

December/January Activity Kit

Version 2



Photo: Webster's Falls (Source: Flickr)



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

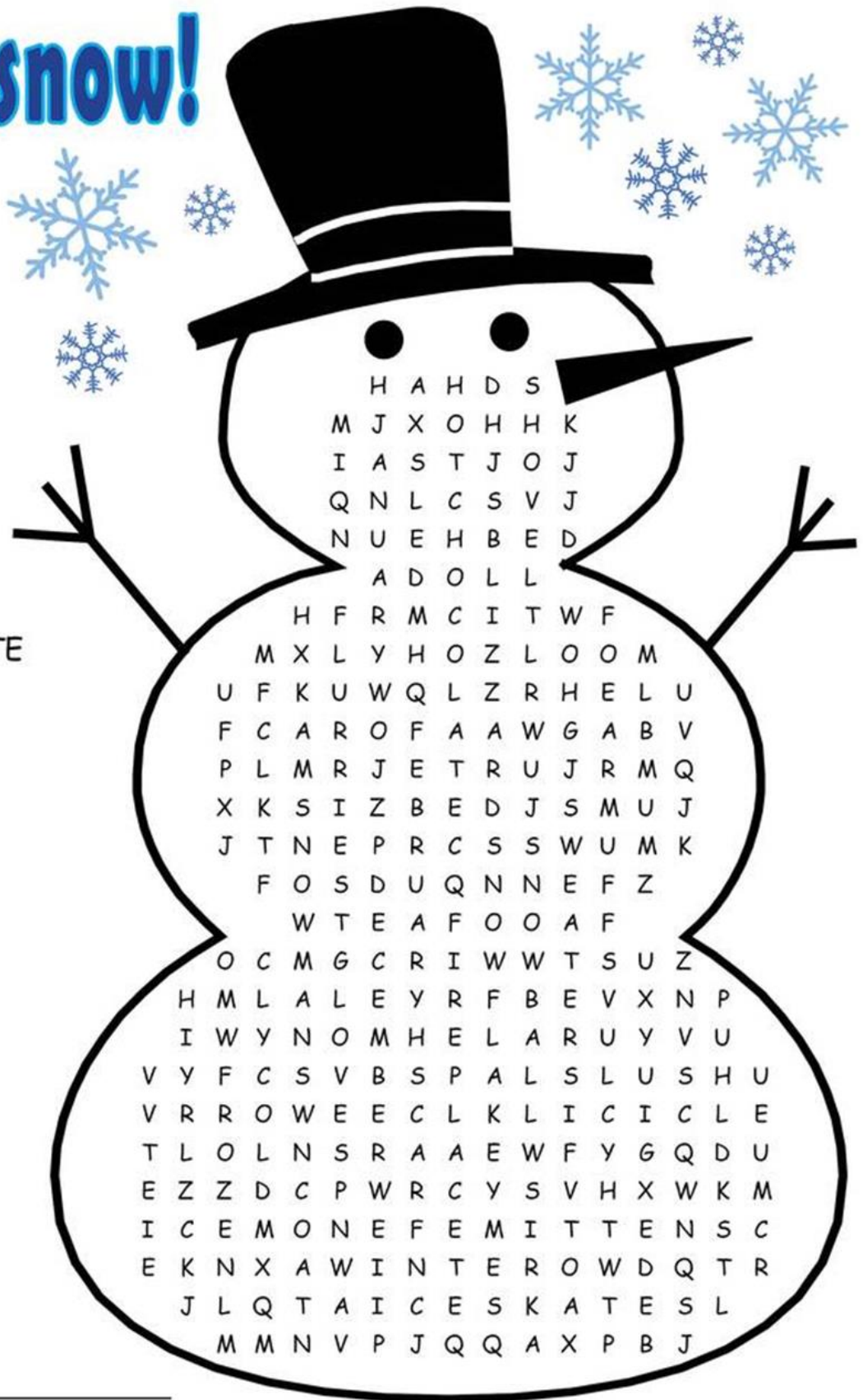
Toronto Central Local Health Integration Network



REGIONAL GERIATRIC PROGRAM OF TORONTO

Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

WINTER



3 letters

hat
ice

4 letters

coat
cold
melt
snow

5 letters

boots
nippy
scarf
sleet
slush
snowy

6 letters

chilly
frigid
gloves
heater
jacket
shiver

7 letters

flannel
mittens
sweater
wintery

8 letters

blizzard
flurries
hot cocoa
slippery
snowsuit
solstice

9 letters

fireplace
Jack Frost
longjohns
snowstorm

12 letters

freezing rain



WINTER



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



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Winter Wonderland

This monster word search includes more than 50 winter words going in every possible direction. Can you find them all?



avalanche
blanket
blizzard
chimney
Christmas
coat
cold
December
 earmuffs
February
fireplace
freeze
freezing rain
frigid

gloves
hail
Hanukkah
heater
hibernate
hockey
holidays
hot chocolate
ice fishing
ice skates
icicles
igloo
Jack Frost
jacket

January
Kwanzaa
lunar new year
melt
migrate
mittens
New Year's Day
quilt
scarf
shovel
skiing
sled
sleet
sleigh

slippery
slush
snowball
snowboard
snowdrift
snowflake
snowman
snowmobile
snowplow
snowstorm
sweater
vacation
Valentine's Day

Unscramble the letters to find the words in our

Winter Anagram



Hidden Word (circled letters):

wnos _____

arcfs _____

mensitt _____

neverereg _____

tsorff _____

atekss _____

egish _____

inupeg _____

clod _____

sircp _____

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
mittens	snow
scarf	snowman
shovel	Winter

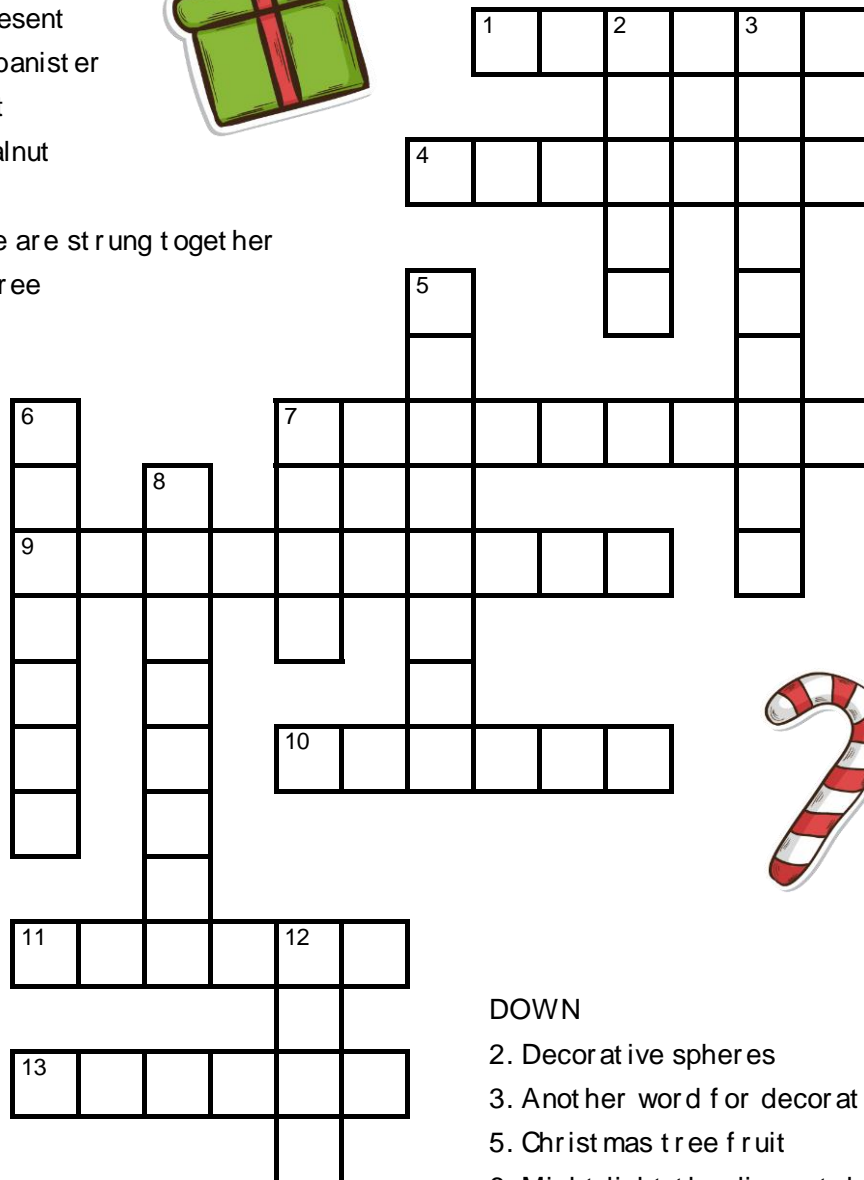


Name: _____ Date: _____

Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine

Christmas Word Scramble

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

c e a p e	—	—	—	—	—
h e o p	—	—	—	—	
d a r c	—	—	—	—	
l e y u	—	—	—	—	
e r e t	—	—	—	—	
h c e e r	—	—	—	—	—
i f g t s	—	—	—	—	—

Word List

card	peace
cheer	tree
gifts	yule
hope	



REINDEER SUDOKU

		E			
		M			X
L			B		
	B				M
		L			
			M		E

BLIXEM

				R	
	S				
	H		E		
				A	
R					S
	A	E		H	

DASHER

DANCER

	C				
N			D		
C					N
E	D				
A	E			C	D

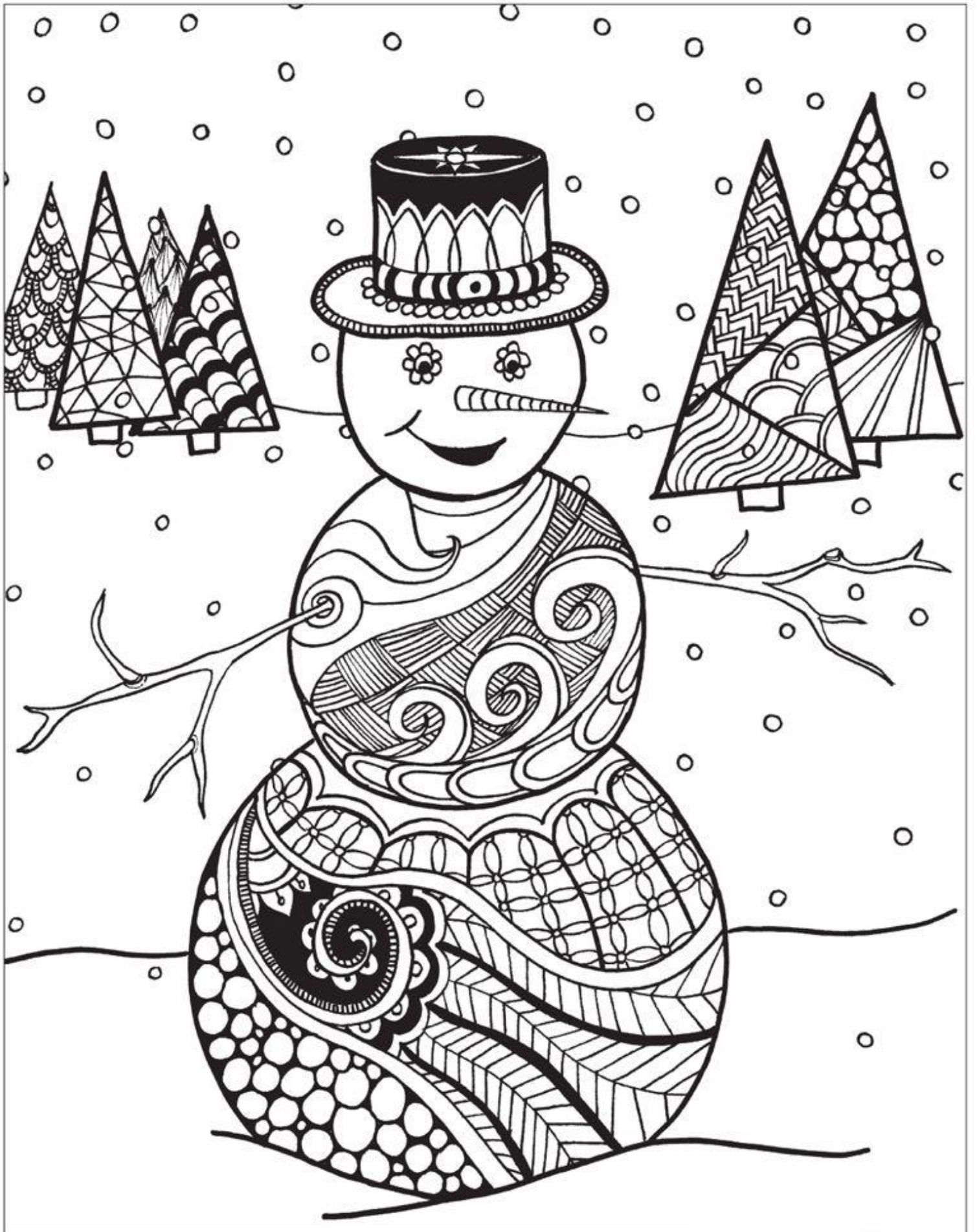
SLEIGH

S					
	G	I	S		
				S	
G			H		
				L	E
			G		







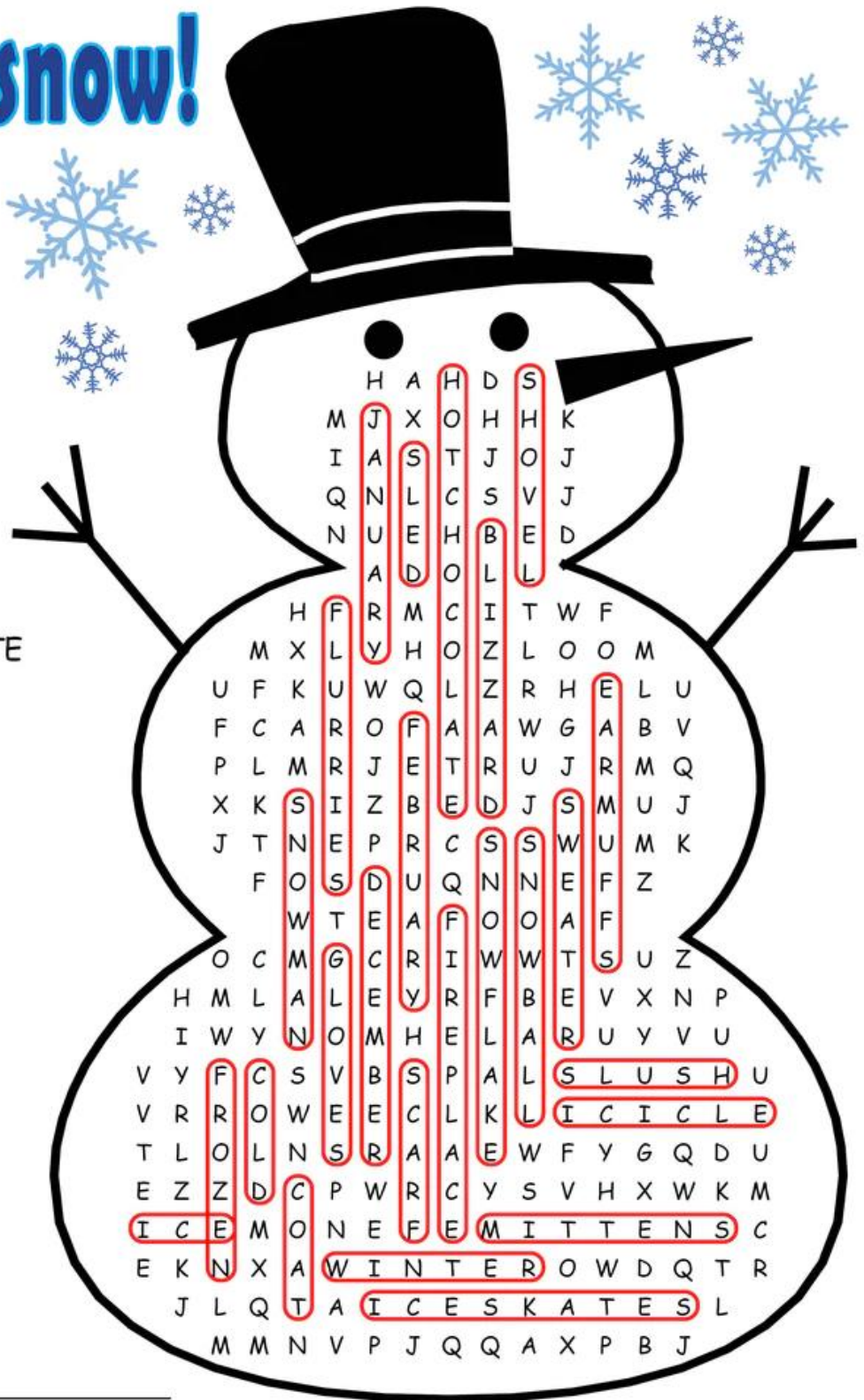




SOLUTIONS AND ANSWERS

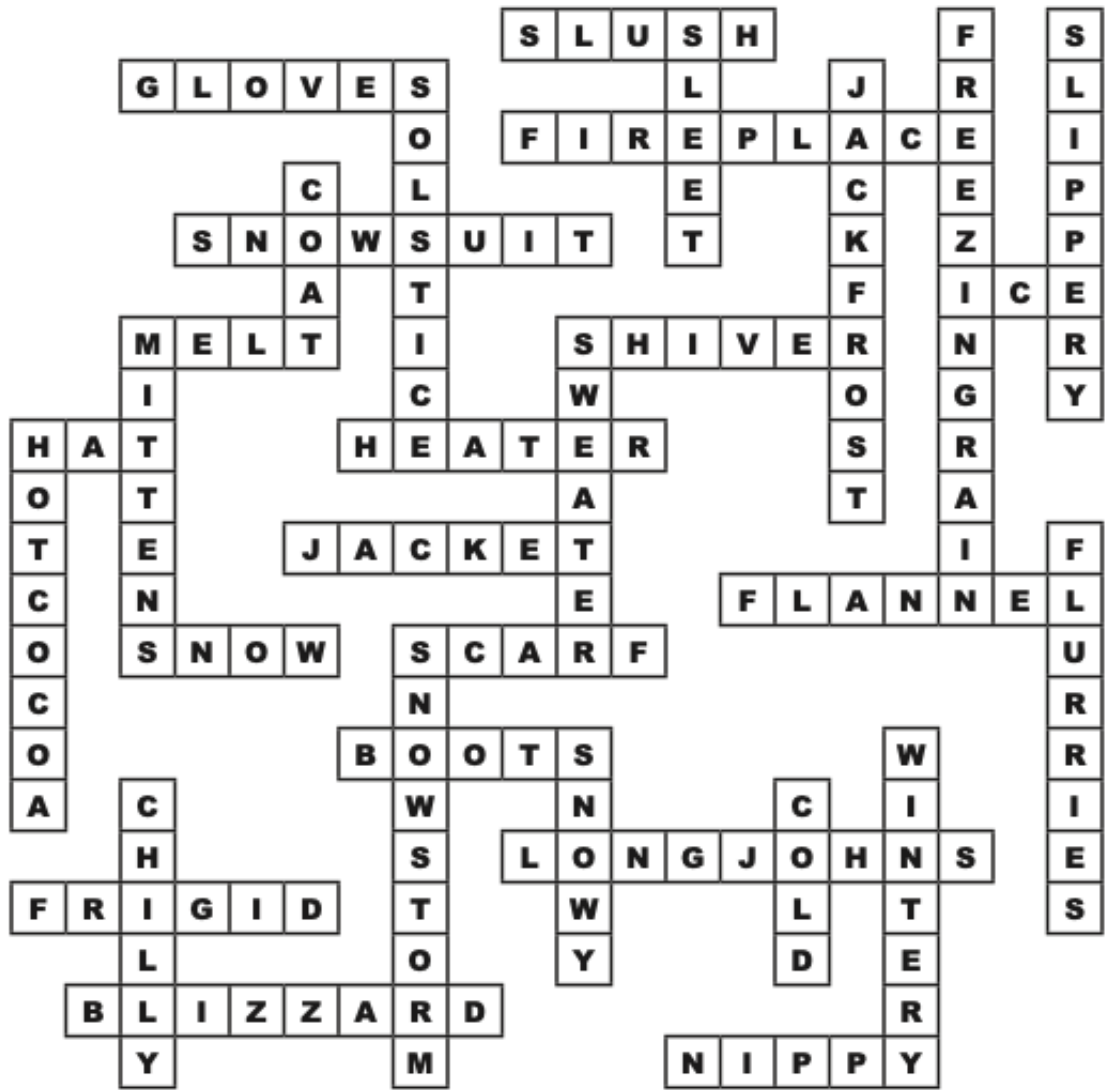
Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

Winter Fill-In Puzzle Sheet: ANSWERS



Winter Word Search: ANSWERS (Tree Valley Academy)

The word search grid contains the following words highlighted in various colors:

- SNOWBOARD (horizontal, row 1, col 6-14)
- SHOVEL (horizontal, row 2, col 7-13)
- PENGUIN (horizontal, row 3, col 4-10)
- WINTER (diagonal, row 4, col 1-10)
- SKATES (diagonal, row 5, col 1-10)
- HOLIDAYS (diagonal, row 6, col 1-10)
- GLOVES (diagonal, row 7, col 1-10)
- TOBOGGAN (diagonal, row 8, col 1-10)
- SNOWMAN (diagonal, row 9, col 1-10)
- SWEATER (diagonal, row 10, col 1-10)
- SNOWSUIT (diagonal, row 11, col 1-10)
- HOT CHOCOLATE (diagonal, row 12, col 1-10)
- ICICLE (diagonal, row 13, col 1-10)
- SLEDDING (diagonal, row 14, col 1-10)
- MITTENS (diagonal, row 15, col 1-10)

- | | | | |
|----------|---------------|-------------|-----------|
| BOOTS | HOT CHOCOLATE | SHOVEL | SNOWBOARD |
| FLURRIES | ICICLE | SKATES | SNOWMAN |
| FROZEN | IGLOO | SKIING | SNOWSUIT |
| GLOVES | MITTENS | SLEDDING | SWEATER |
| HOCKEY | PENGUIN | SNOW ANGELS | TOBOGGAN |
| HOLIDAYS | SCARF | SNOWBALL | WINTER |

Unscramble the letters to find the words in our

Winter Anagram

Hidden Word (circled letters):

snowflakes



Ⓦ n o s

snow

ⓐ r c f s

scarf

m e n Ⓢ i t t

mittens

n Ⓡ e v e r e r e g

evergreen

t s o r ⓕ

frost

a t e Ⓚ s s

skates

e g i s Ⓛ h

sleigh

i n Ⓝ u p e g

penguin

c l o Ⓛ d

cold

Ⓢ i r c p

crisp

Winter Word Scramble

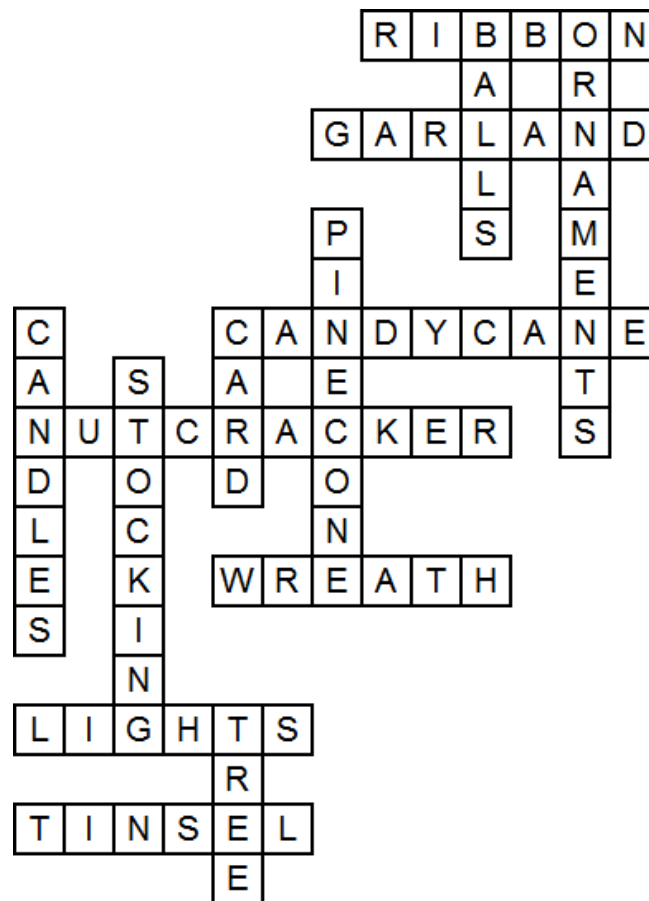
ANSWER KEY

g d e l s i d n	sledding
l o e s h v	shovel
w o n s	snow
f a r s c	scarf
t t i e m s n	mittens
n s i g k i	skiing
d r a z z i b l	blizzard
n e w r i t	winter
d o c l	cold
w o a m n n s	snowman

Christmas Decorating

Crossword

SOLUTION



Christmas Word Scramble Key

c e a p e	<u>p</u>	<u>e</u>	<u>a</u>	<u>c</u>	<u>e</u>
h e o p	<u>h</u>	<u>o</u>	<u>p</u>	<u>e</u>	
d a r c	<u>c</u>	<u>a</u>	<u>r</u>	<u>d</u>	
l e y u	<u>y</u>	<u>u</u>	<u>l</u>	<u>e</u>	
e r e t	<u>t</u>	<u>r</u>	<u>e</u>	<u>e</u>	
h c e e r	<u>c</u>	<u>h</u>	<u>e</u>	<u>e</u>	<u>r</u>
i f g t s	<u>g</u>	<u>i</u>	<u>f</u>	<u>t</u>	<u>s</u>

Word List

card	peace
cheer	tree
gifts	yule
hope	



SOLUTION

Reindeer Sudoku

B	X	E	I	M	L
I	L	M	E	B	X
L	M	X	B	E	I
E	B	I	L	X	M
M	E	L	X	I	B
X	I	B	M	L	E

BLIXEM

H	E	D	S	R	A
A	S	R	H	D	E
D	H	A	E	S	R
E	R	S	D	A	H
R	D	H	A	E	S
S	A	E	R	H	D

DASHER

DANCER

R	C	D	A	N	E
N	A	E	D	R	C
C	R	A	E	D	N
E	D	N	C	A	R
D	N	C	R	E	A
A	E	R	N	C	D

SLEIGH

S	H	E	L	G	I
L	G	I	S	E	H
I	L	H	E	S	G
G	E	S	H	I	L
H	S	G	I	L	E
E	I	L	G	H	S

Snowman Maze

