

December/January Activity Kit

Version 1



Image: Gore Park

Source: Stuart Berman/VIA Rail

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:



Ontario

Toronto Central Local Health Integration Network



REGIONAL GERIATRIC PROGRAM OF TORONTO

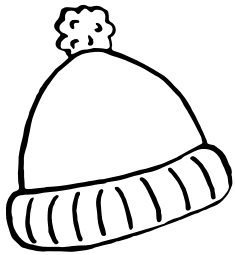
Winter Word Search



COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



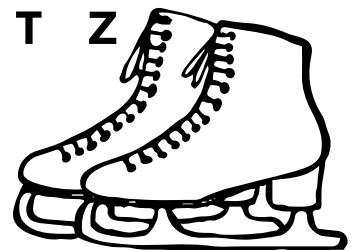


WINTER

Word Search



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



WORD LIST

BLANKET
BLIZZARD
COLD

EARMUFFS
EGGNOG
FREEZING

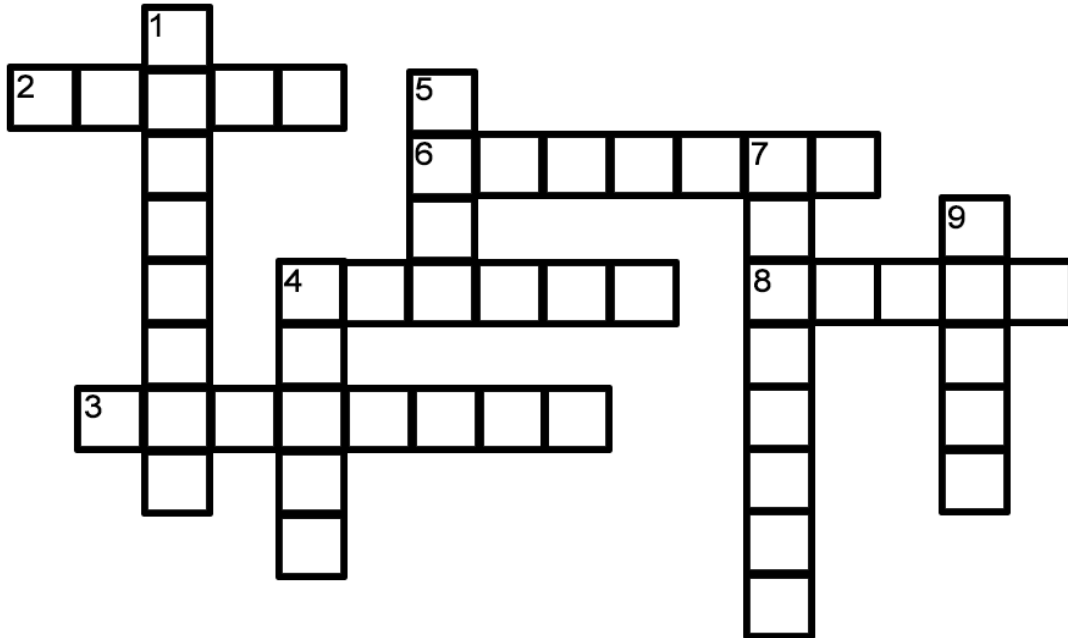
GLOVES
HOT CHOCOLATE
ICE

MITTENS
SCARF
SKATES

SNOW
SNOWMAN
SWEATER

Christmas Crossword

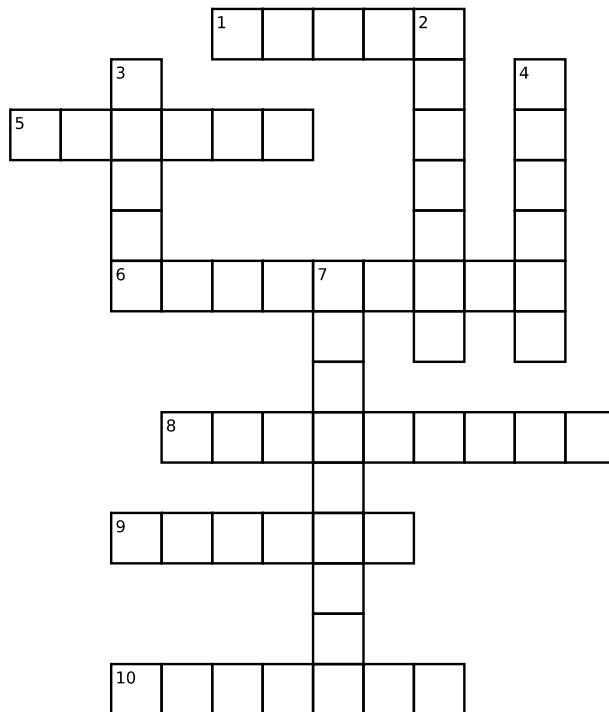
Solve the Christmas crossword puzzle



1. Which month is Christmas?
2. Christmas colors are red and _____)
3. What type of animal pulls the sleigh?
4. Who delivers presents on Christmas day? (down)
4. Santa rides on the _____
5. Presents go under the _____
6. Who is the reindeer with the red nose?
7. Kids open _____ on Christmas.
8. Who builds and wraps the toys?
9. _____ Christmas and a Happy New Year

1. December 2. Green 3. Reindeer 4. Santa (Down) 4 Sleigh (Horizontal)
5. Tree 6. Rudolph 7. Presents 8. Elves 9. Merry

Winter Crossword Puzzle

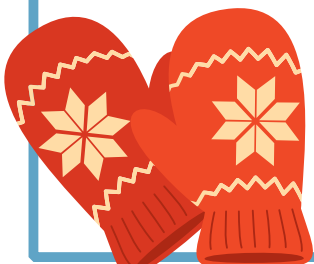


Down:

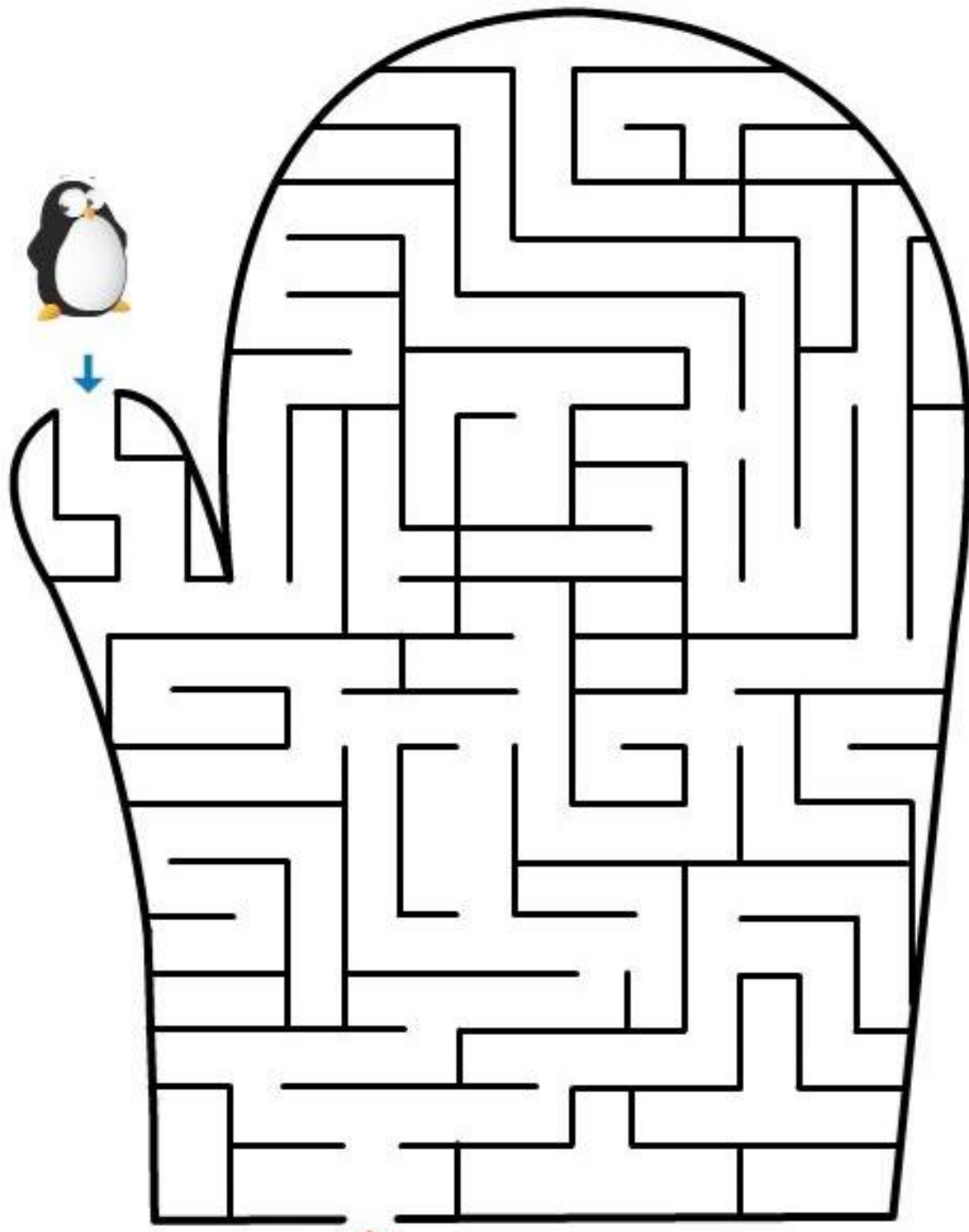
2. something you make out of snow with a carrot nose
3. you might give or receive these for the holidays in wrapping paper
4. winter sport where you skate around with a puck
7. something attached to your chimney that you can light a fire in

Across:

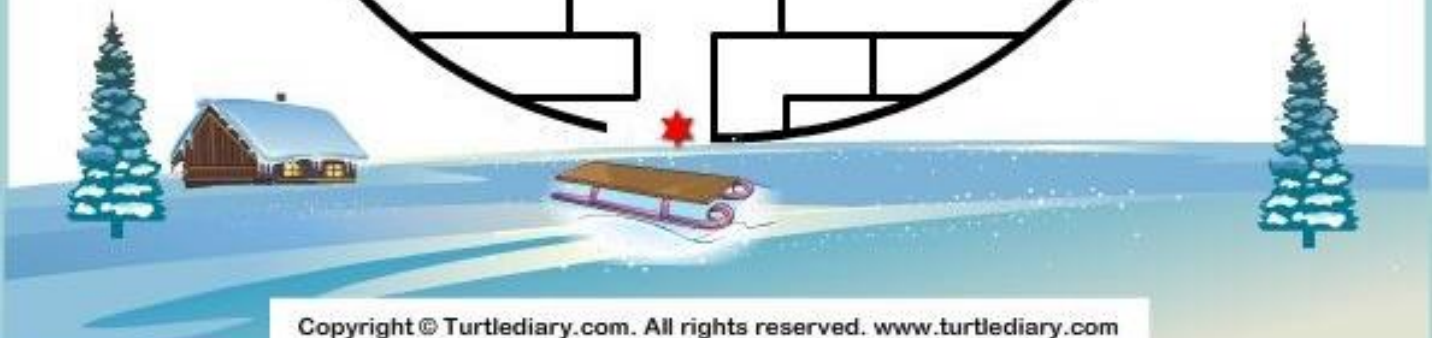
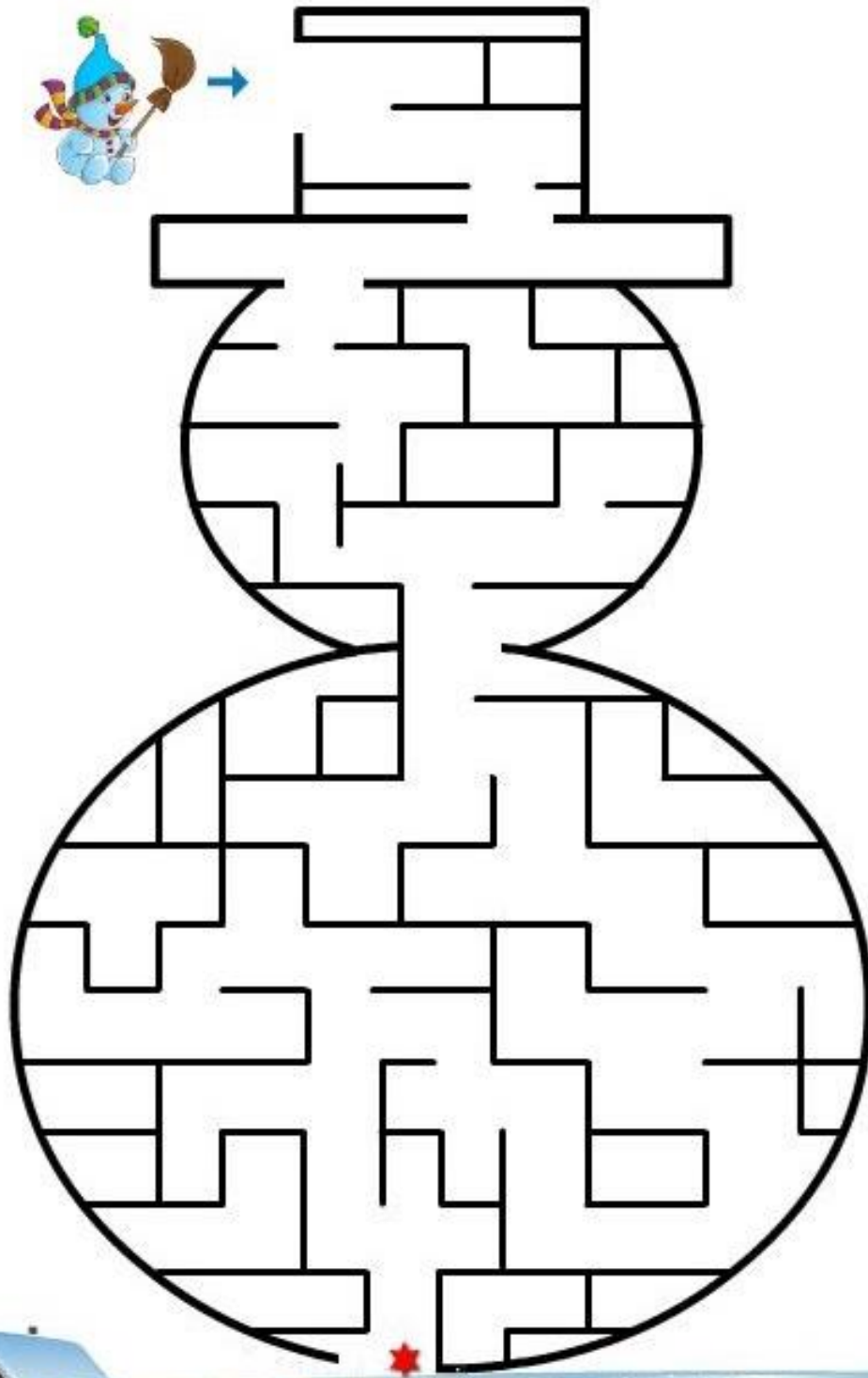
1. warm shoes that you wear outside in the winter
5. a thin tapered object formed by frozen water drops
6. a unique crystalized object that falls from the sky
8. something bears and other animals do to sleep during the winter
9. something scented that you light with a match
10. you wear these on your hands to stay warm outside



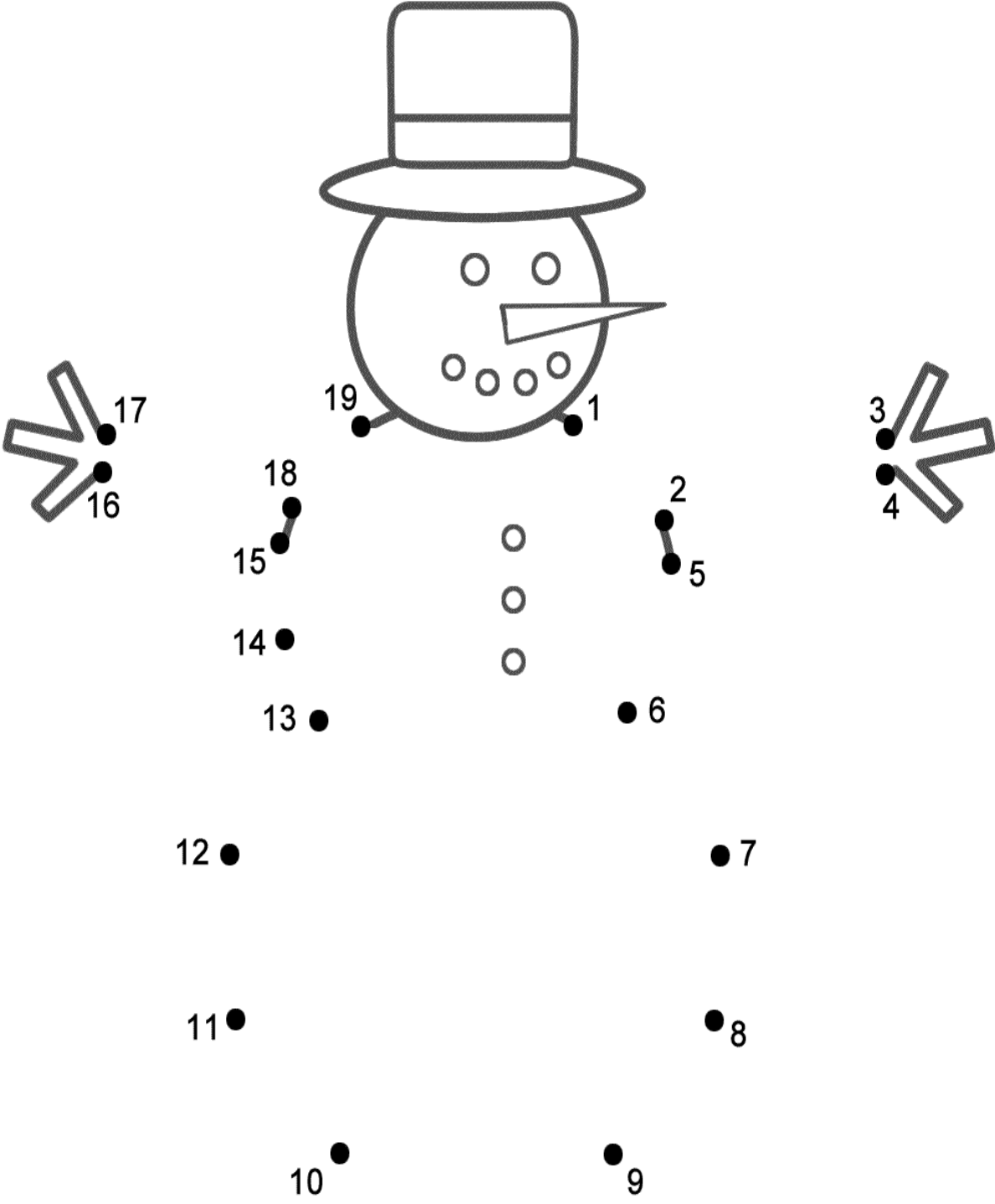
Help the penguin find the igloo.

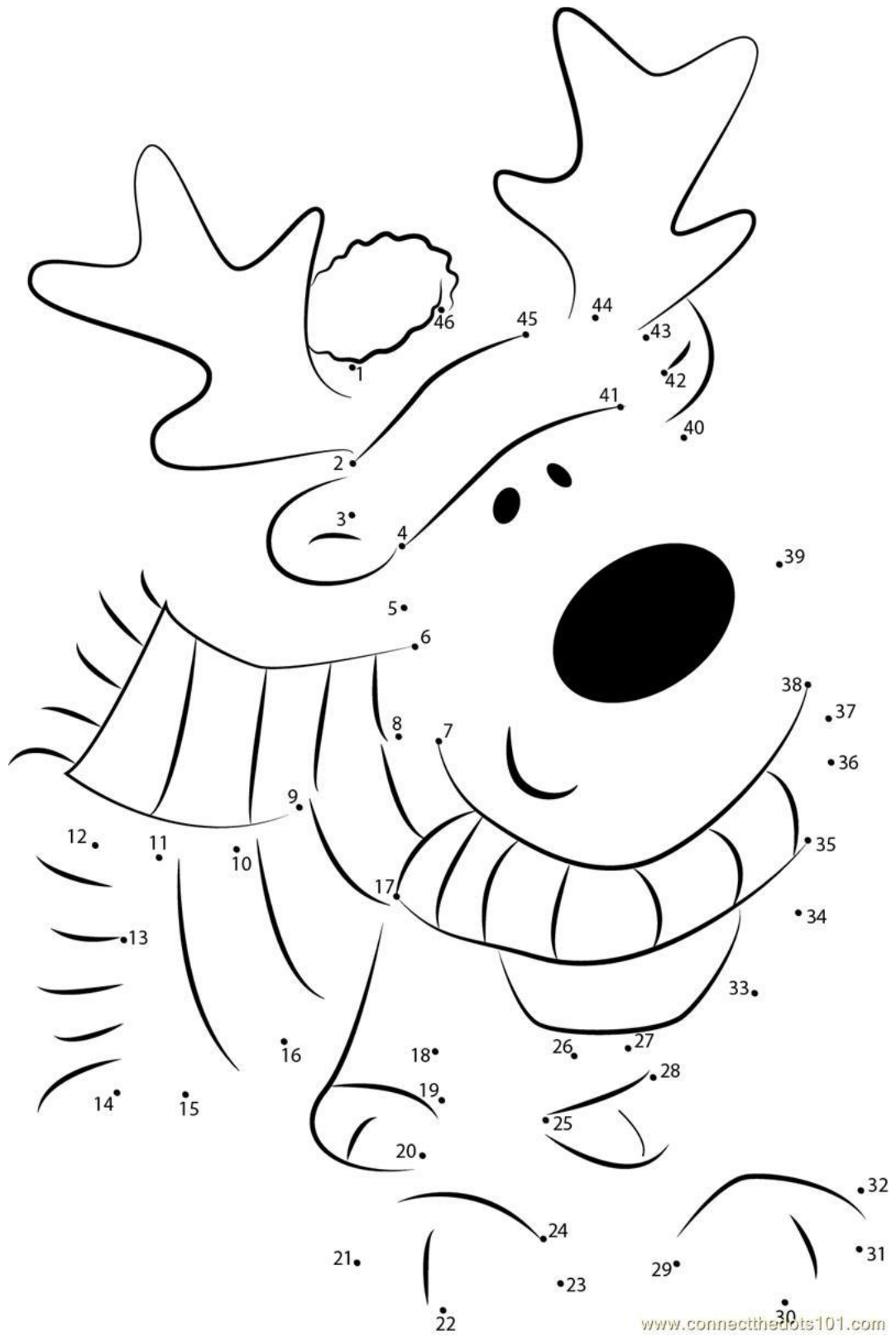


Help the snowman find the sledge.



Instructions: Connect the dots to make this Winter picture.





Winter Word Scramble

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

g d e l s i d n

— — — — — — — —

l o e s h v

— — — — — —

w o n s

— — — —

f a r s c

— — — — —

t t i e m s n

— — — — — — —

n s i g k i

— — — — — —

d r a z z i b l

— — — — — — — —

n e w r i t

— — — — — —

d o c l

— — — —

w o a m n n s

— — — — — — —

WORD LIST

- | | |
|----------|----------|
| blizzard | skiing |
| cold | sledding |
| mitten | snow |
| scarf | snowman |
| shovel | Winter |



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

1sudoku.com

n° 112674 - Level Easy

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

1sudoku.com

n° 1936 - Level Easy

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

1sudoku.com

n° 118801 - Level Easy

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

1sudoku.com

n° 112667 - Level Easy

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

1sudoku.com

n° 128032 - Level Easy

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

1sudoku.com

n° 124040 - Level Easy

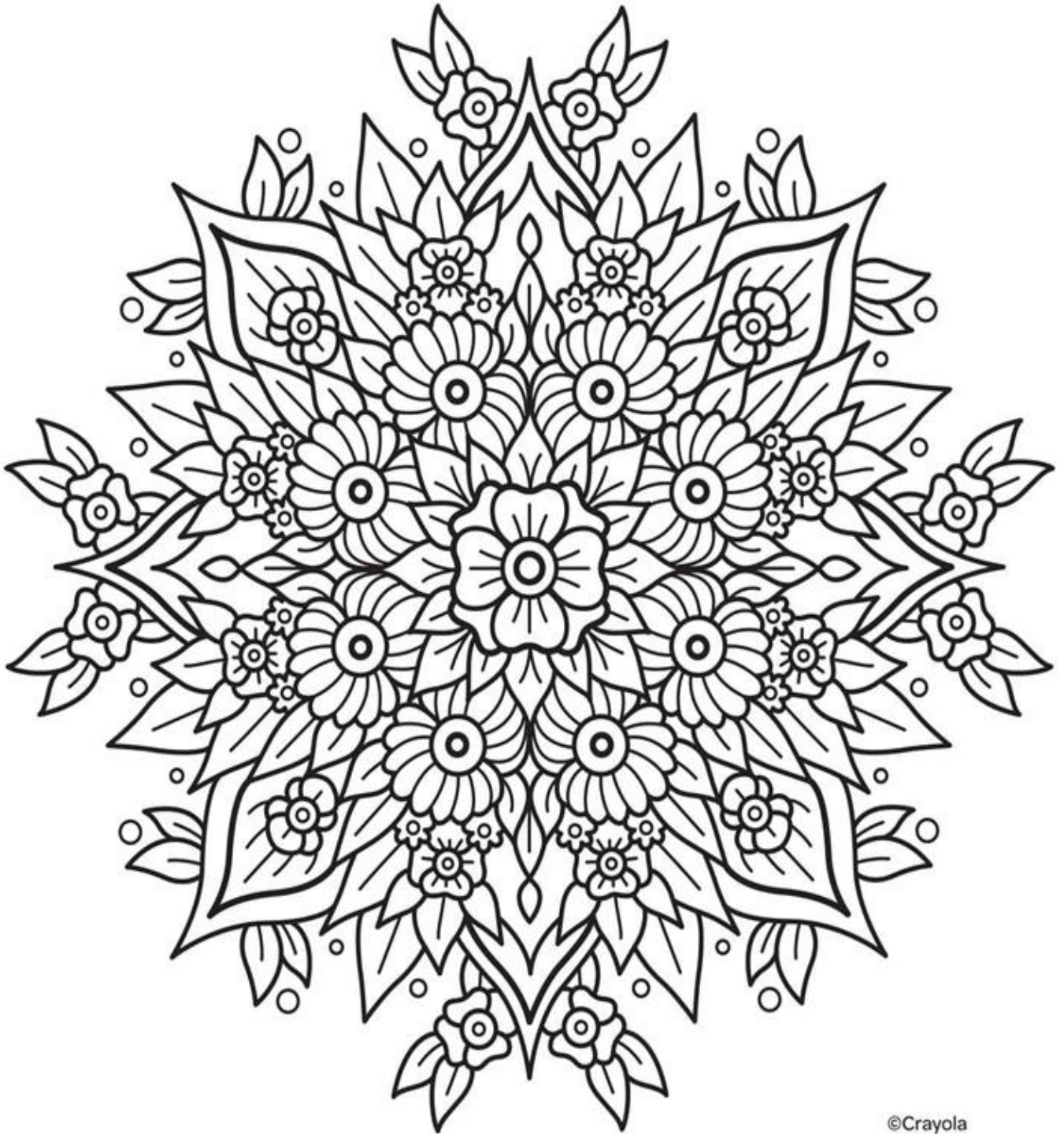








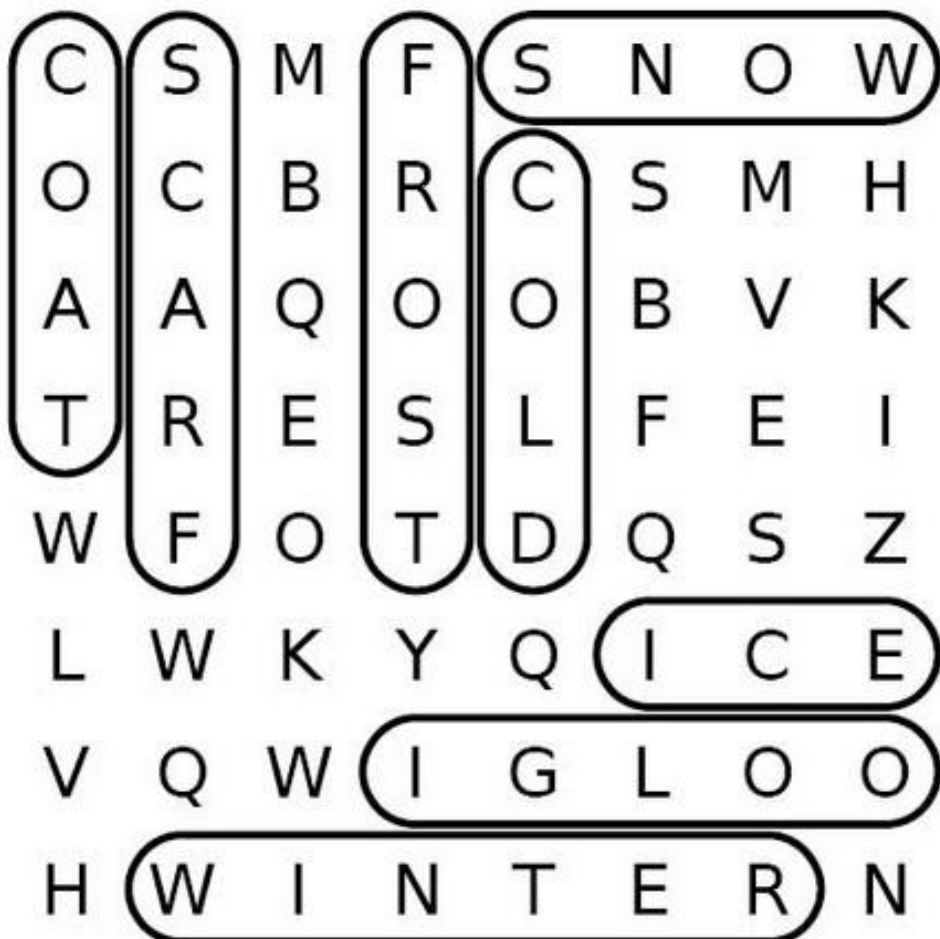




SOLUTIONS AND ANSWERS

Winter Word Search

SOLUTION

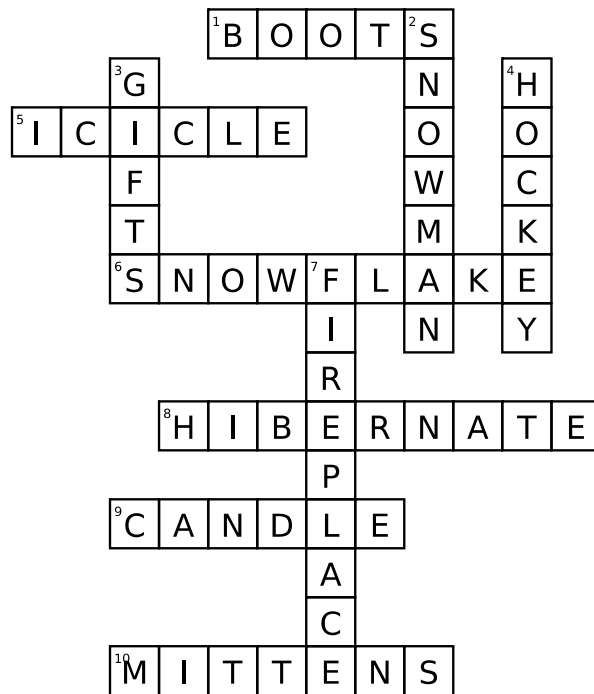


WINTER

Word Search Solution

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

Winter Crossword Puzzle

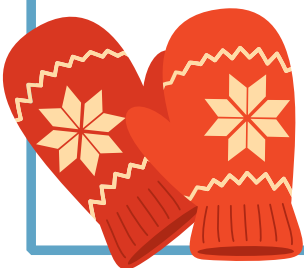


Down:

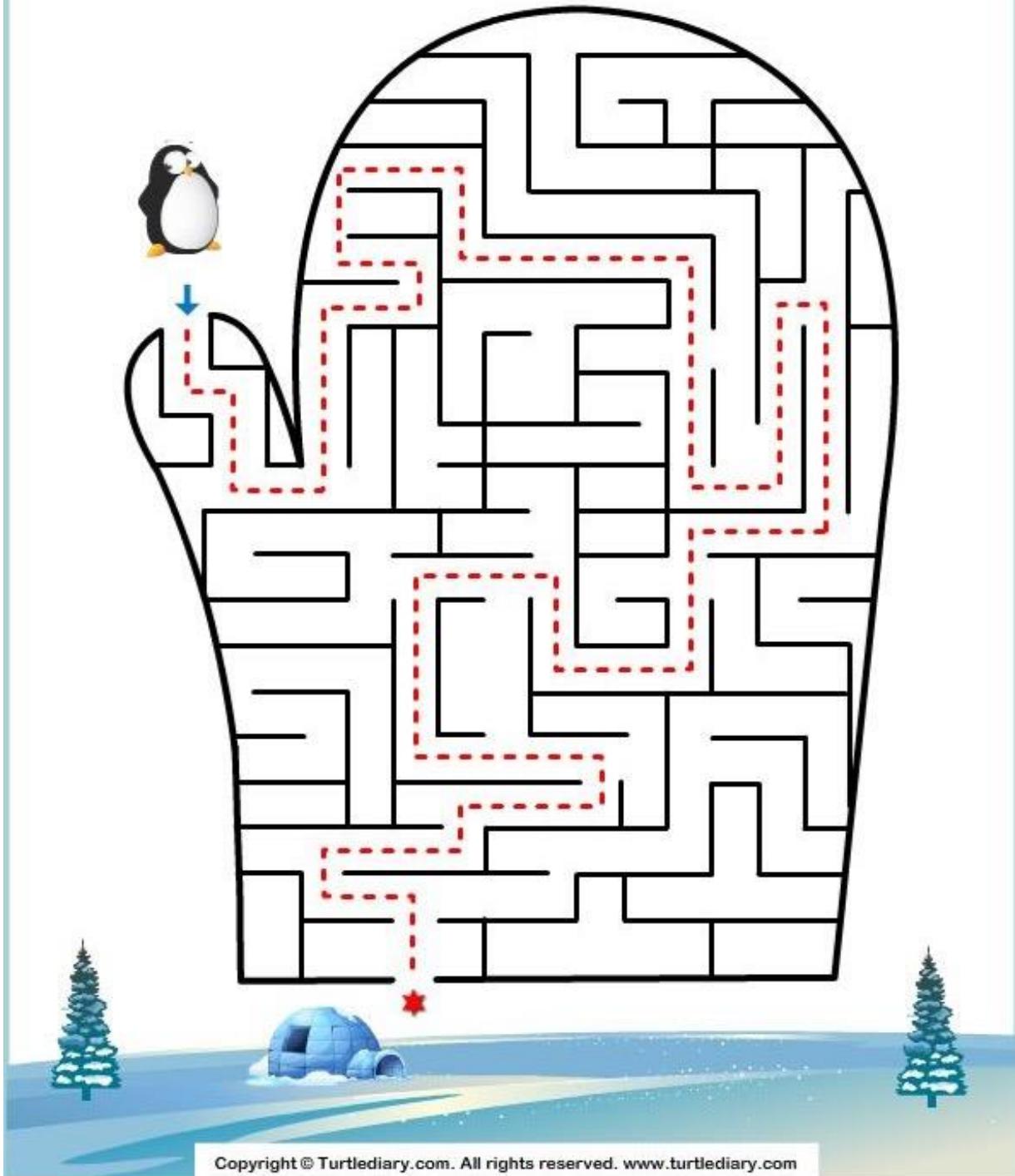
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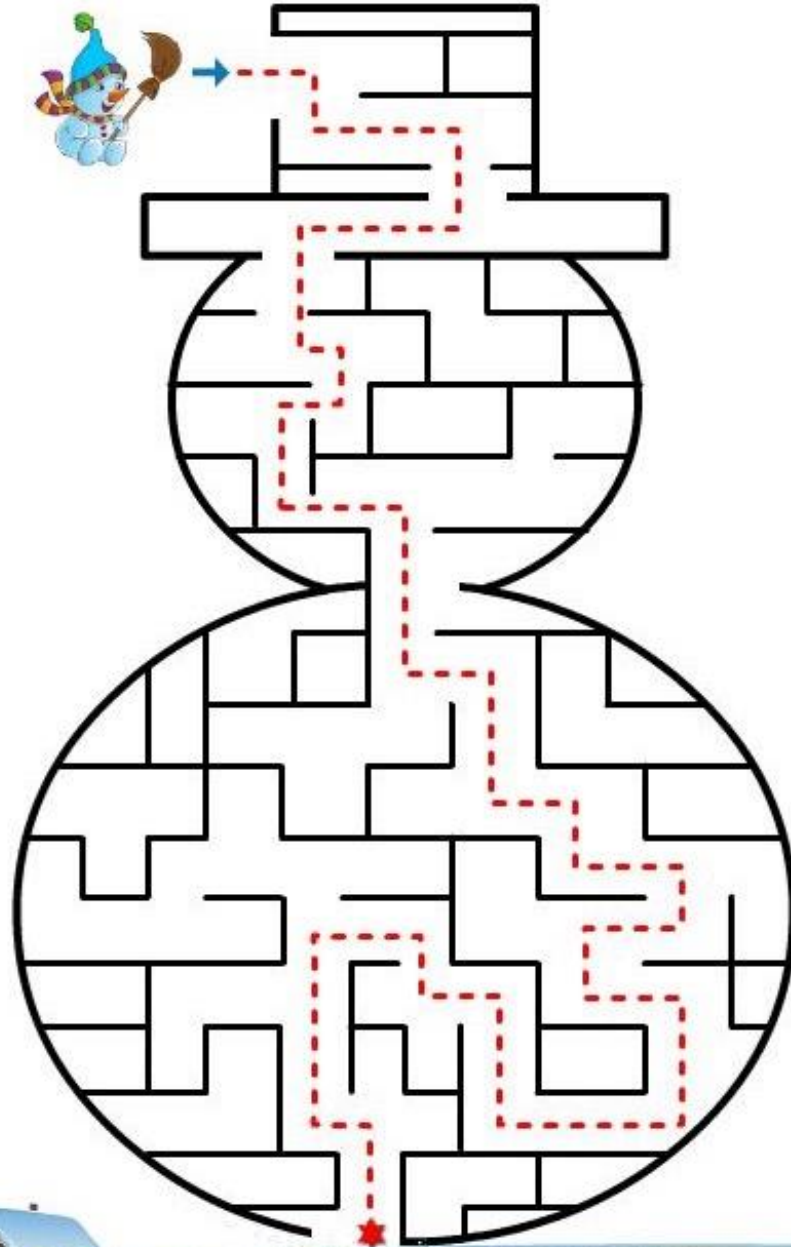
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6. a unique crystalized object that falls from the sky
8. something bears and other animals do to sleep during the winter
9. something scented that you light with a match
10. you wear these on your hands to stay warm outside



Help the penguin find the igloo.



Help the snowman find the sledge.



Solutions :

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

1sudoku.com

n° 112674 - Level Easy

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

1sudoku.com

n° 1936 - Level Easy

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

1sudoku.com

n° 118801 - Level Easy

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

1sudoku.com

n° 112667 - Level Easy

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

1sudoku.com

n° 128032 - Level Easy

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

1sudoku.com

n° 124040 - Level Easy

A small gesture for the environment: save paper by finding solutions online or on your mobile.