

August/September Activity Kit

Version 1



King William Street Outdoor Dining District
Photo credit: Ryan Moran



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.

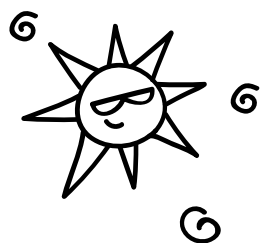


06

EATING

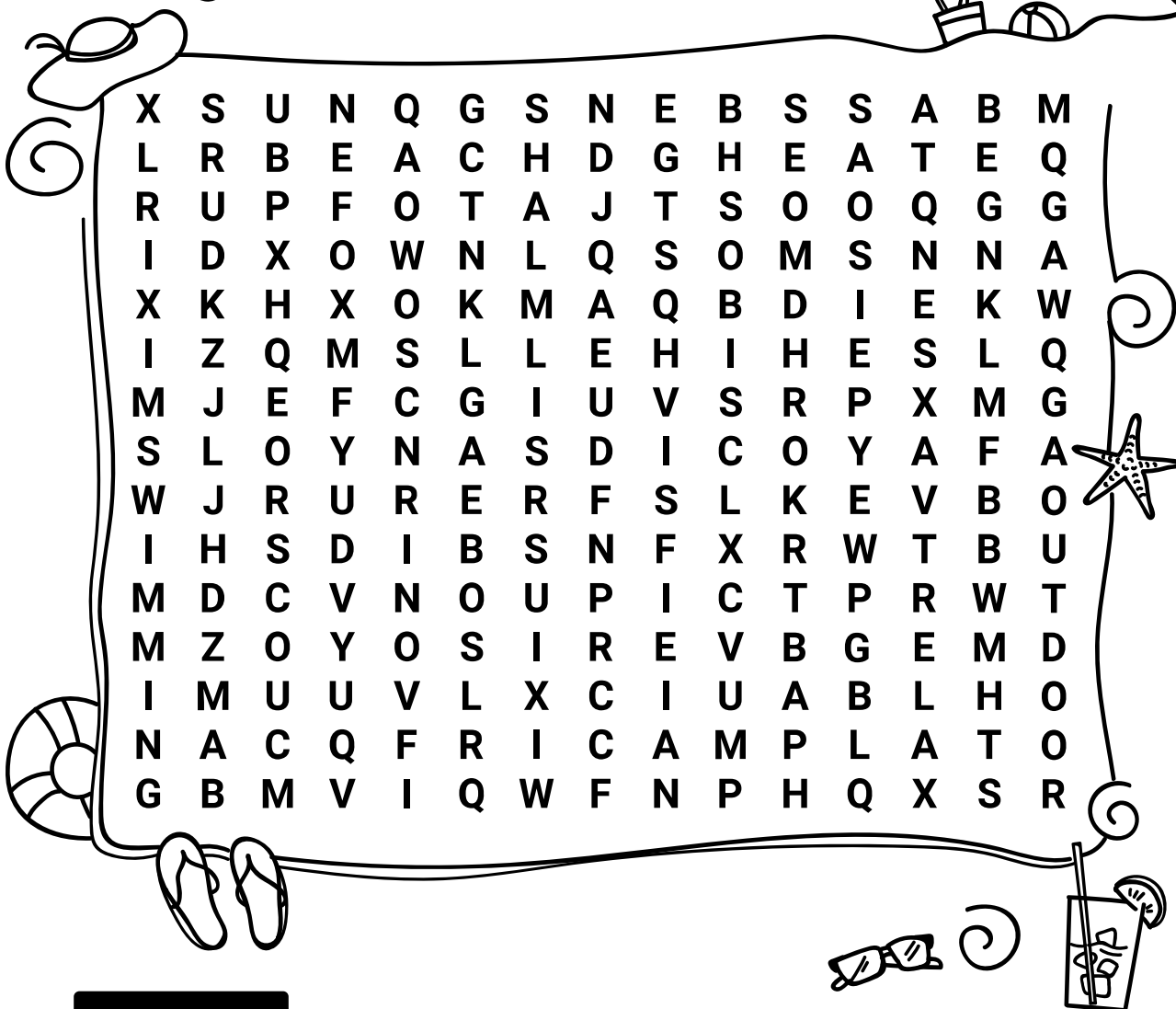
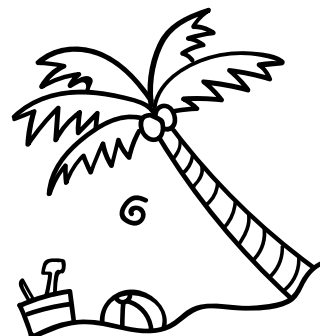
Ensure nutritious food is available throughout the day, and promote eating with others if possible.





SUMMER

Word Search



WORD LIST

BEACH
CAMP
CARNIVAL

FISHING
FLIP FLOPS
HEAT

ICE CREAM
LEMONADE
MOVIES

OUTDOOR
POOL
RELAX

SUNGLASSES
SUNSCREEN
SWIMMING

Baking a Cake

Word Search



Solve the following puzzle by finding all the hidden words!

SUGAR
OVEN
LAYERS
COOKIES
MEASURE
STIR
APRON
SPOON
FLOUR
SALT
BATTER
EGGS
MIXER

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



ICING
BAKE
RECIPE

PAN
TIMER
MILK

FOLD
MOLD
DECORATE

WHISK
SIFT
BUTTER

Ice Cream Flavors

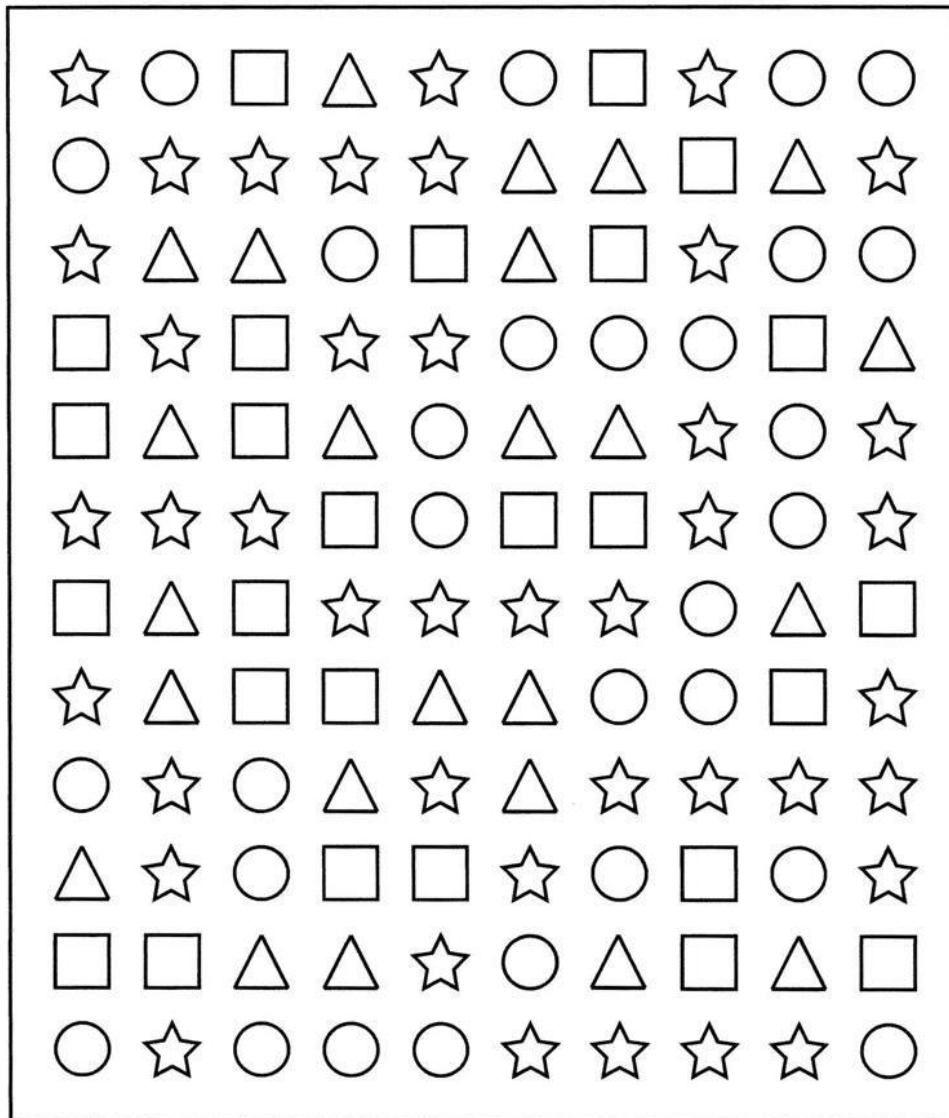
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T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W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

COCONUT
 STRAWBERRY
 VANILLA
 FUDGE
 ROCKY ROAD
 COOKIE DOUGH
 NEOPOLITAN
 COTTON CANDY
 HOKEY POKEY
 CHOCOLATE
 MOOSE TRACKS
 GREEN TEA
 TIGER TAIL
 PECAN
 REESE'S
 BANANA

Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>

SPOT THE STARS

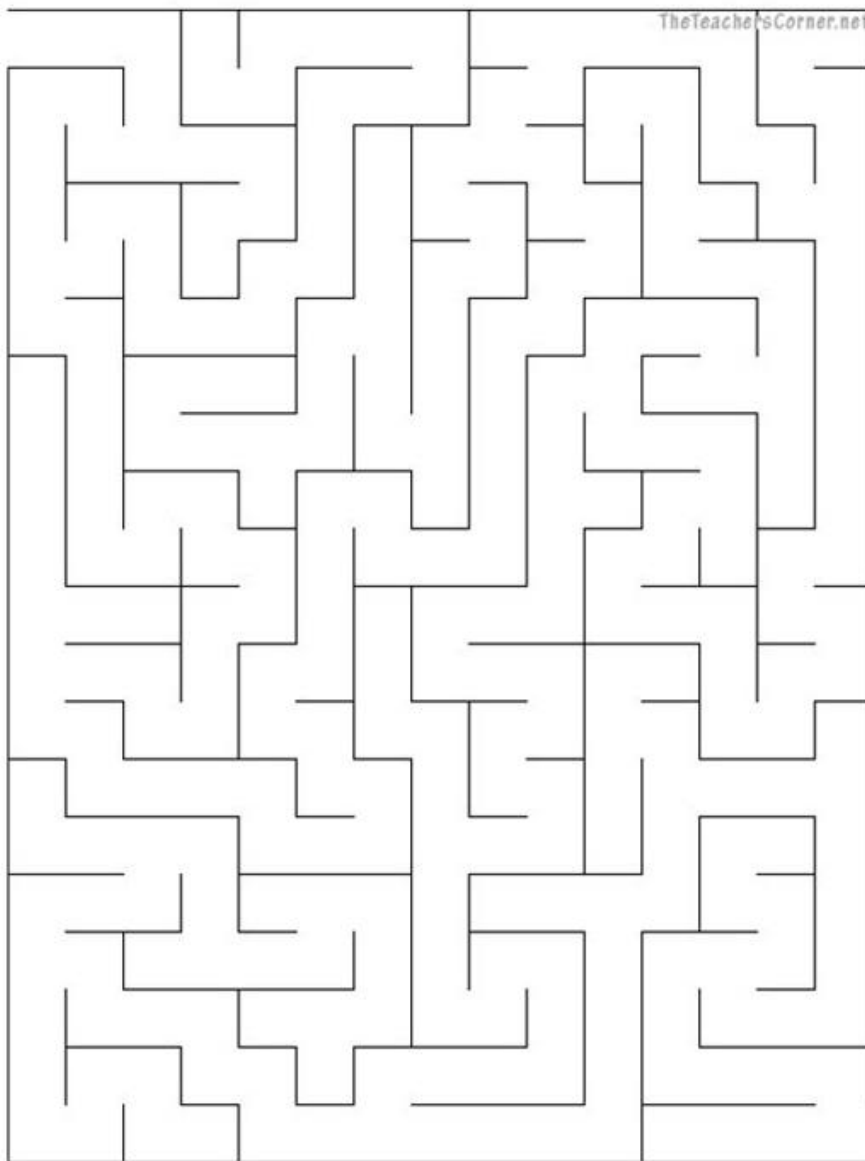
Find four lines of four stars in the grid.



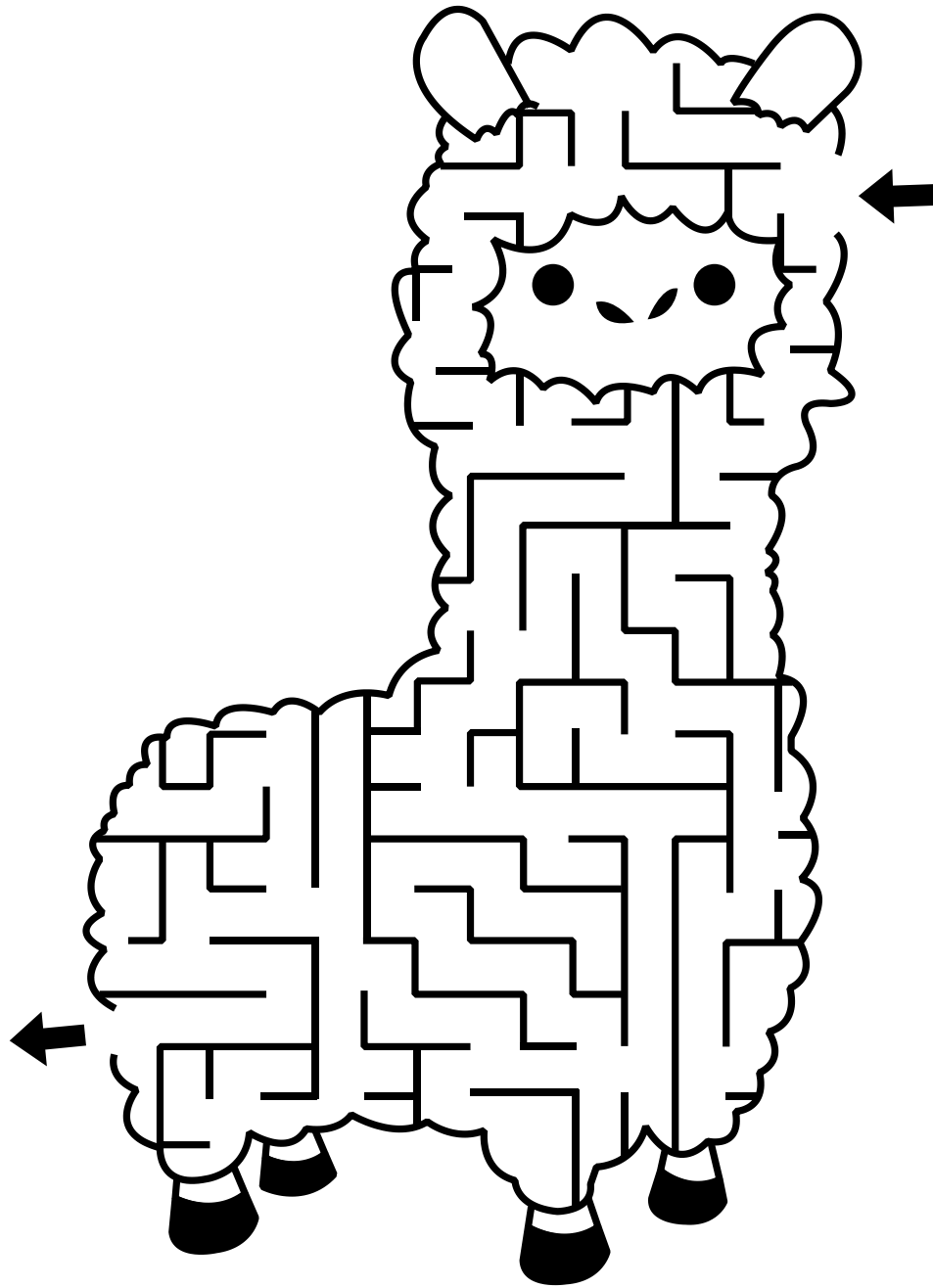


Busy Buzzy Bee

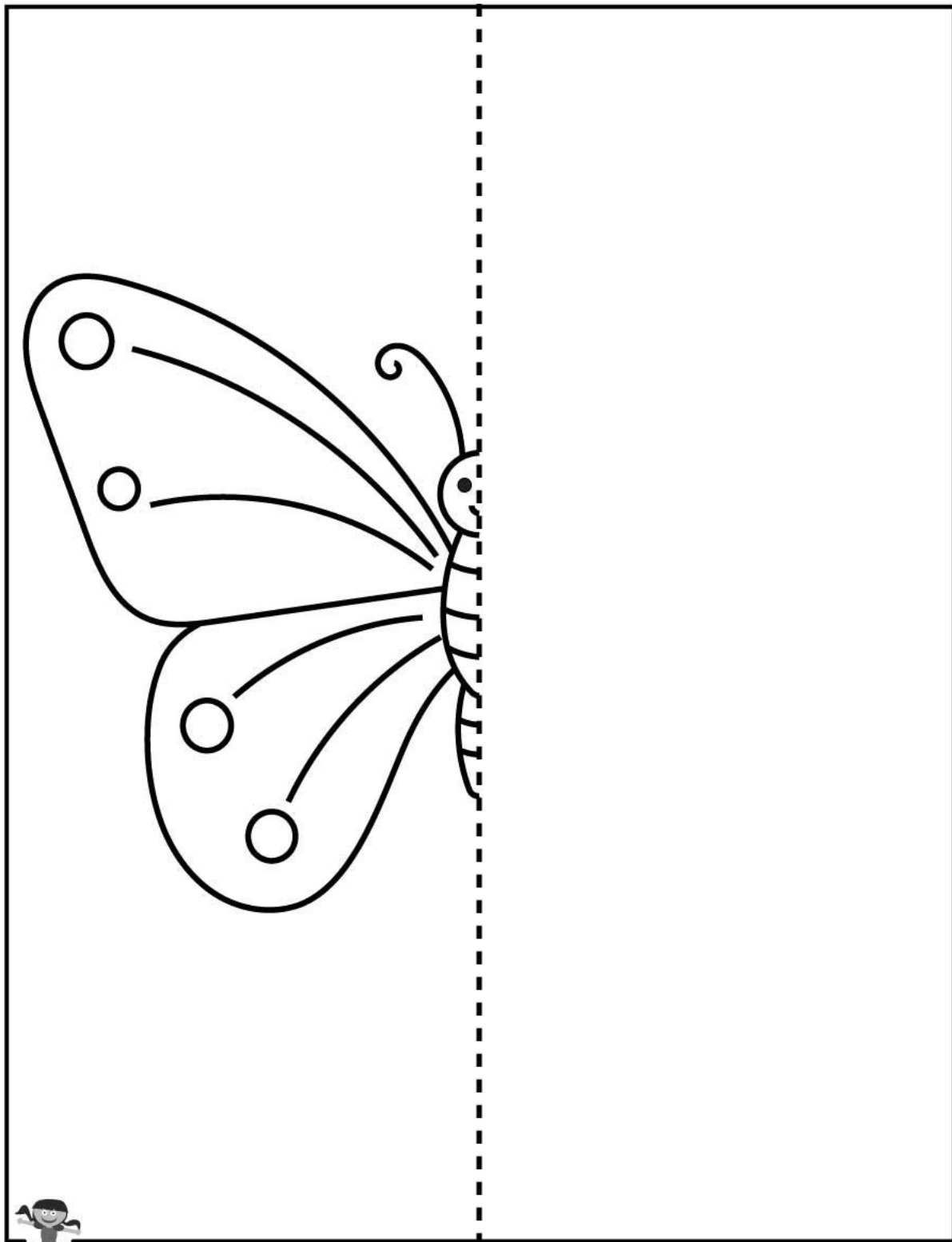
Help the bee find her way to the flower below.



Alpaca Maze

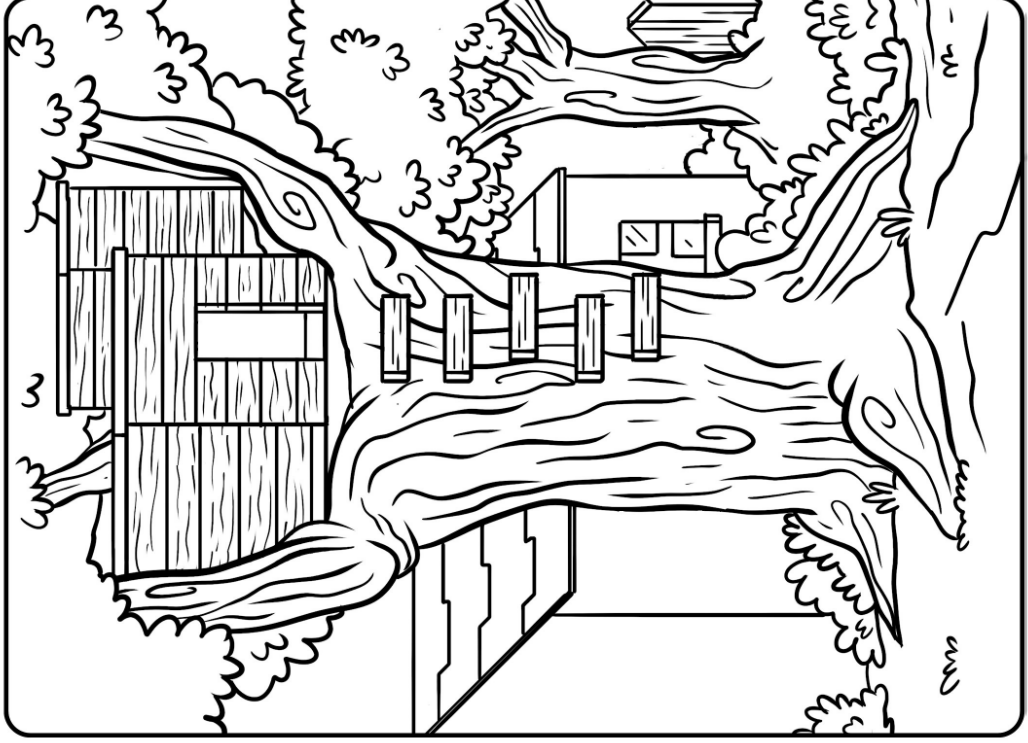
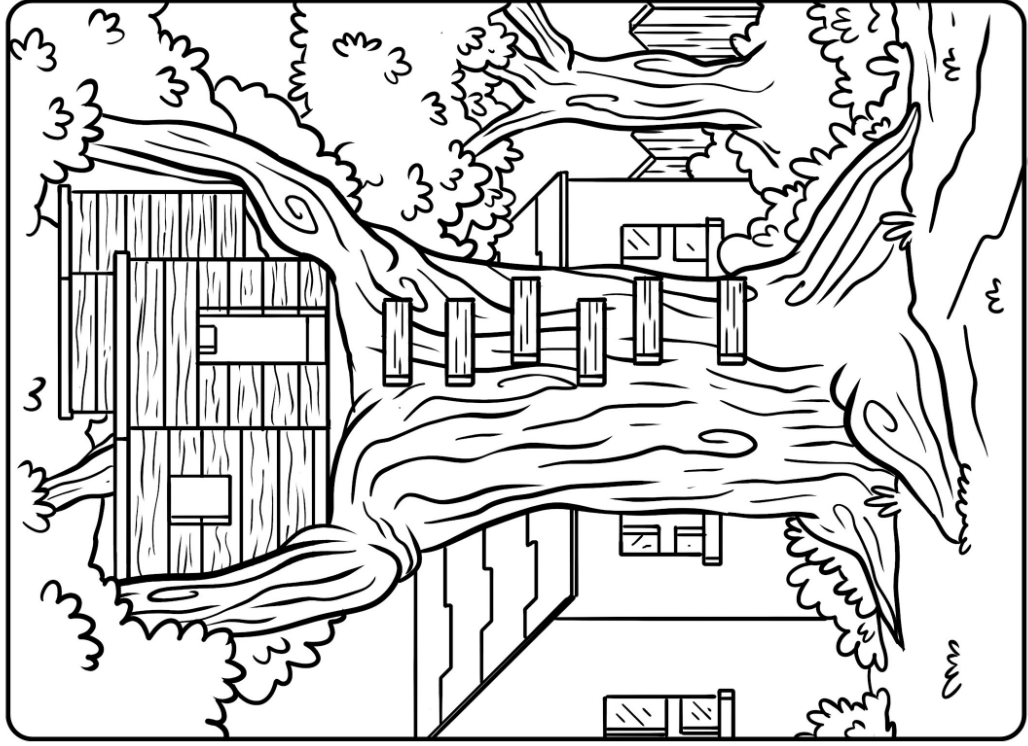


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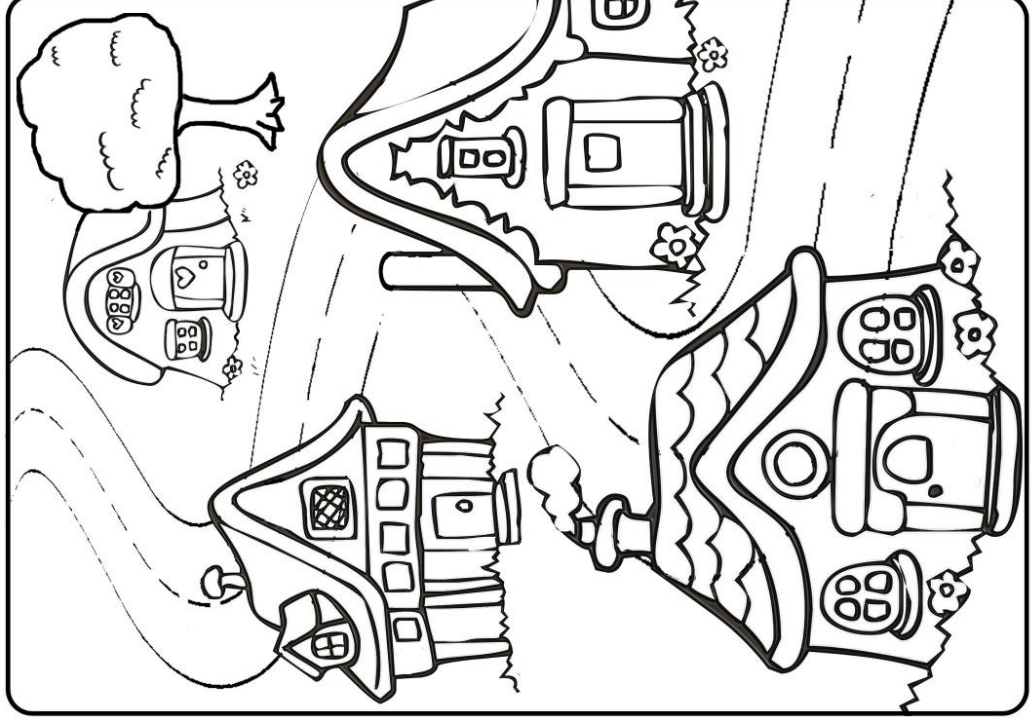
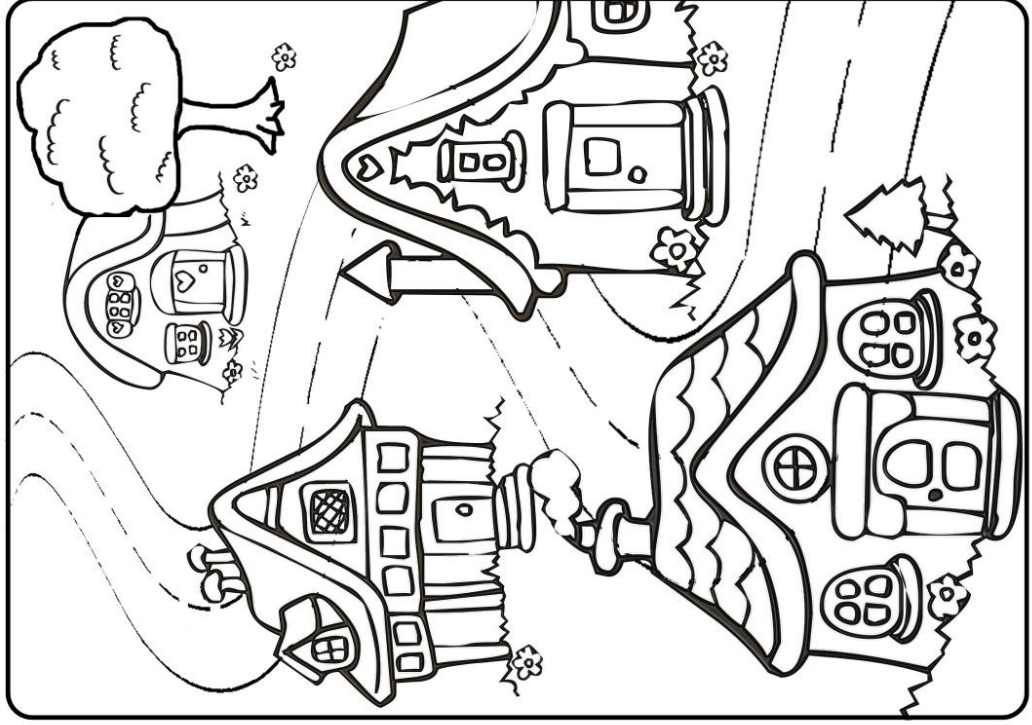
SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



SPOT THE DIFFERENCE

Can you spot the 14 differences between these two pictures?



SPLIT WORDS – Fruits

Each section below contains one half of a word. Your task is putting them together to form words, all types of fruits. There is a total of 9 words on the page. Print the page and when you find a word, write it below and cross out those letters in the grid.

LE	WATER	NA	PINAP	ORAN	MAN
BERRY	STRAW	APP	ON	ME	MELON
BANA	GE	PLE	LI	LEM	GO

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

1sudoku.com

n° 117800 - Level Easy

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

1sudoku.com

n° 121981 - Level Easy

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

1sudoku.com

n° 129884 - Level Easy

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

1sudoku.com

n° 120602 - Level Easy

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

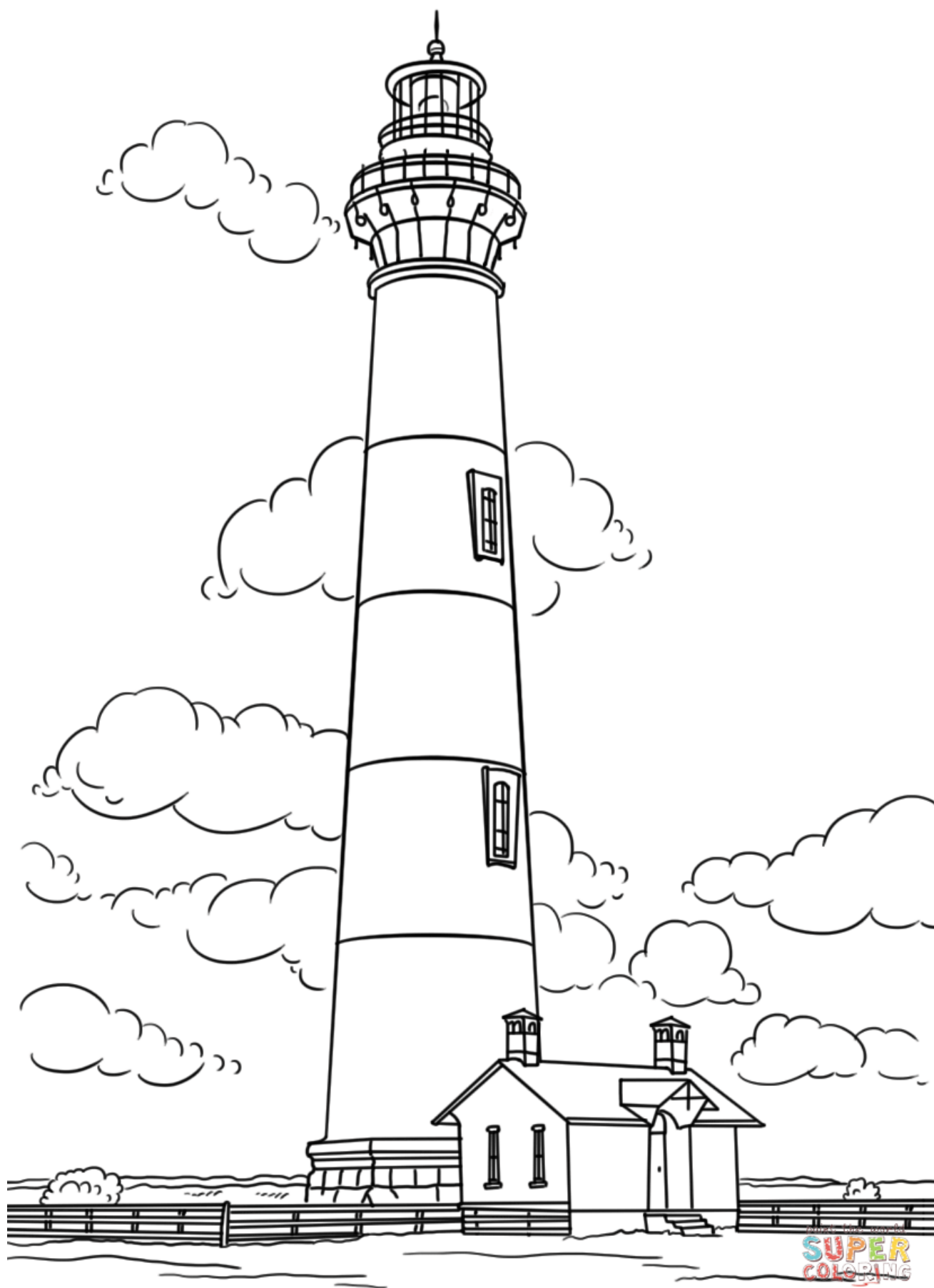
1sudoku.com

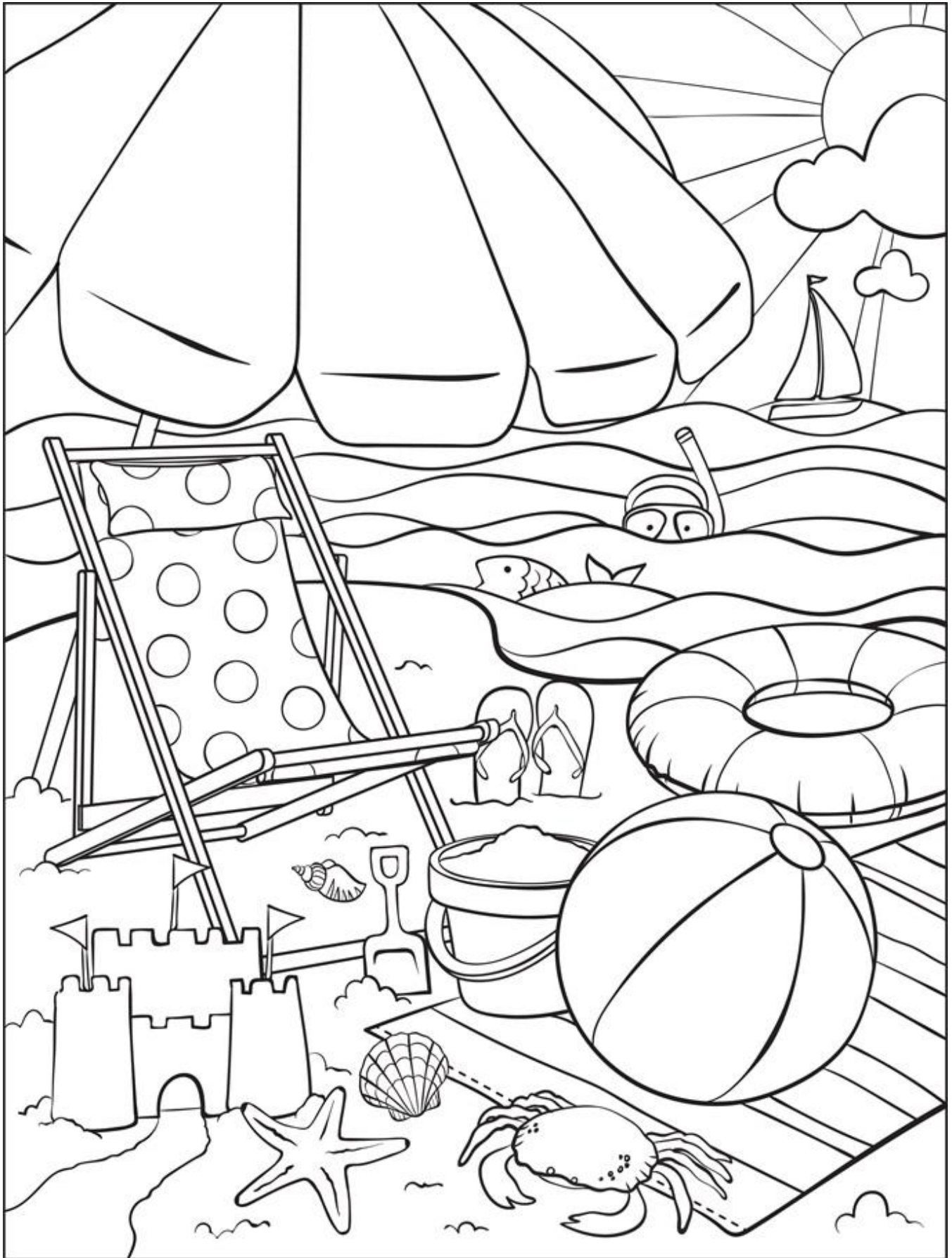
n° 126783 - Level Easy

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

1sudoku.com

n° 117854 - Level Easy







Wetlands are lands covered in water most of the time.
At Prime Hook National Wildlife Refuge in Delaware,
267 kinds of birds live in the wetlands, including
red-winged blackbirds.





SOLUTIONS AND ANSWERS

SUMMER

Word Search Solution



Solution

SUGAR
OVEN
LAYERS
COOKIES
MEASURE
STIR
APRON
SPOON
FLOUR
SALT
BATTER
EGGS
MIXER

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

ICING
BAKE
RECIPE

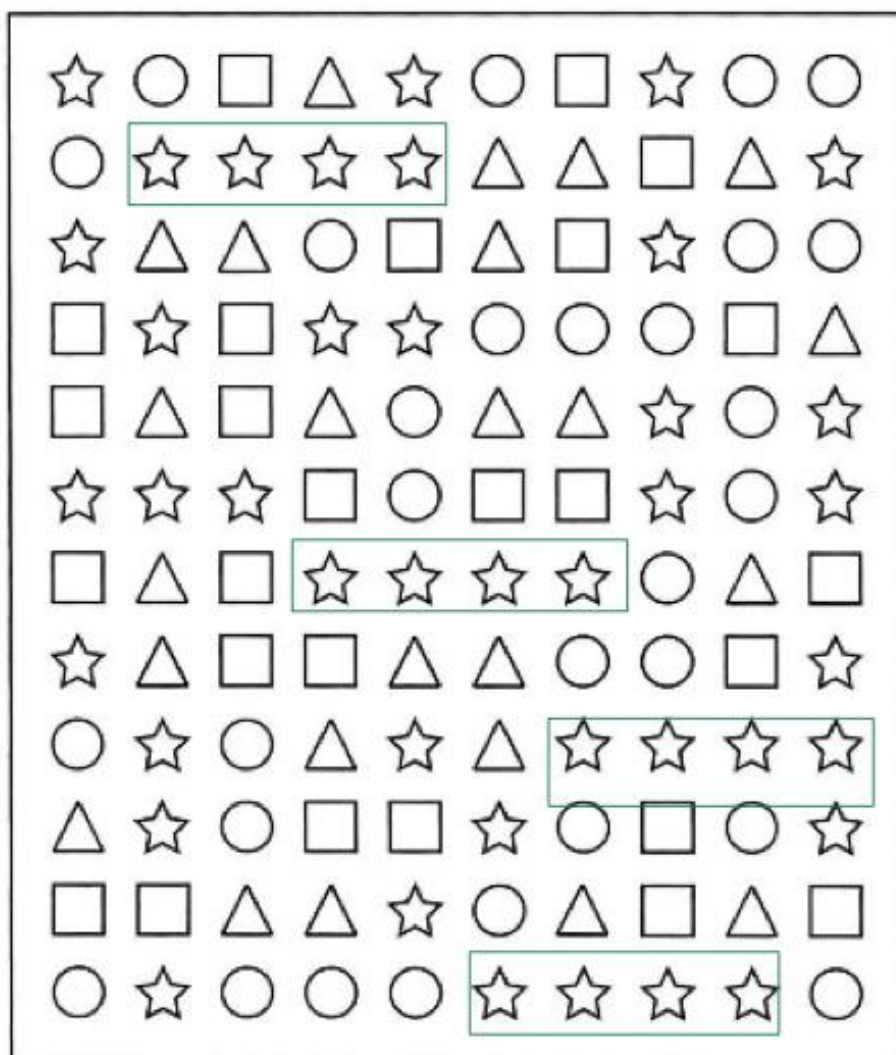
PAN
TIMER
MILK

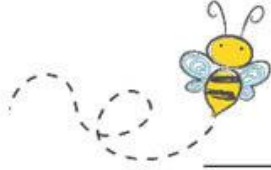
FOLD
MOLD
DECORATE

WHISK
SIFT
BUTTER

SPOT THE STARS

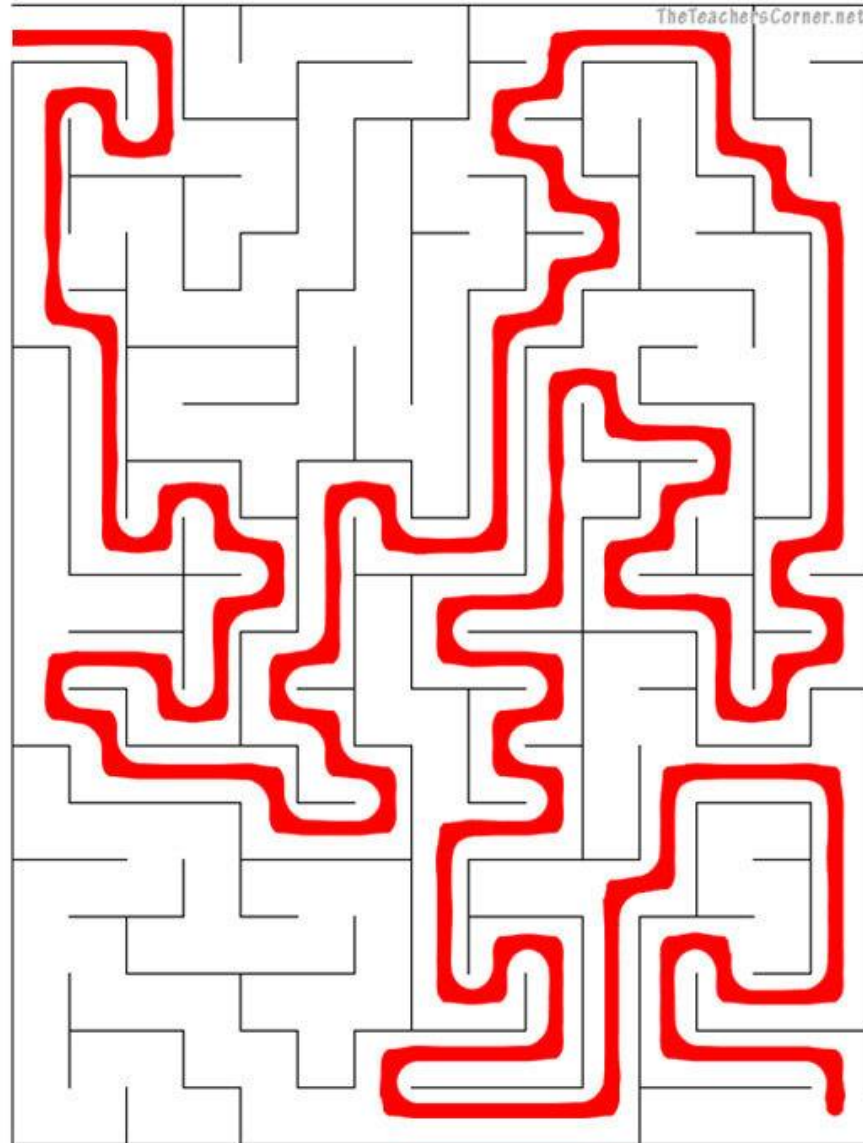
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Busy Buzzy Bee

Help the bee find her way to the flower below.



Ice Cream Flavors

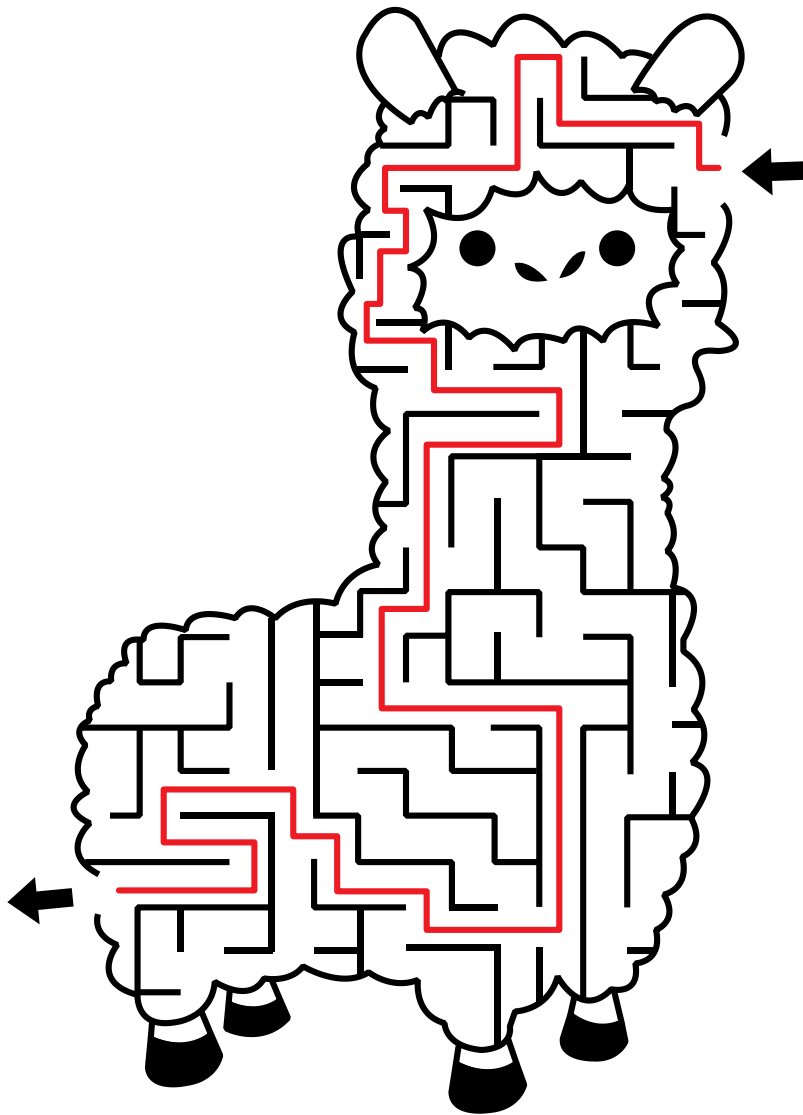
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O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y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

COCONUT
 STRAWBERRY
 VANILLA
 FUDGE
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 NEOPOLITAN
 COTTON CANDY
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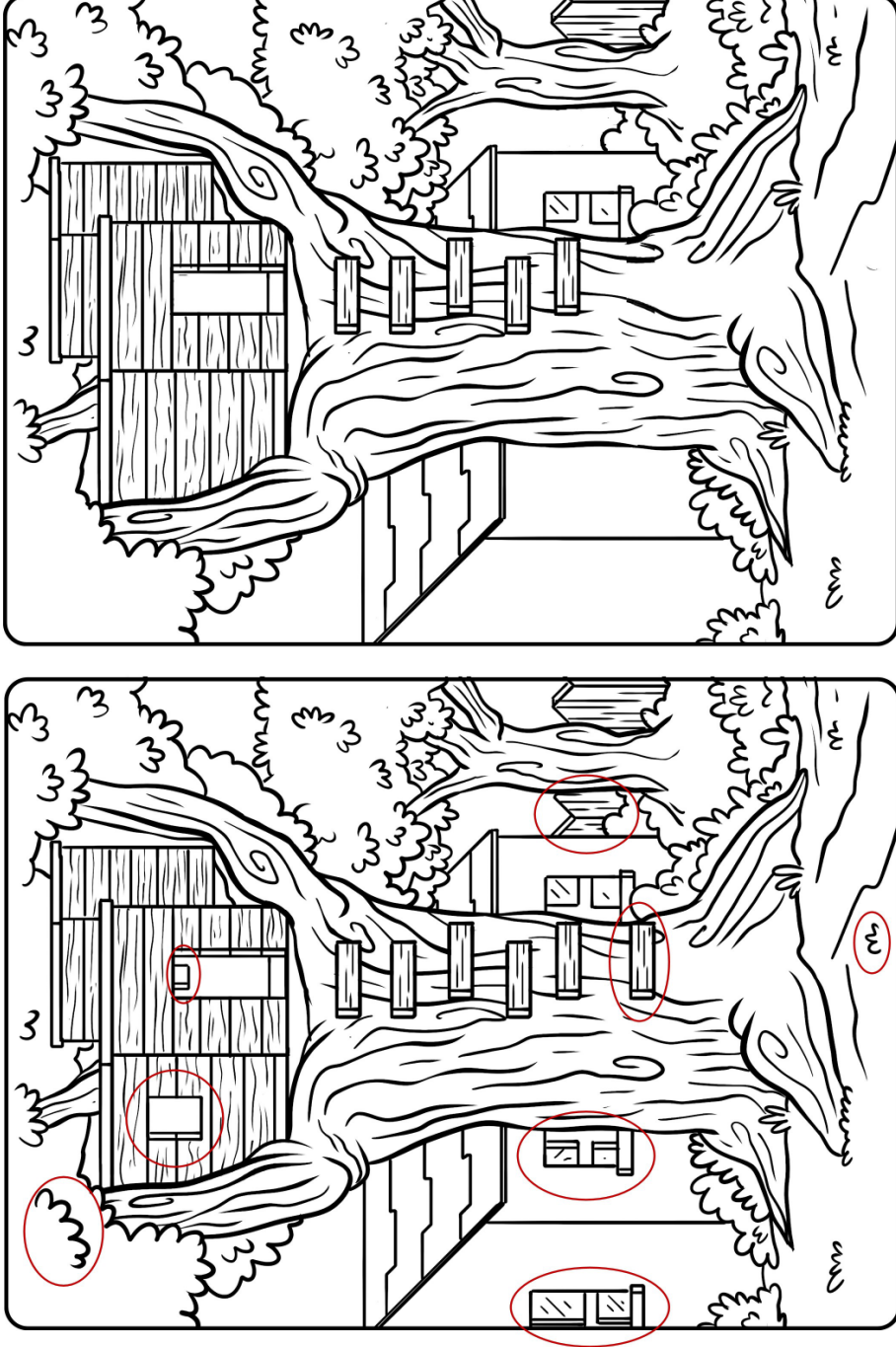
C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

Alpaca Maze



SPOT THE DIFFERENCE

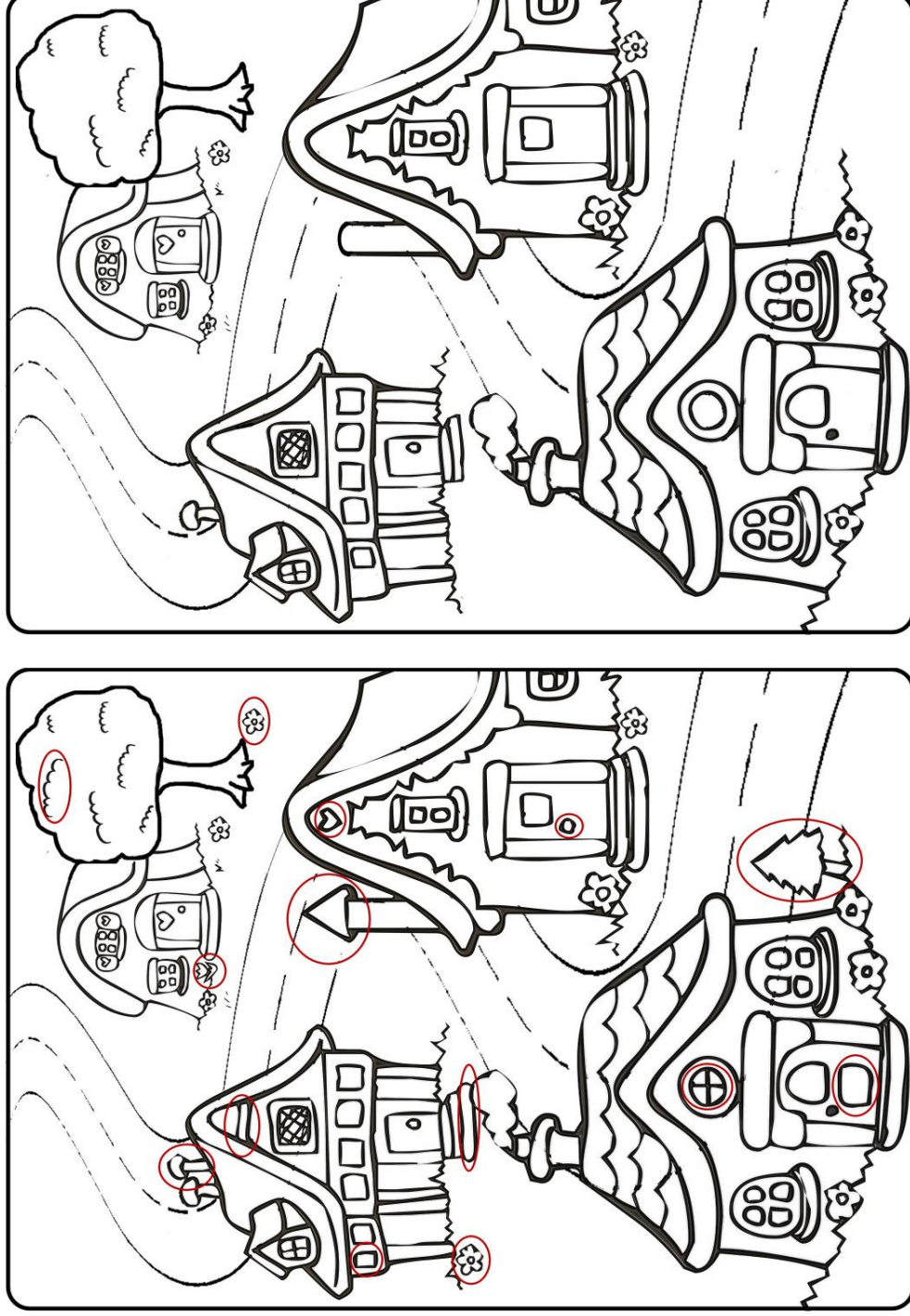
Can you spot the 8 differences between these two pictures?



Free printable courtesy of PrintitFree.net

SPOT THE DIFFERENCE

Can you spot the 14 differences between these two pictures?



Solution to Split Words – Fruits:

APPLE, ORANGE, BANANA, LEMON, WATERMELON, STRAWBERRY,
LIME, PINEAPPLE AND MANGO

Solutions :

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

1sudoku.com

n° 117800 - Level Easy

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

1sudoku.com

n° 121981 - Level Easy

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

1sudoku.com

n° 129884 - Level Easy

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

1sudoku.com

n° 120602 - Level Easy

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

1sudoku.com

n° 126783 - Level Easy

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

1sudoku.com

n° 117854 - Level Easy