October/November Activity Kit

Version 1



Image: Hamilton Fall Garden & Mum Show Photo by: John Rennison/The Hamilton Spectator





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**

www.rgptoronto.ca

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Т Н Υ Н ٧ Χ D F P Α U ٧ G S S E Α Ε J F R Α F N G ٧ L E J P L P Z U U P X Ι K Α U Υ T C P Α P R E P 0 U N P 0 Χ L F F U S S T Y C X Ι 0 U F G D E Н Ι Q K M C T Α R D U G W Τ M P S Н Н P E 0 R U G V D Н N Ε S C E X E R K В L Q D Α M Α E T E Ι R Υ Н R U N 0 D Α 0 N Е C C P R Н В P R ٧ Ι P Ε K 0 ٧ Τ S N K P Ε E Ζ Q T Α Α F Α S Н S U S E M 0 Q ٧ L C N W D Н Ι J D Ε P T R F В V Τ W 0 Τ W V C Q P S V Υ 0 U E Q X В N M Q R E В M E V 0 N W T R S

ACORN
APPLES
AUTUMN
BONFIRE
CIDER
CORN
GOURD

HALLOWEEN
HARVEST
HAY RIDE
LEAVES
NOVEMBER
OCTOBER
PIE

PUMPKIN RAKE SCARECROW SEPTEMBER TURKEY











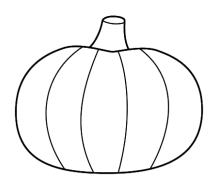
Autumn Word Search

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

K	G	M	0	S	Τ	V	Н	Ε	В	J	K	Ν	W	G
D	Ε	D	Q	Υ	S	Ο	Α		Н	S	Р	Н	S	Ν
0	W	Ο	G	Q	R	Χ	Z	D	С	Н	R	Α	K	В
R	Н	V	I	Α	L	V	Ε	Н	Z	Ν	Р	M	R	D
N	Ε	D	K	Н	Q	С	Ο	Υ	Н	С	S	Н	Т	Р
Е	Α	Ε	В	Т		0	Ο	Q	U	L	F	Н	Z	Н
D	Т	Ο	Н	D	L	Ο	Т	R	В	Υ	I	Р	F	Н
L	K	Α	U	R	Ν	Α	Ν	D	V	Ν	F	С	W	V
0	I	Ο	M	Н	F	Ε	G	Α	I	L	Ο	F	R	Р
G	U	X	Α	В	Z	Н	W	G	S	Α	J	Υ	Ν	U
S	Ε	Α	Ο	Т	Е	W	Ο	С	Т	0	В	Ε	R	F
В	В	J	S	D	Ε	R	Р	Ε	Α	R	S	Ν	J	Т
Н	В	Ο	R	Т	Υ	D	V	D	В	L	Ε	Α	F	U
Т	R	Ν	Т	Α	S	Т	L	Α	M	В	W	S	G	Ν
F	U		J	Н	В	F	Υ	R	D		W	L	L	Ο

Word List

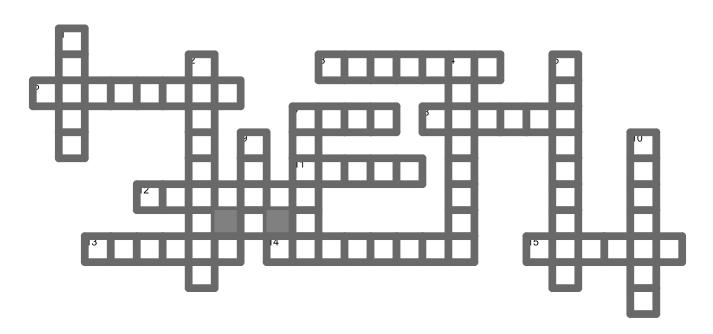
AMBER	GOLDENROD	PEARS
DECIDUOUS	LEAF	RAKE
FOLIAGE	NUT	SCHOOL
FROST	OCTOBER	WHEAT



Name: Date:

Fall Crossword





ACROSS

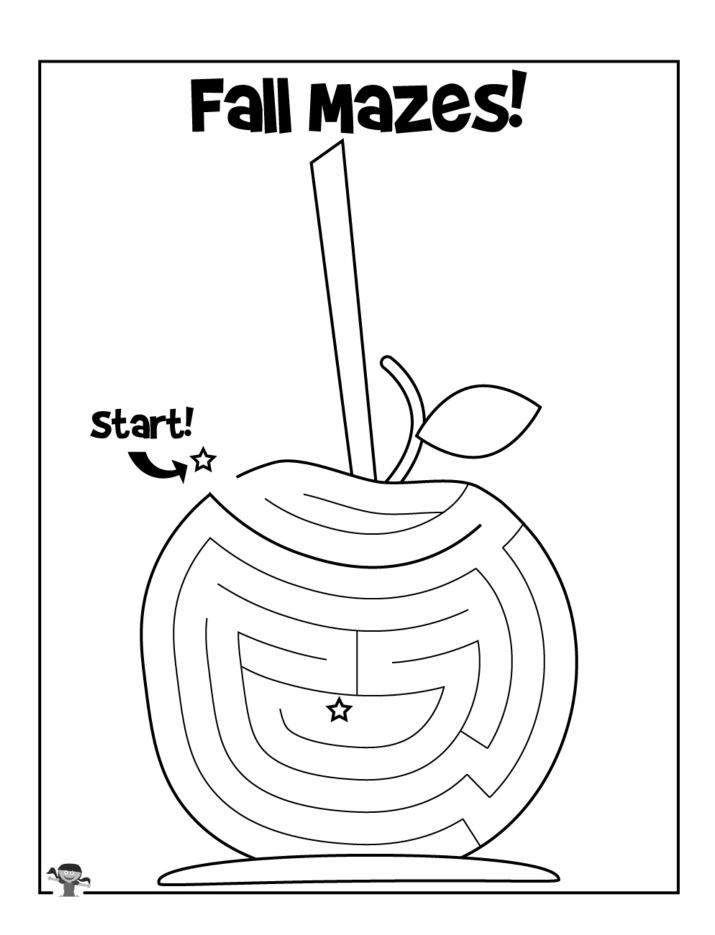
- 3. The process or period of gathering in crops
- 6. Last month of Fall
- 7. Vegetable that grows in stalks
- 8. Another name for Fall
- 11. A variety of this fruit is marketed as "Autumn Glory"
- 12. You can use it to make a pie or for carving
- 13. What falls from a tree in Fall
- 14. An organized day or period of celebration.
- 15. Fall leaves color

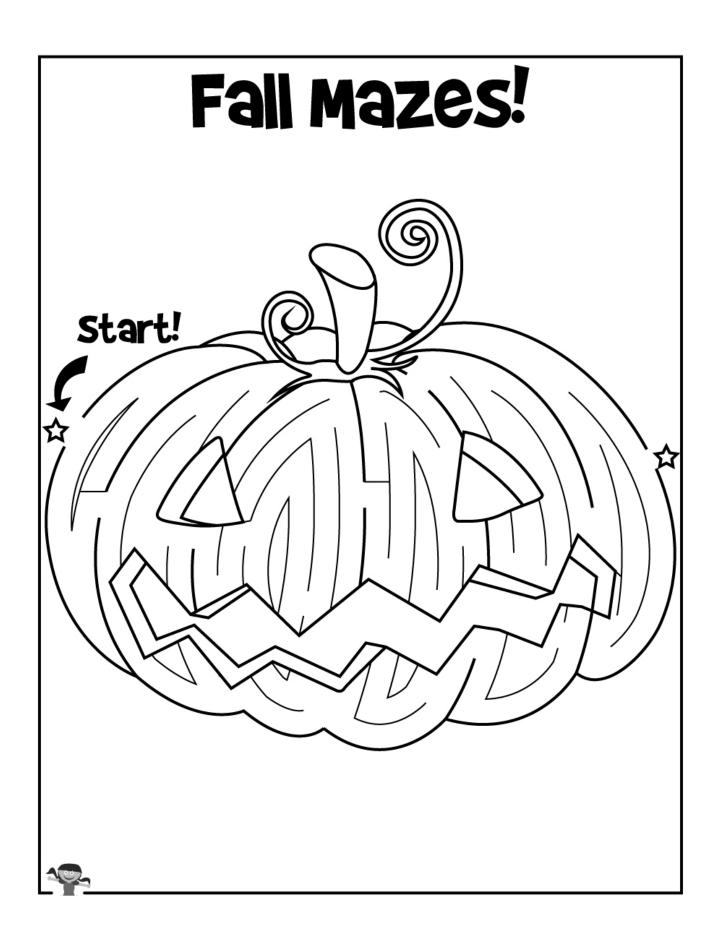
DOWN

- 1. Fruit of the oak tree
- 2. First month of Fall
- 4. Likes to store and eat nuts
- 5. They fall to the ground in this season
- 7. Make or become different
- 9. You can gather fallen leaves with this
- 10. Spring, Summer, Fall, Winter are the four

PUMPKIN **NOVEMBER APPLE SQUIRREL** CORN **LEAVES SEPTEMBER SEASONS** FESTIVAL PINE CONES **RAKE CHANGE ACORN AUTUMN HARVEST** YELLOW

Free Printable Crossword www.AllFreePrintable.com





Autumn Word Scramble

Instructions: Unscramble the letters to find the Autumn/Fall words from the list below.

 lihlyc

 scduk

 kibrs

 erbma

 wahte

 igoefal

 sveael

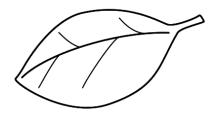
 enibofr

 raeogn

 ddgroleno

Word List

amber	foliage
bonfire	goldenrod
brisk	leaves
chilly	orange
ducks	wheat





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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?



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

1sudoku.com

n° 126129 - Level Easy

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

1sudoku.com

n° 114707 - Level Easy

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

1sudoku.com

n° 120887 - Level Easy

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

1sudoku.com

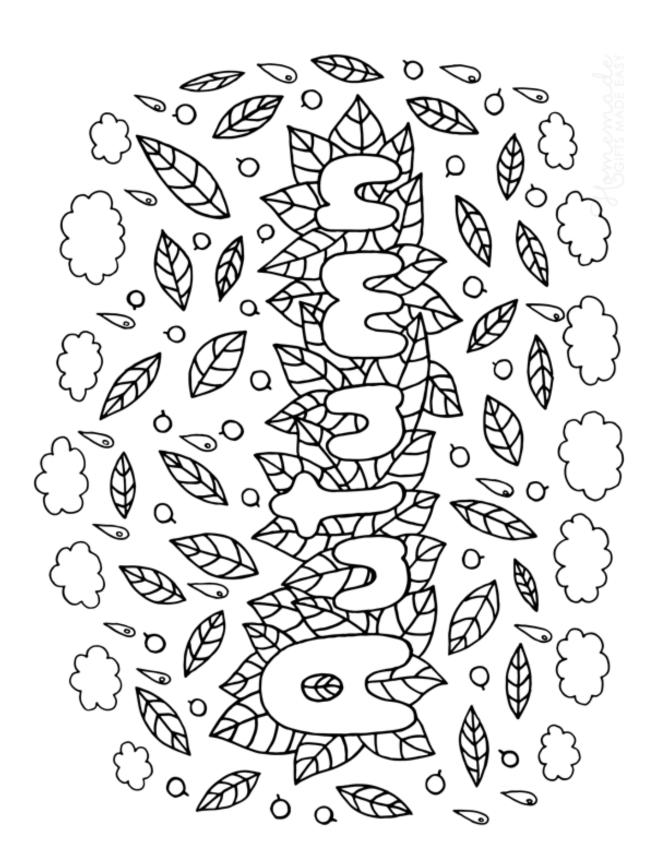
n° 15930 - Level Easy

3			1	7		2		
9	4	7			2		1	
		5	4		6			7
		6					3	5
		2				4		
1	8					7		
8			6		3	1		
	2		8			5	6	9
		1		2	4			8
1sudoku	ı.com					n° 1	477 - Le	vel Easy

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

1sudoku.com

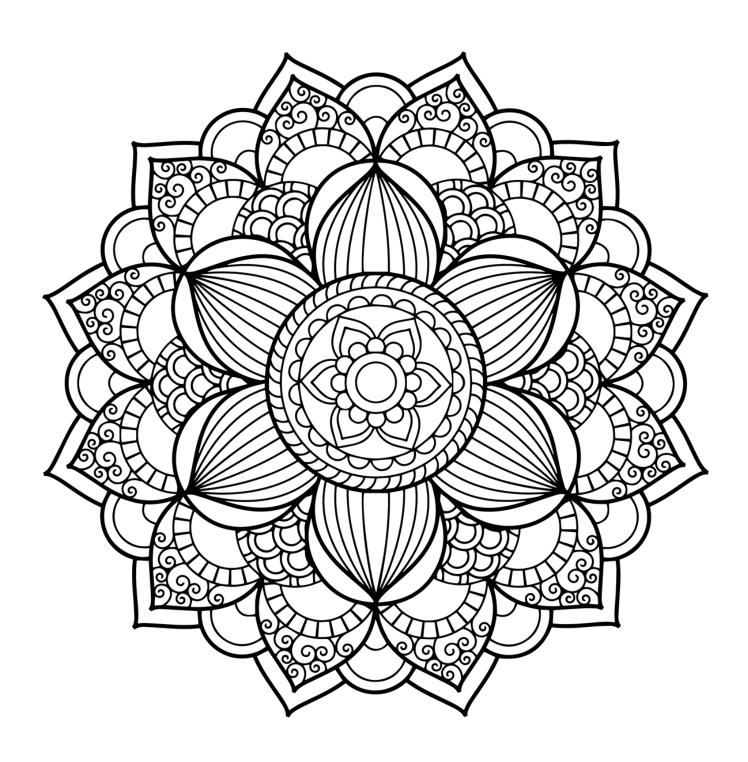
n° 114754 - Level Easy













SOLUTIONS AND ANSWER	S

Fall Word Search Solutions

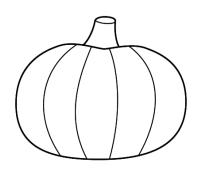
			Н	Υ				D						
S	S	E	٧	Α	Ε	L			R	Α				
E			1		L	K				U				
Ρ				Р	N	L	R			Т	0			
Т			C			1	0	U		U		G		
Е				1			K	W	Т	М	С			
М			S		D		Н	P	Ε	N	0			
В				C		E	Α		М	Ε	R	Α	K	E
Е	D	1	R	Y	Α	Н	R			U	N	0	0	
R					P	R	٧	1			Р		C	
					P		E		F				Т	Α
					L		S	C		N		-	0	
					Ε		T		R		0		В	
					S					0		В	Е	
			R	E	В	M	E	٧	0	N	W		R	

Autumn Word Search Key

D										S				
0	W				R			D	С					
R	Н			Α			Ε	Н						
Ν	Ε		K			С	0							
Е	Α	Ε			I	0								
D	Т			D	L									
L		Α	U											
0		0	М			Е	G	Α	I	L	0	F		
G	U			В										
S				Т	Е		0	С	Т	0	В	Ε	R	
			S			R	Р	Ε	Α	R	S			Т
		0								L	Е	Α	F	U
	R													Ν
F														

Word List

AMBER	GOLDENROD	PEARS
DECIDUOUS	LEAF	RAKE
FOLIAGE	NUT	SCHOOL
FROST	OCTOBER	WHFAT



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Fall Crossword





ACROSS

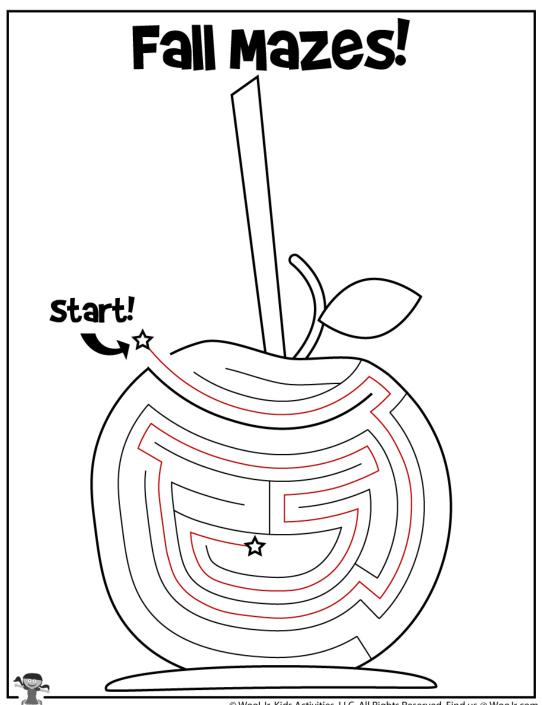
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DOWN

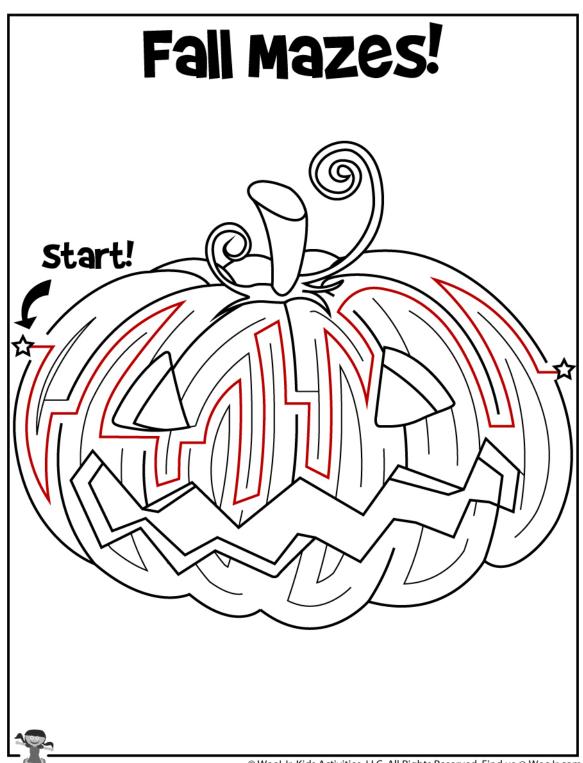
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PUMPKIN APPLE **NOVEMBER** SQUIRREL CORN **LEAVES SEPTEMBER** SEASONS FESTIVAL **RAKE** CHANGE PINE CONES ACORN **AUTUMN HARVEST** YELLOW

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Fall Word Scramble

SOLUTION

ULQIT QUILT

LAVEES LEAVES

BEEESTRMP SEPTEMBER

SVRTAEH HARVEST

TECTHUNS CHESTNUT

AUMUTN AUTUMN

ATOLFLOB FOOTBALL

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

SQUASH

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



Solutions:

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

1sudoku.com

n° 126129 - Level Easy

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

1sudoku.com

n° 120887 - Level Easy

$\overline{}$								
3	6	8	1	7	9	2	5	4
9	4	7	5	8	2	6	1	3
2	1	5	4	3	6	9	8	7
7	9	6	2	4	1	8	3	5
5	3	2	7	6	8	4	9	1
1	8	4	3	9	5	7	2	6
8	7	9	6	5	3	1	4	2
4	2	3	8	1	7	5	6	9
6	5	1	9	2	4	3	7	8

1sudoku.com

n° 1477 - Level Easy

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

1sudoku.com

n° 114707 - Level Easy

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

1sudoku.com

n° 15930 - Level Easy

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

1sudoku.com

n° 114754 - Level Easy