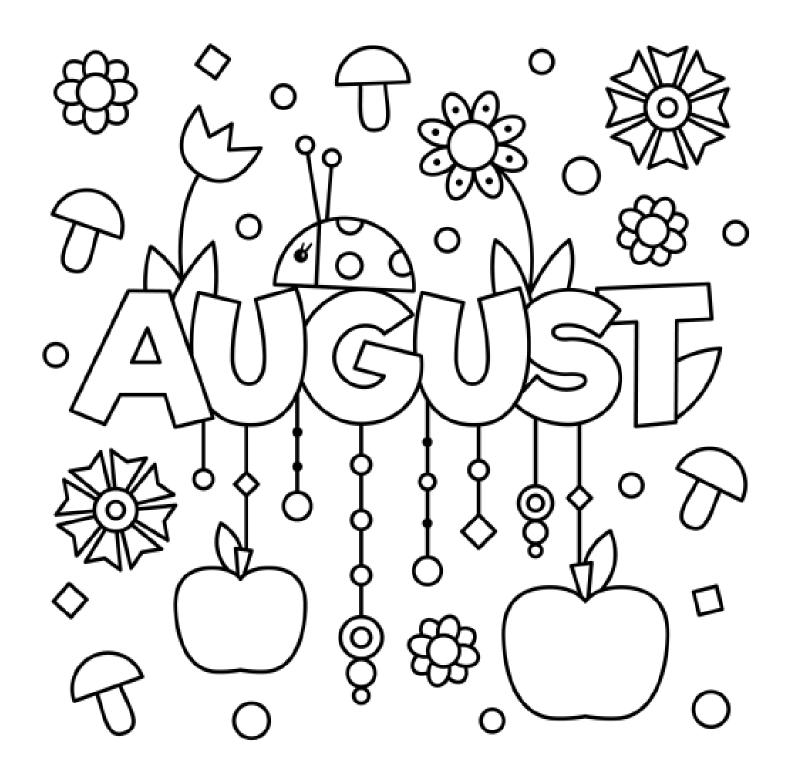


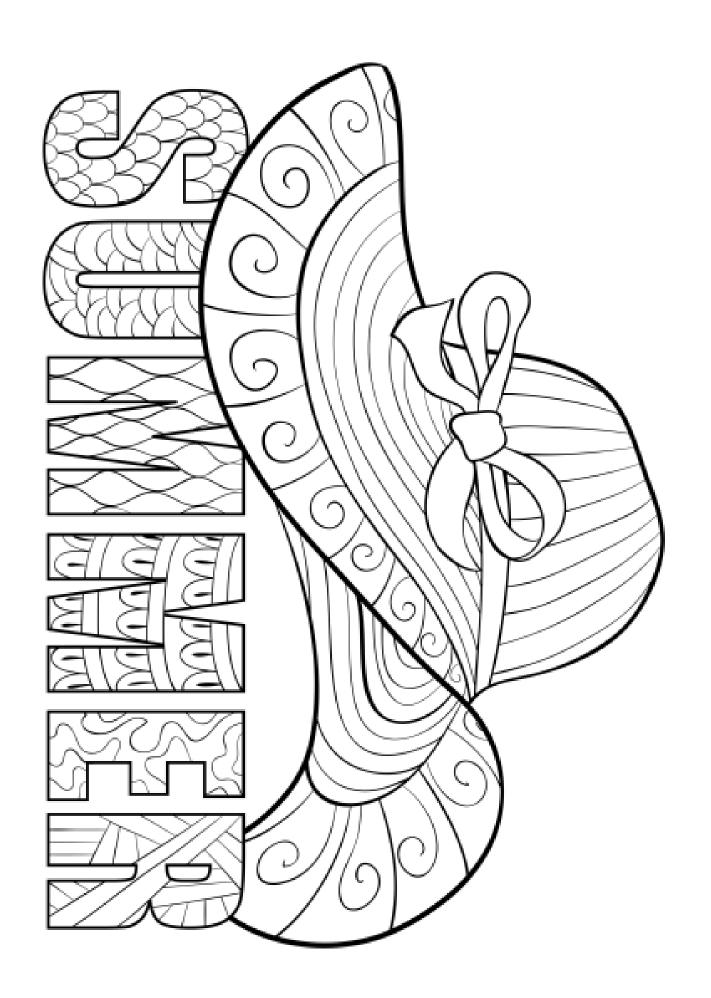
		2		5			6	
9		3	6	2		4		
7		5		9		3	8	
2	3				5	7	9	
	9				6	2		
		4		3		6	5	
6					9	5	2	
3				6		8	4	
8	5			4	7	9	3	

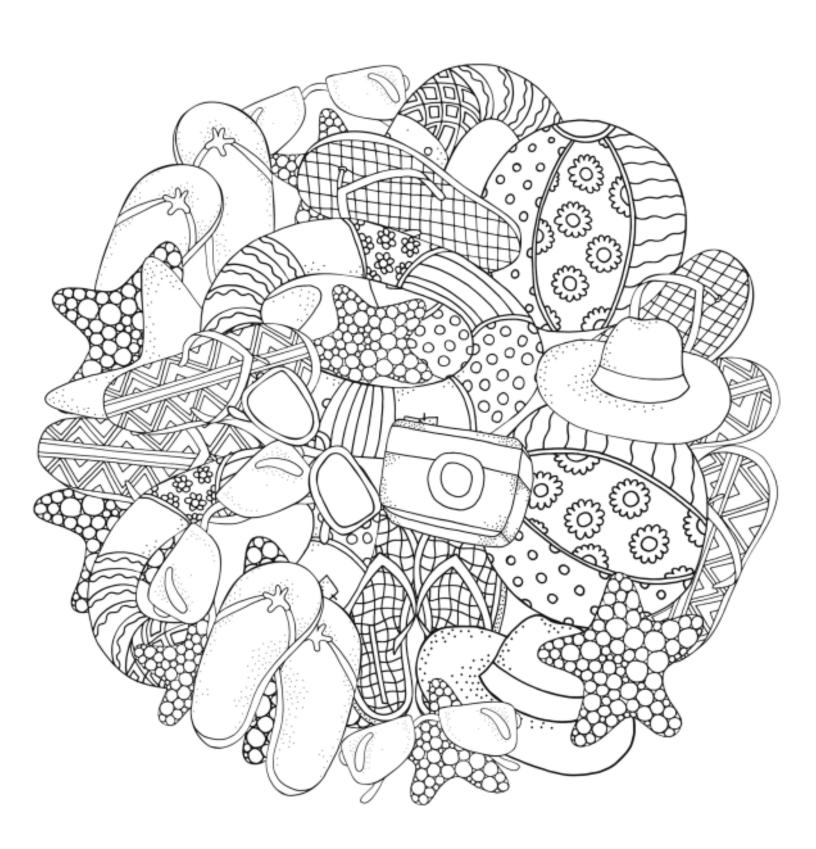
1			6		3		5	4
5	3			2	4	1		7
2			5			3		8
6				3		4		
3			4	6			7	5
4					2			3
	4	1	7				3	2
	5		2			7	4	
	2		3		5		1	

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

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



















Vegetables Word Search Key

				Α	L	U	G	U	R	Α				
						Е							R	O
		D		-	G		-					-	Е	K
			R	Α	Υ		Р					-	В	R
	-		В	Α		Α	-	Е				-	M	Α
	-	В		-	Н		M		Р			-	U	-
	Α		0	-		С	Н			Р		-	С	-
С	-			Т			-	С			Е	-	U	-
	-			-	Α	0	-		Α			R	С	-
				-	N	T	-			Ν		-		-
-				1			O				1	-		-
			O	-			-	Р				Р		-
-		N	R	0	С								S	
						Р	U	M	Р	K	1	Ν		

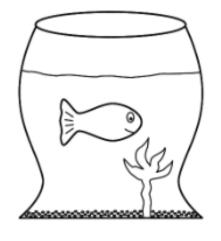
ARUGULA	CUCUMBER	POTATO
CABBAGE	OKRA	PUMPKIN
CHARD	ONION	SPINACH
CORN	PEPPER	YAM



Aquarium Fish Word Search Key

G	L	0	F	T	S	Н						
		O	R	Α	Ν	D	Α			Н		
-		-				Р				S		
-				Т		L	Н	G		1		
-				Е		Α	S	0		F		
Н				Т		Т	1	U		R		
-	С			R		Υ	F	R		Е		
-		Α		Α			Т	Α		F		
-			O				Α	M	0	F		
-		-		L			С	1	T	U		
-	0	С	Е	L	Р		Ν	Е		Р		
						Α	M					
-					D	0						-
					С							-
-		Н	S	1	F	L	Е	G	N	Α		-

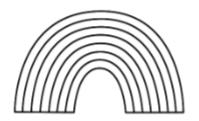
ANGELFISH	GLOFISH	PLATY			
CATFISH	GOURAMI	PLECO			
COMET	LOACH	PUFFERFISH			
DANIO	ORANDA	TETRA			



Rainbow Word Scramble Key

ienssunh s <u>u n s h i n e</u> pmsir p r i s m lroclouf colorful ieolvt v i o l e t sndba <u>bands</u> lcuosd c l o u d s nigdoi i n d i g o garone o r a n g e oosrcl c o l o r s wleylo y e l l o w

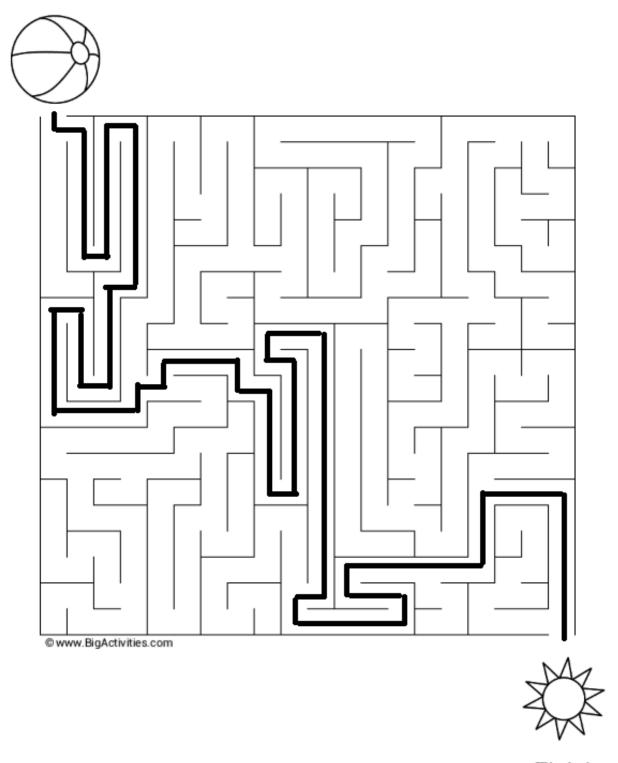
bands	orange				
clouds	prism				
colorful	sunshine				
colors	violet				
indigo	yellow				



Summer Grossword Puzzle Key

	b			S	h	0	r	t	S		
	0							u		g	
С	а	t	е	r	p	i	I	1	а	r	
	t				е			i		0	
			k	i	t	е		p		W	
		S			а						
		р	0	0	I						
		i			S						
		d									
	S	е	е	d	S						
		r									

Instructions: Trace the path through the maze. Help get the beach ball to the beautiful summer day.



Finish

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

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

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

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