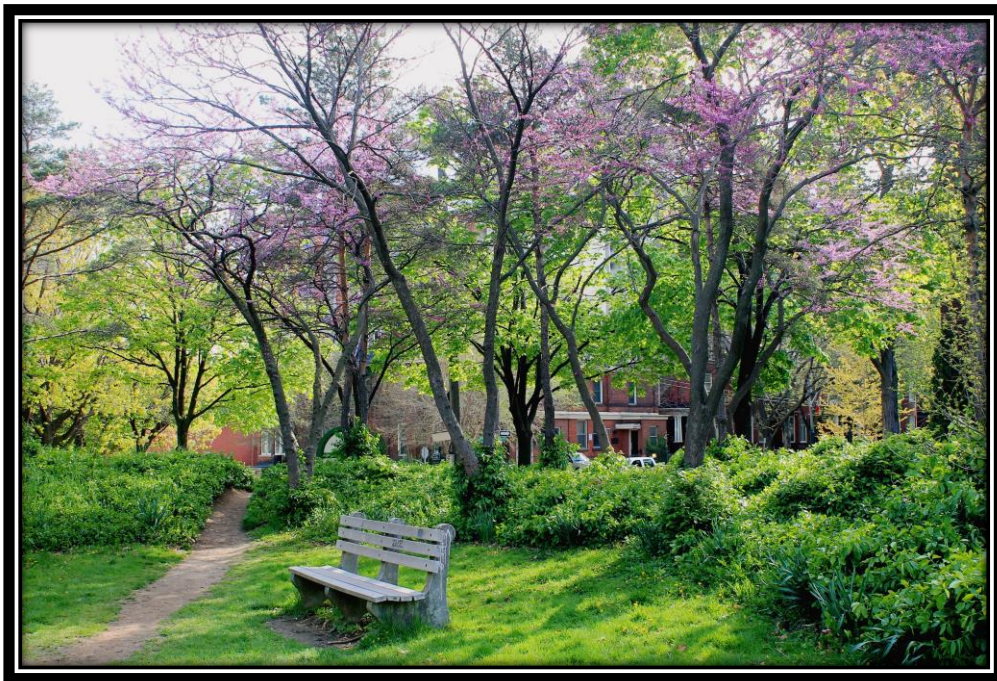


# April/May Activity Kit

Version 1



**Image:** Durand Park in Hamilton  
**Source:** Morena Rivera Rodriguez/Reddit

# 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:







# Spring



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

- |         |          |          |
|---------|----------|----------|
| APRIL   | BASEBALL | BREAK    |
| BREEZE  | CLEANING | CLOUDS   |
| JACKET  | KITE     | MARCH    |
| MAY     | PICNIC   | PUDDLES  |
| RAINBOW | RAINCOAT | SEASON   |
| SHOWERS | SPRING   | SUNSHINE |
| THAW    | UMBRELLA | WINDY    |



# April Showers

How many words can you make out of APRIL SHOWERS?



A P R I L S H O W E R S

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Did you find?

A fruit.

An oyster's treasure.

A shovel's friend.

Another word for clean.

Say something bad.

Something that travels the ocean.

Something to tie things up with.

The opposite of better.

The opposite of dull.

The opposite of peace

What you wear on your feet.

Difficult:

Two question words.

A verb both past and present.

The place where sea meets land.

*April showers bring May flowers.*

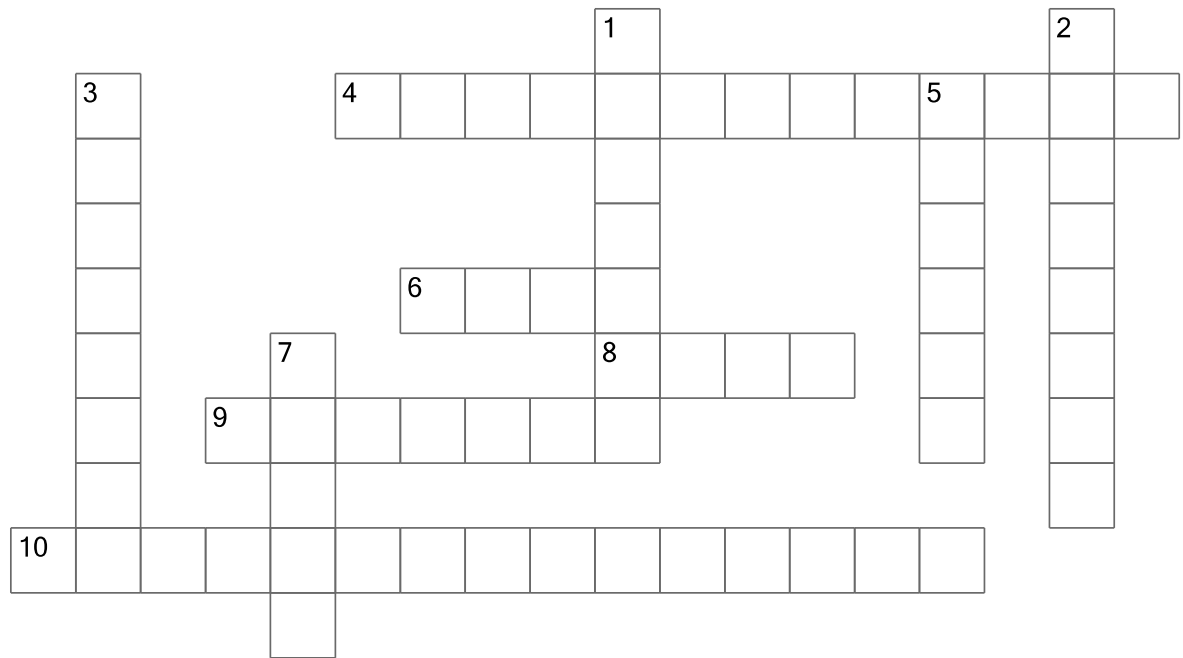
Name: \_\_\_\_\_

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

## Spring Crossword

What is useful when it is broken? An Egg!

Complete the activity.



### ACROSS

4. A day for pranks
6. Works best on a windy day
8. Precipitation
9. A small pool of water
10. Set clocks ahead one hour

### DOWN

1. April showers bring these
2. A yellow flower with a trumpet-shaped center
3. Used to keep dry
5. A season of the year
7. A flower often associated with Holland

1. daffodil

2. tulip

3. spring

4. rain

5. puddles

6. flowers

7. umbrella

8. kite

9. April Fools Day

10. Daylight savings

# Spring Word Scramble

Unscramble the words below to discover a few of our favorite things about spring!

sroeflw	
sweorsh	
yabb ilsaman	
rsasg	
reeng	
ayM	
nhnissues	
ezrebe	
nrwaiob	
frbltetyu	

Answer Key: Flowers, showers, baby animals, grass, green, May, Sunshine, breeze, rainbow, butterfly

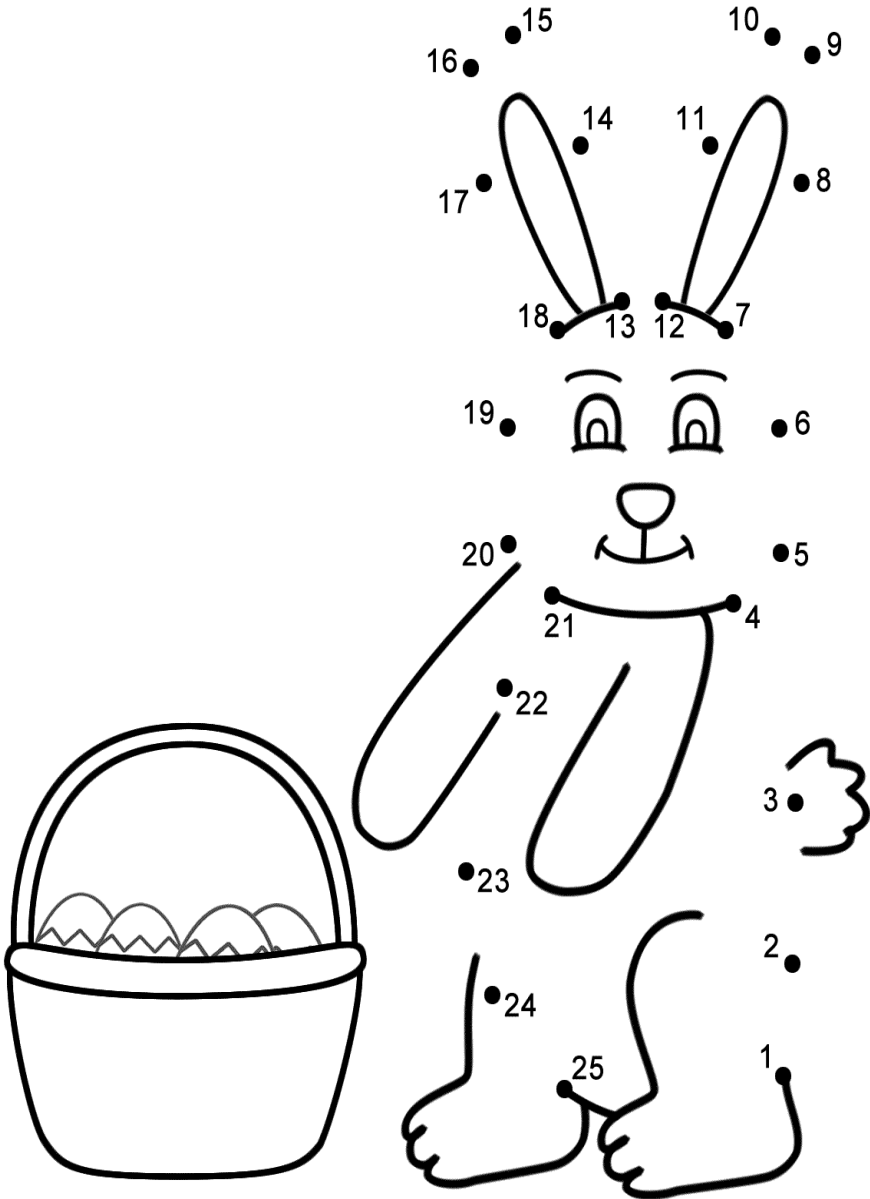
# Umbrella Maze!

Start!



Instructions: Connect the dots to make this Easter picture.

# Happy Easter



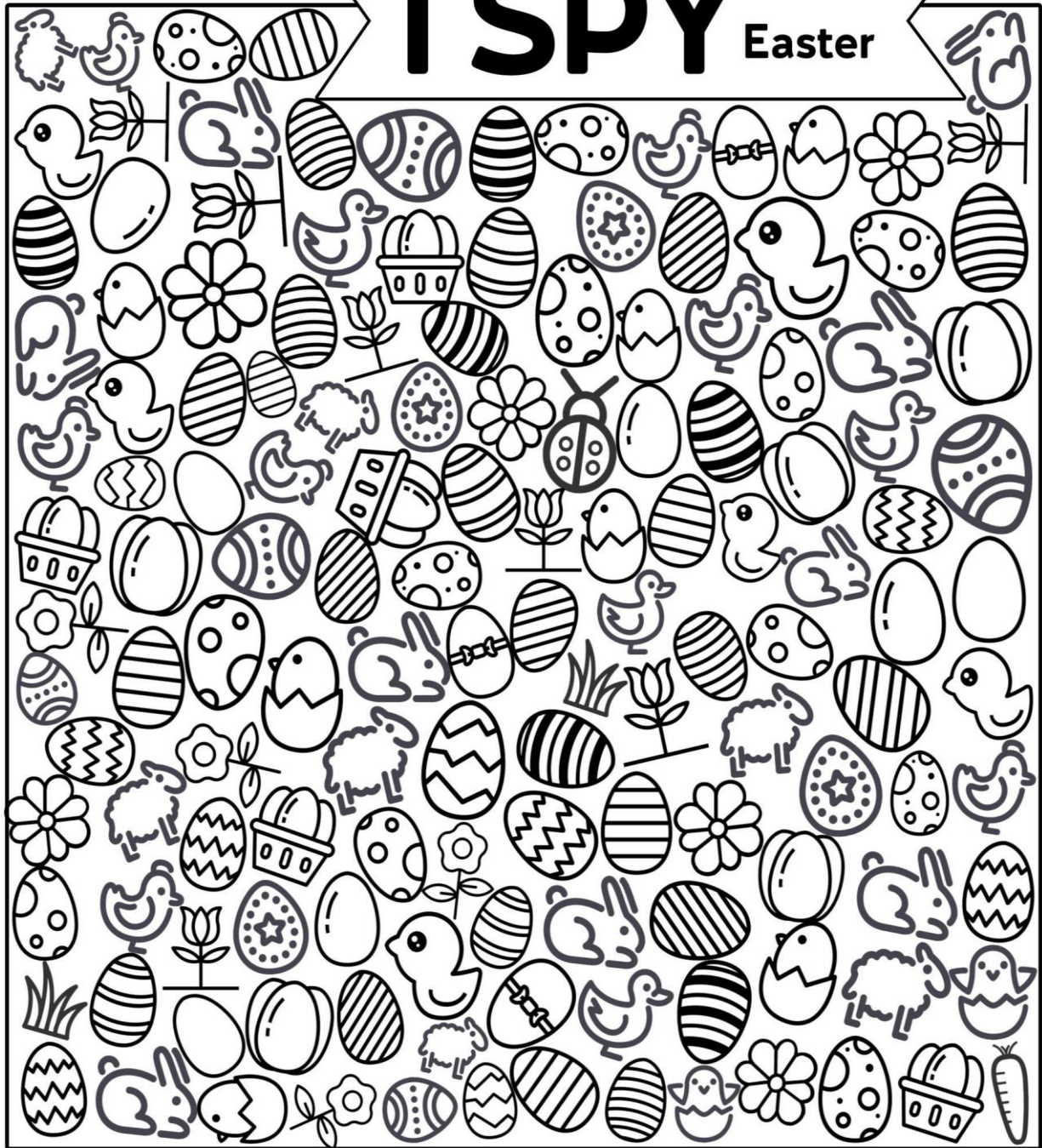


# Spring Showers

## Spot the Diff!



# I SPY Easter



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

## Sudoku #1019 (Easy)

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

## Sudoku #1020 (Easy)

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



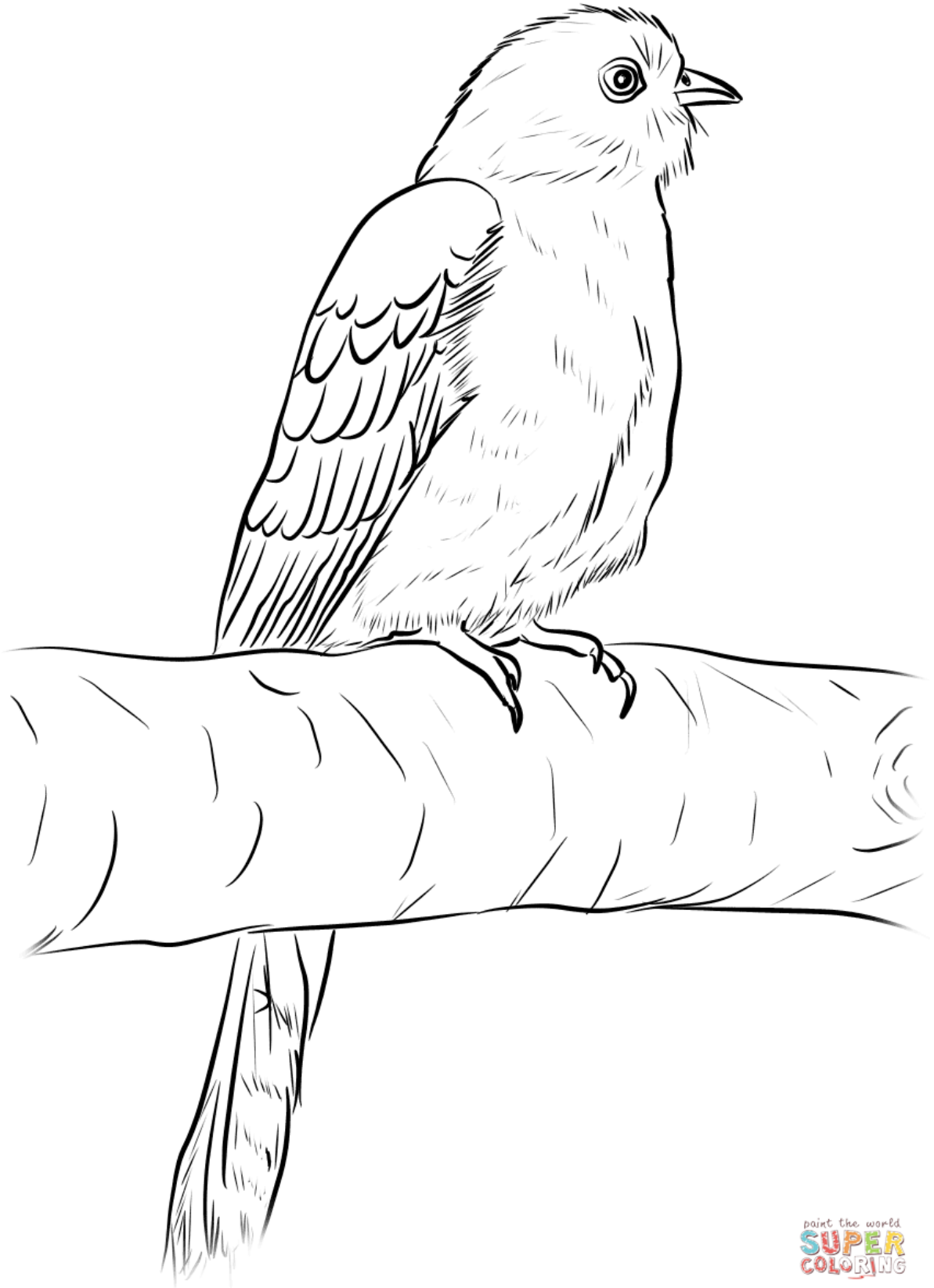


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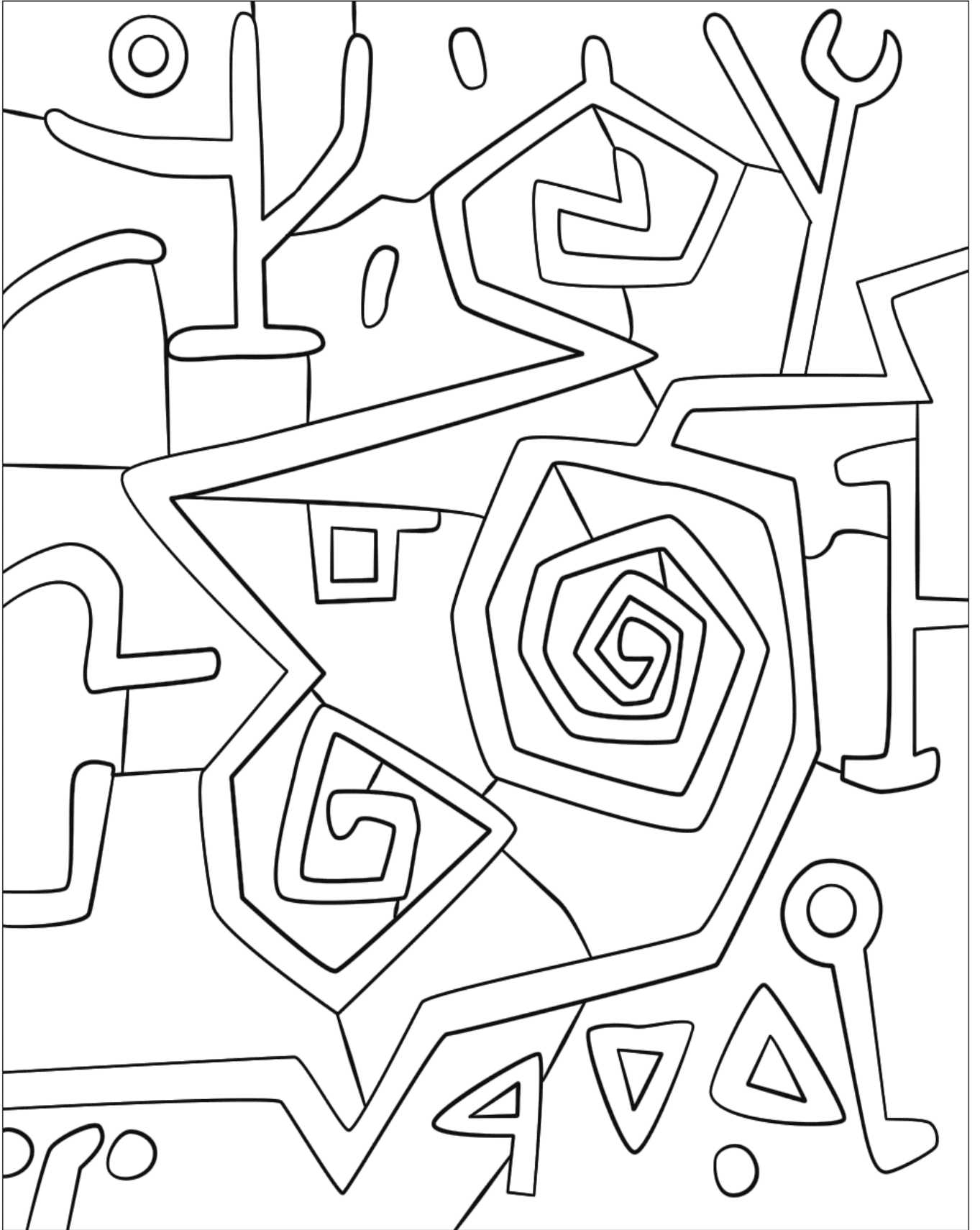


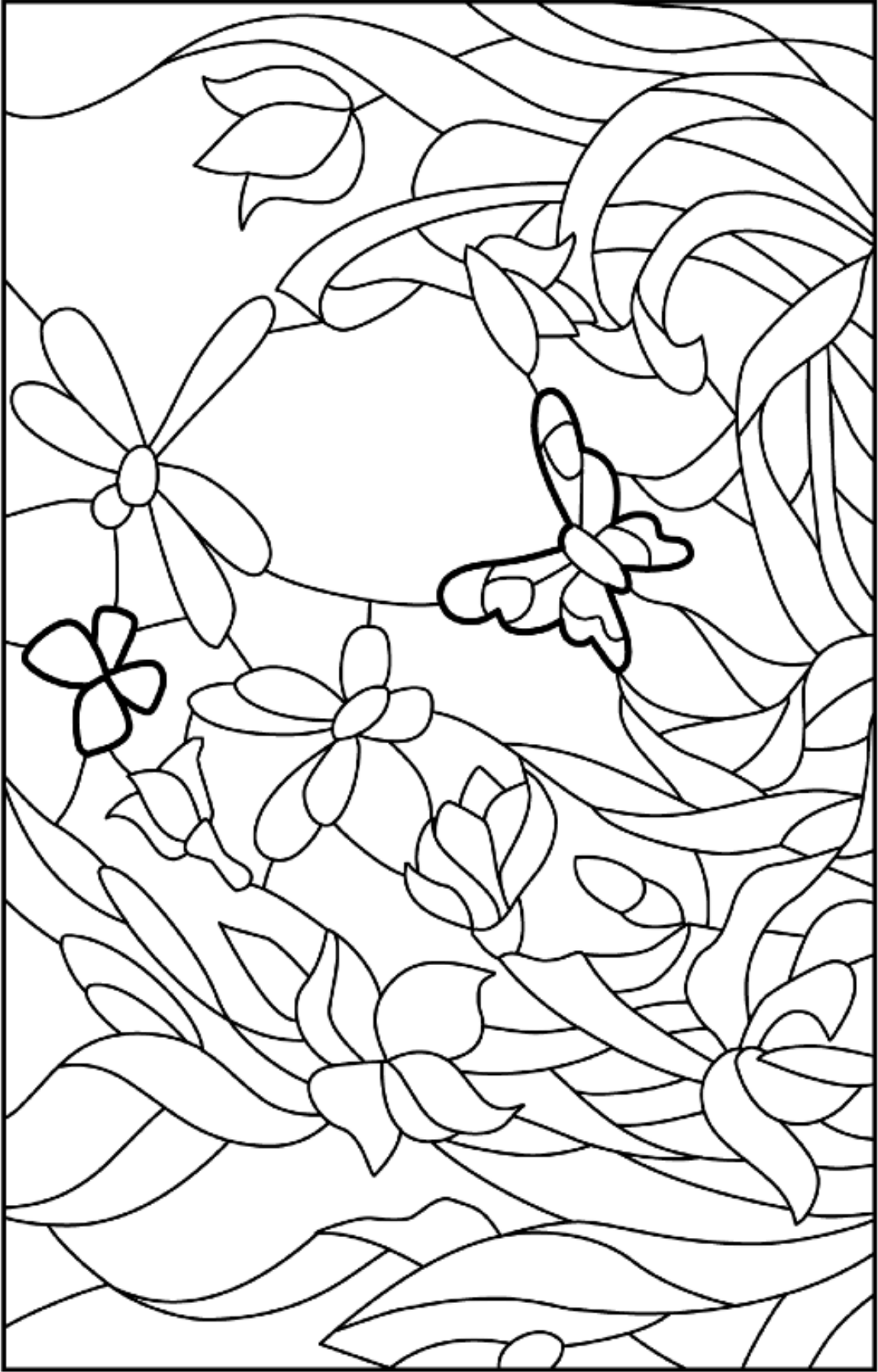
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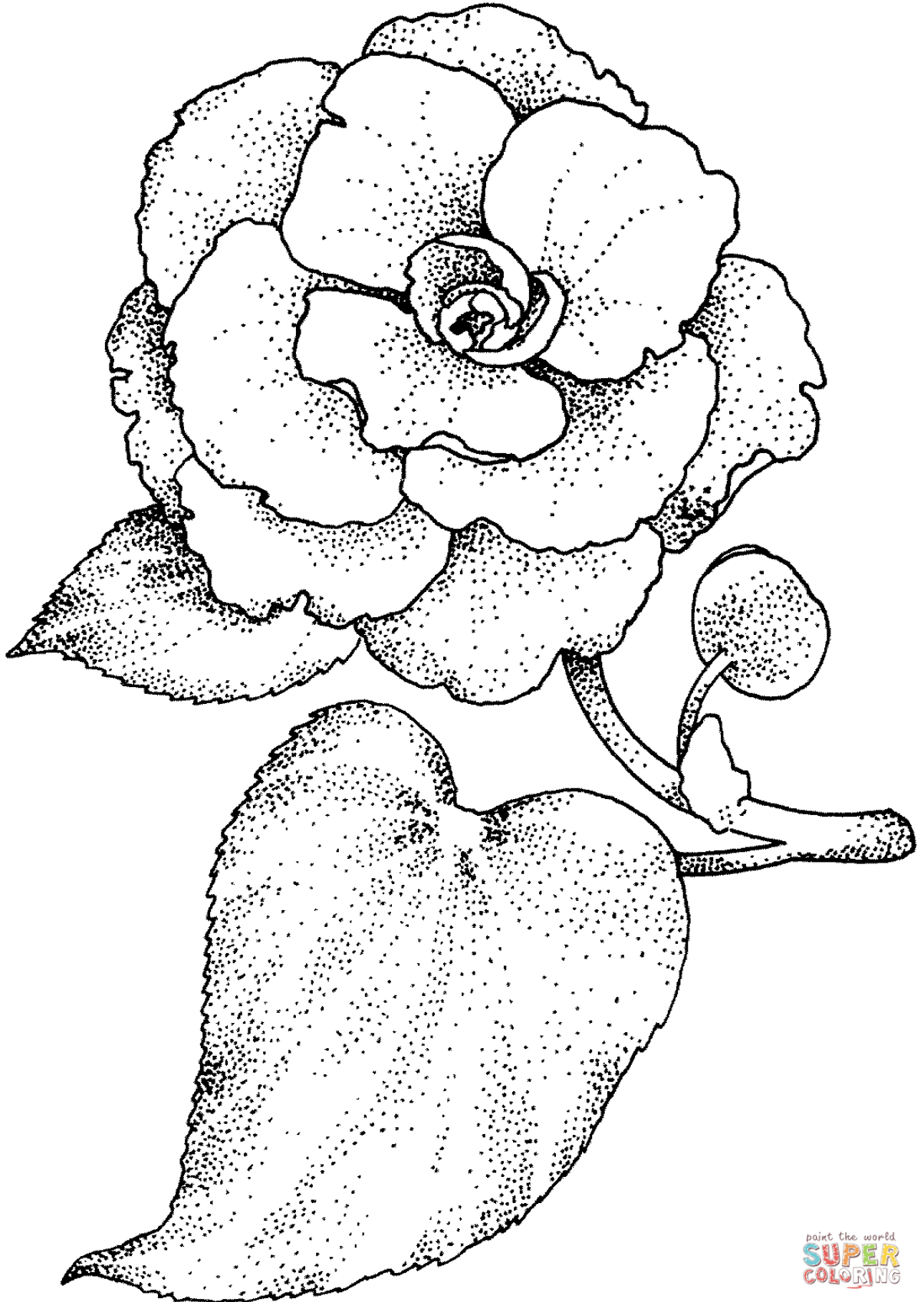




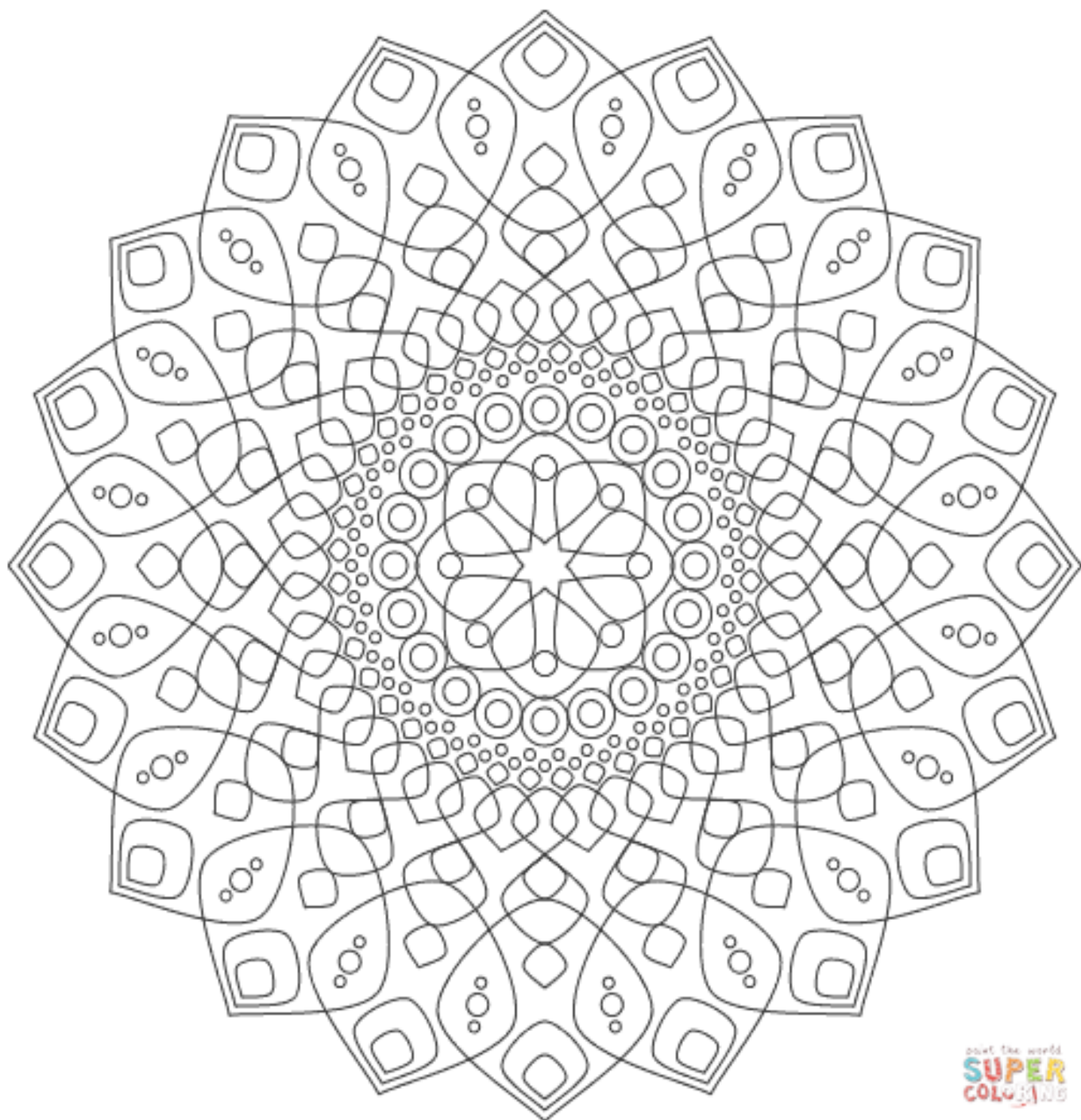


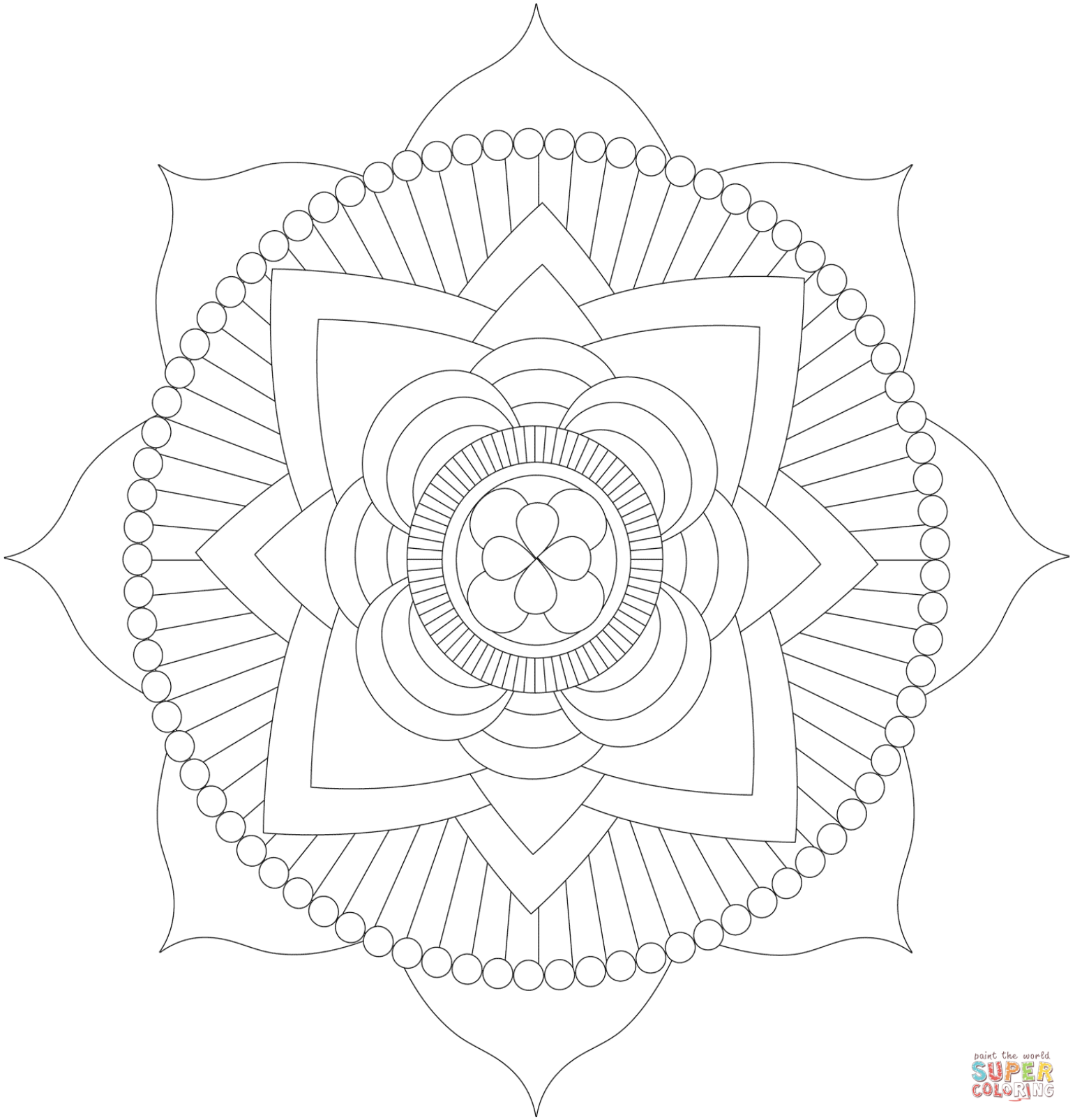






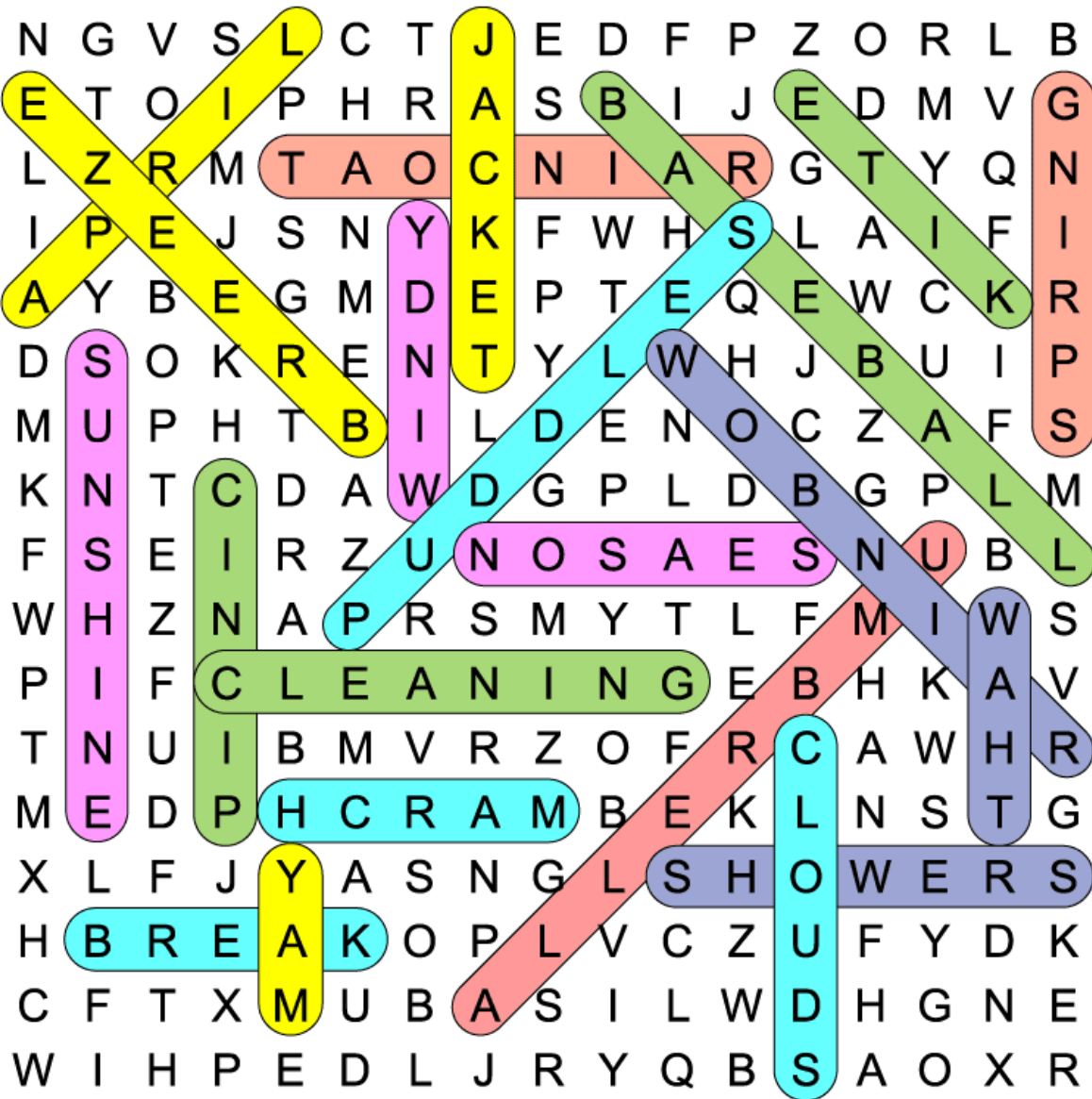






# **SOLUTIONS AND ANSWERS**

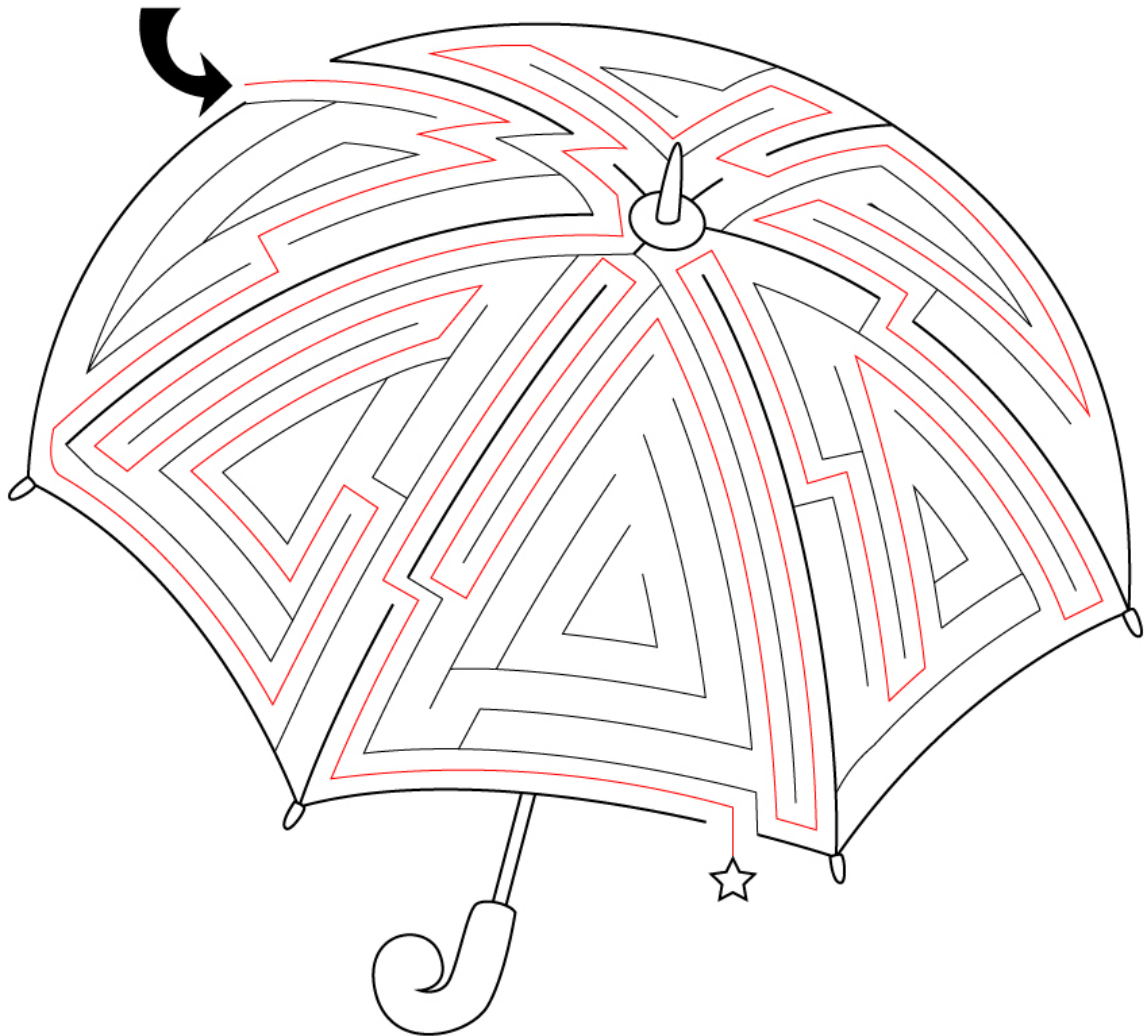
### Spring Word Search Answer Key



<b>APRIL</b>	<b>BASEBALL</b>	<b>BREAK</b>
<b>BREEZE</b>	<b>CLEANING</b>	<b>CLOUDS</b>
<b>JACKET</b>	<b>KITE</b>	<b>MARCH</b>
<b>MAY</b>	<b>PICNIC</b>	<b>PUDDLES</b>
<b>RAINBOW</b>	<b>RAINCOAT</b>	<b>SEASON</b>
<b>SHOWERS</b>	<b>SPRING</b>	<b>SUNSHINE</b>
<b>THAW</b>	<b>UMBRELLA</b>	<b>WINDY</b>

# Umbrella Maze!

Start!





# Spring Showers

## Spot the Diff!



## Sudoku #1019 (Easy)

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

## Sudoku #1020 (Easy)

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