

February/March Activity Kit

Version 1



Image: Snow in Hamilton (King St W)

Source: Kelda Yuen/CBC



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

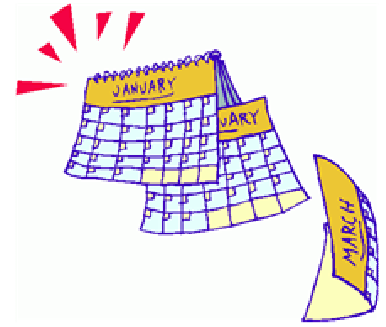


REGIONAL GERIATRIC PROGRAM OF TORONTO

Name: _____

Date: _____

MONTHS WORD SEARCH



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

JANUARY
FEBRUARY
MARCH

APRIL
MAY
JUNE

JULY
AUGUST
SEPTEMBER

OCTOBER
NOVEMBER
DECEMBER

WINTER OLYMPIC SPORTS

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

BIATHLON
 SKELETON
 LUGE
 SKI JUMPING
 SNOWBOARD
 CURLING
 SKIING
 SPEEDSKATING
 BOBSLED
 ICE HOCKEY

Unscramble the letters to find the words in our

Winter Sports Anagram



Word List:

biathlon, curling, hockey,
luge, medal, skating, skeleton,
skiing, sports, snowboard

srawbnood _____

egul _____

ksigatn _____

nibathol _____

hoycek _____

ingksi _____

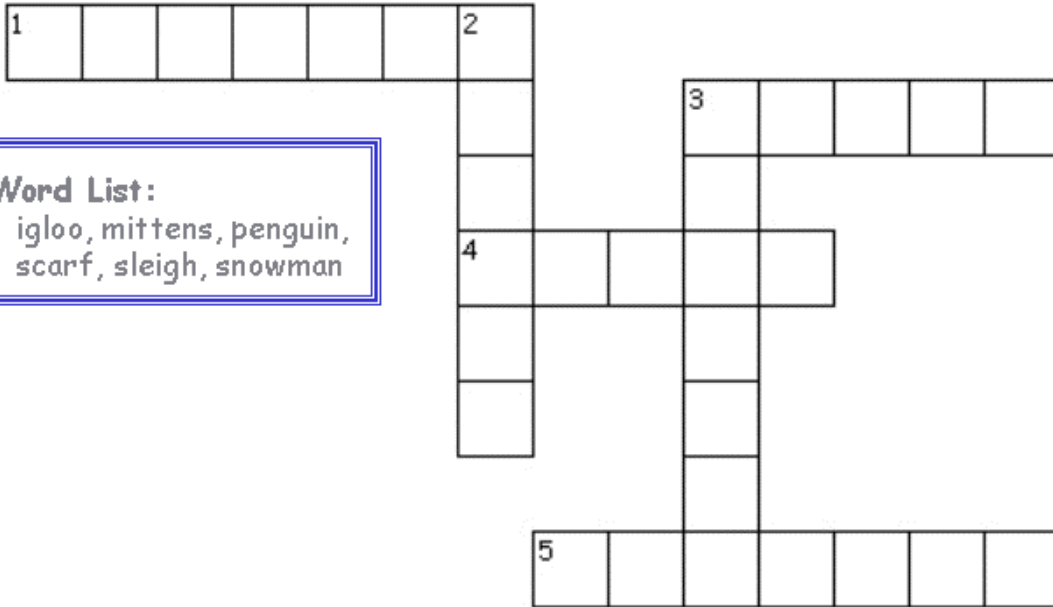
rgicunl _____

sntoelek _____

tsosrp _____

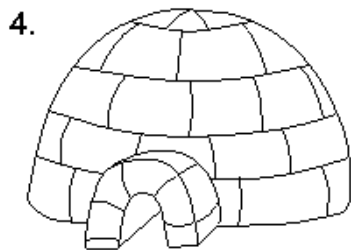
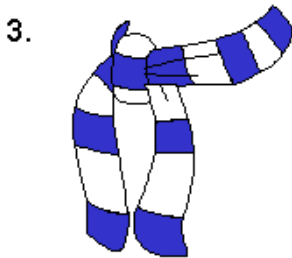
almde _____

Winter Crossword



Word List:
igloo, mittens, penguin,
scarf, sleigh, snowman

Across

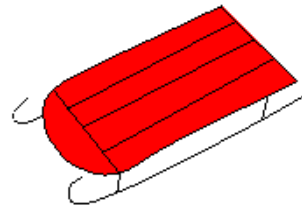


5.



Down

2.



3.



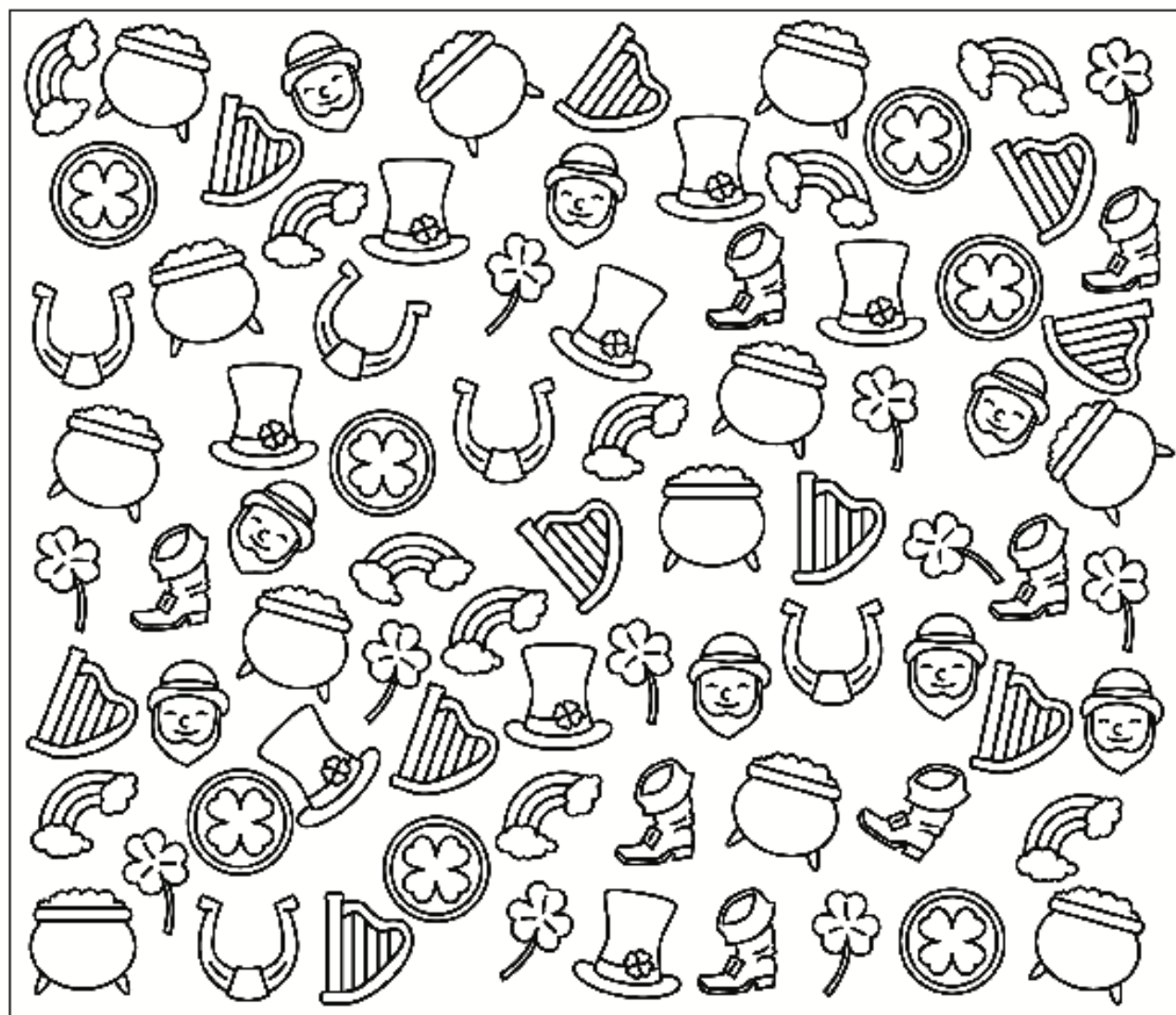
Rainbow Maze!



 **Start!**



ST. PATRICK'S DAY I SPY











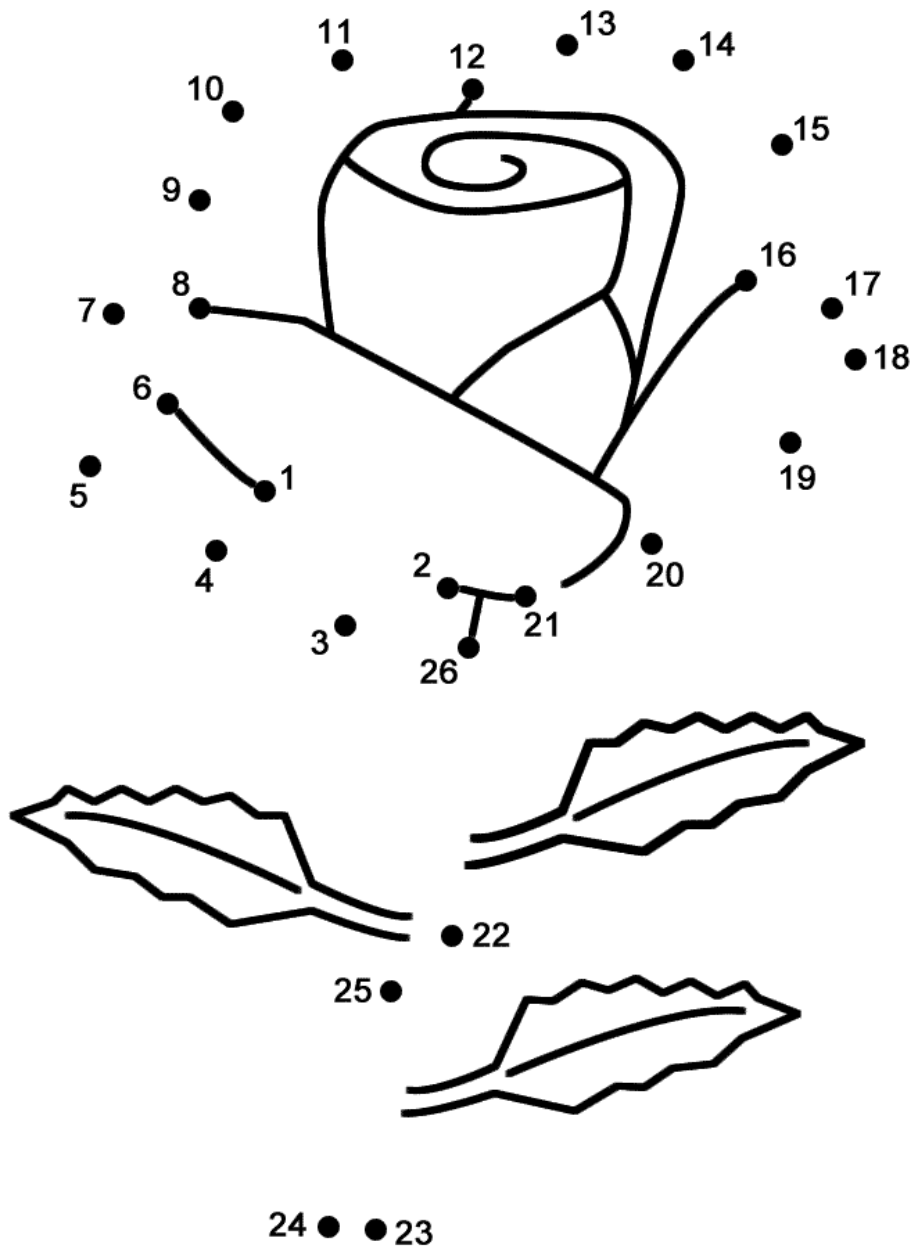






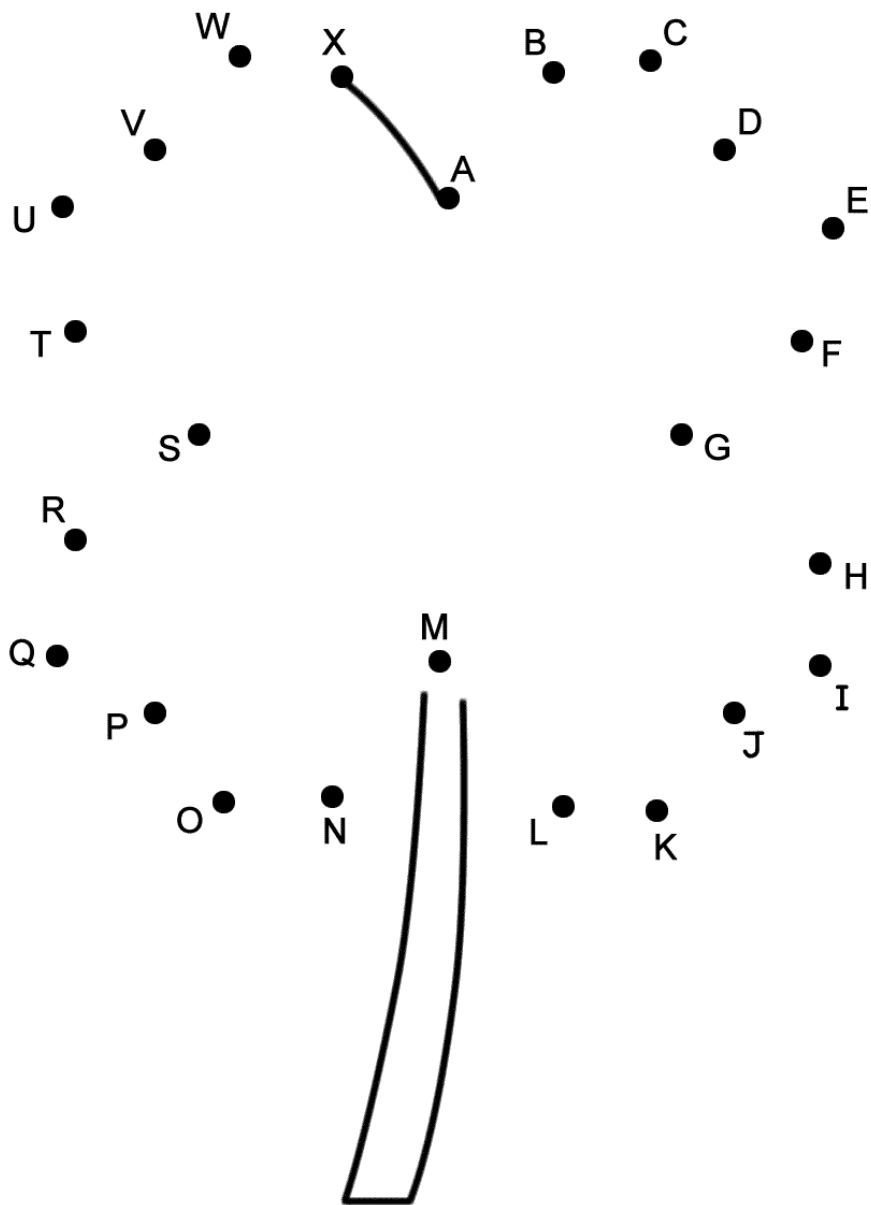
Instructions: Connect the dots to make this Valentine's Day picture.

Happy Valentine's Day



Instructions: Connect the dots by Capital letters. Connect A, B, C, D, ... and so on. Connect the dots to make this St. Patrick's Day picture.

St. Patrick's Day



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

1sudoku.com

n° 128673 - Level Easy

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

1sudoku.com

n° 128941 - Level Easy

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

1sudoku.com

n° 123150 - Level Easy

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

1sudoku.com

n° 16722 - Level Easy

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

1sudoku.com

n° 129218 - Level Easy

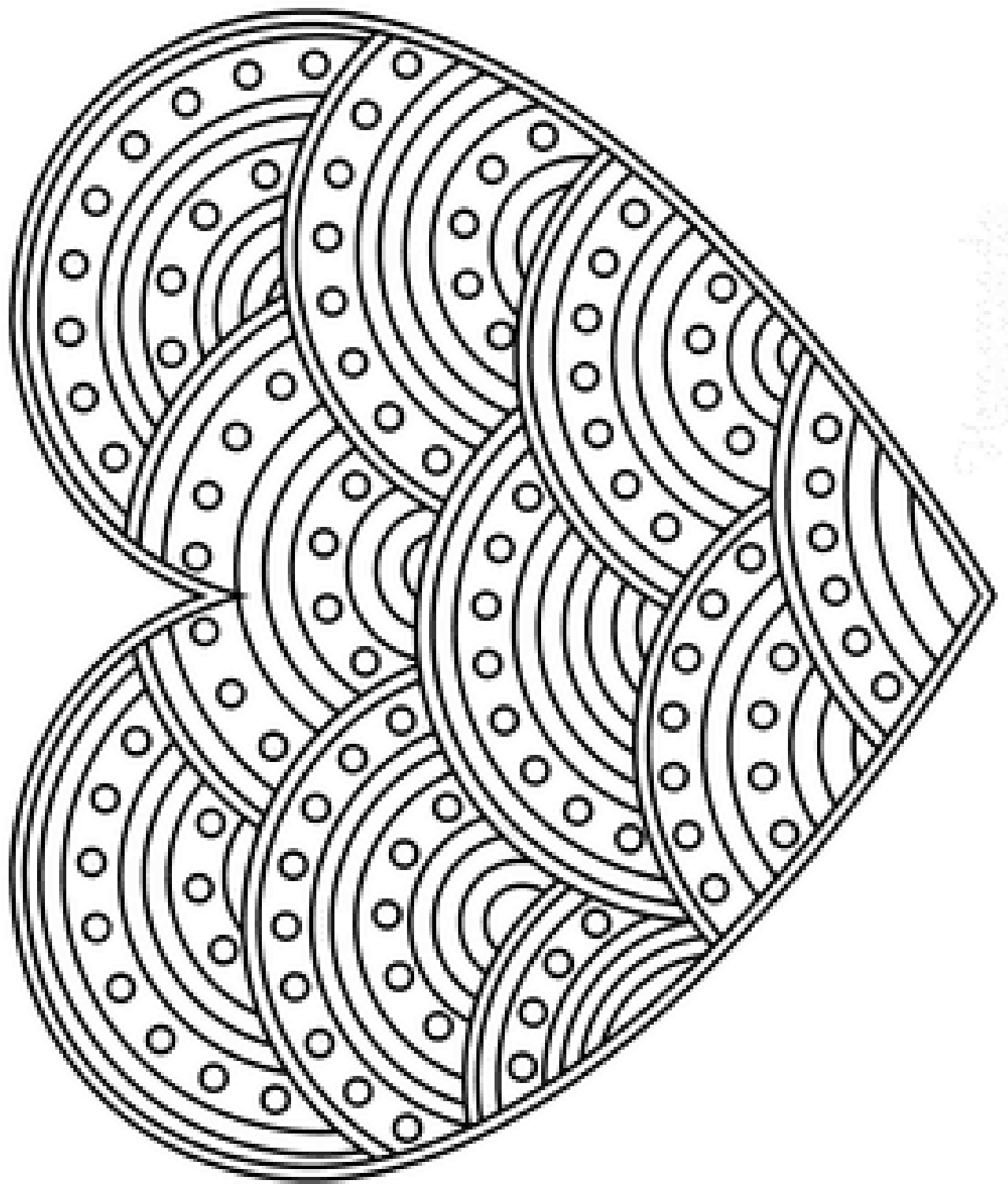
	1	8		5	3			
5			7	8		9	4	
					4		3	
7	5	9		4				
1	8		3		7		6	5
				1		2	9	7
	4		5					
	7	3		2	1			6
			6	3		7	1	

1sudoku.com

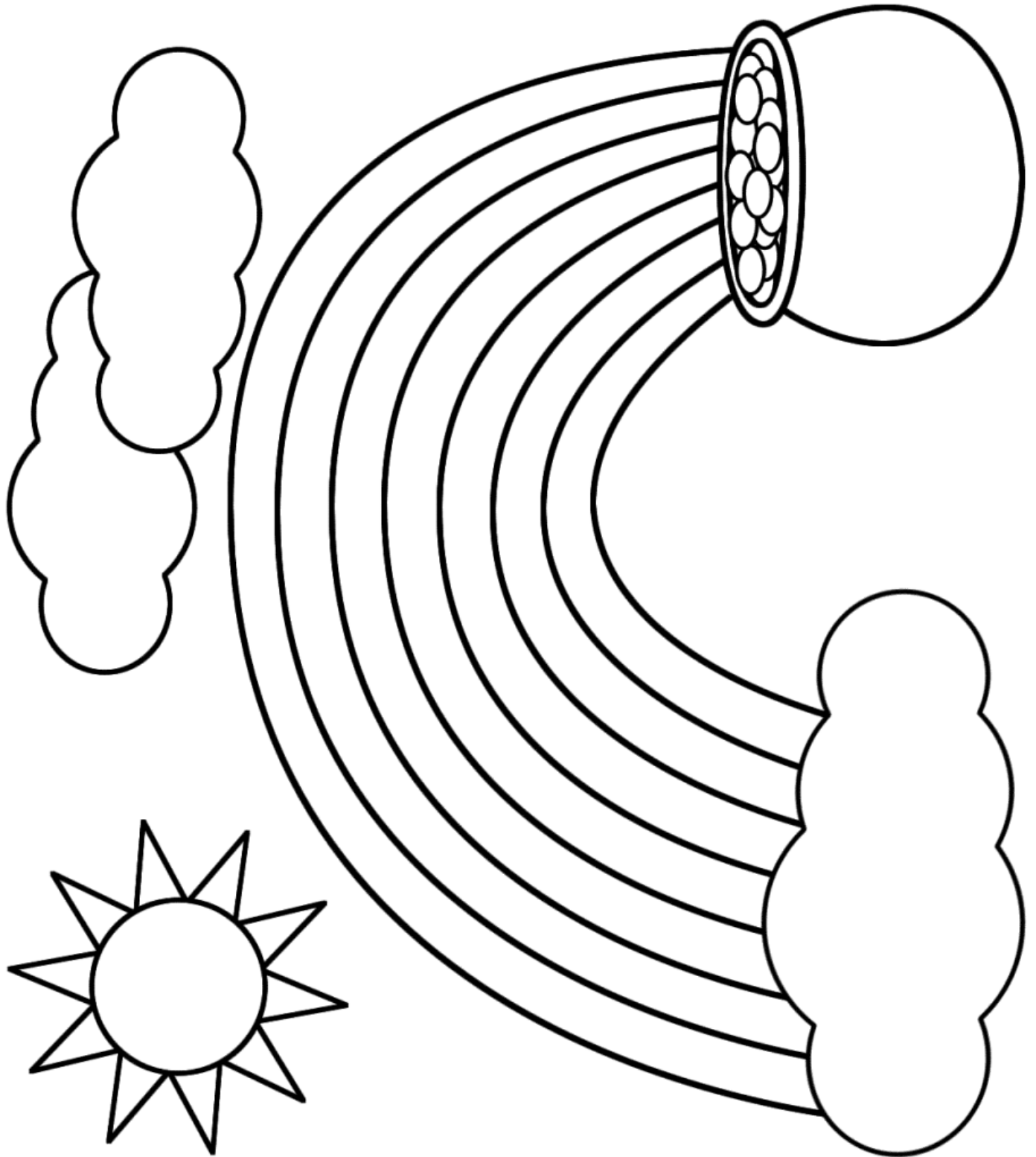
n° 129512 - Level Easy



Animals

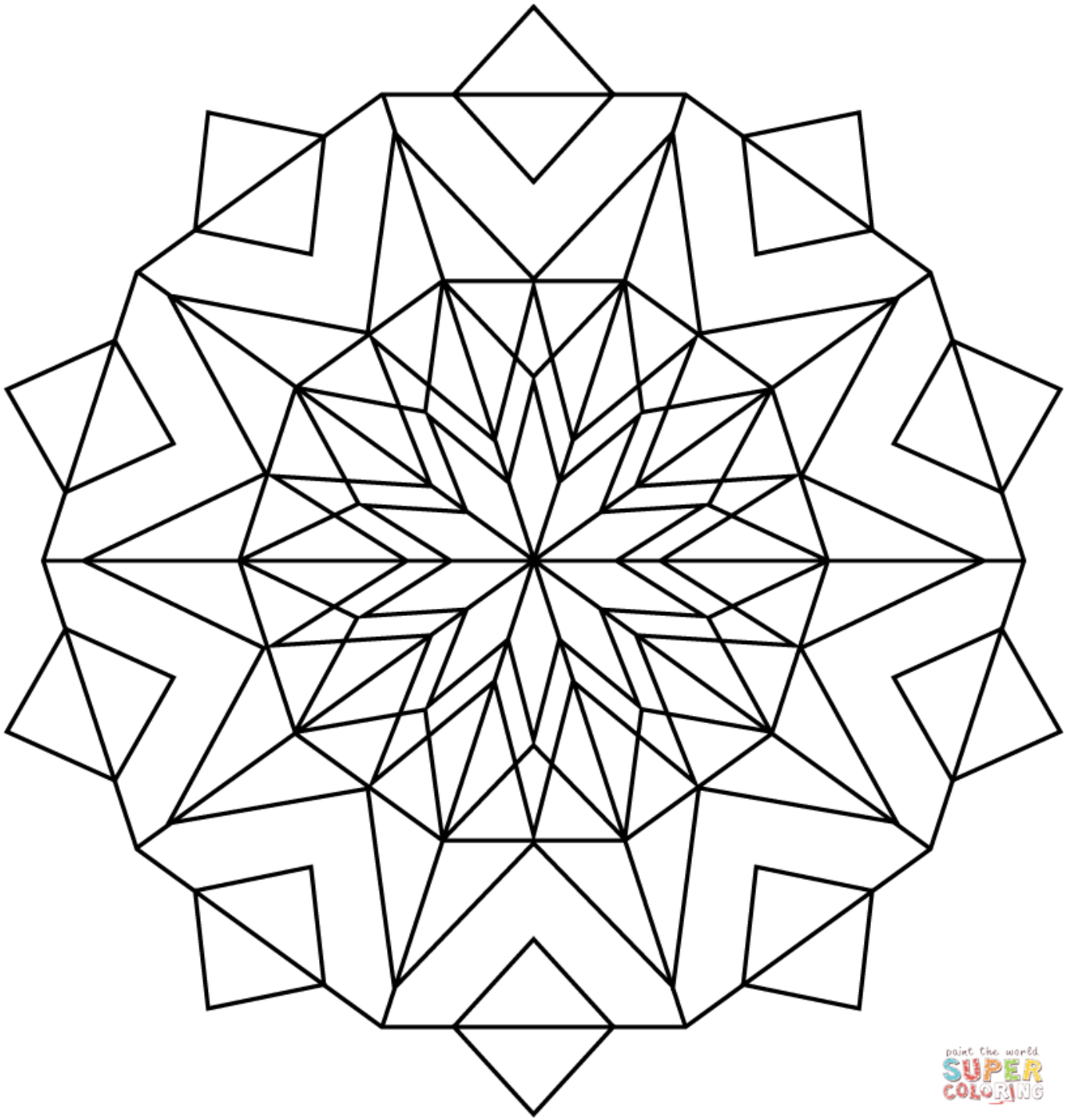


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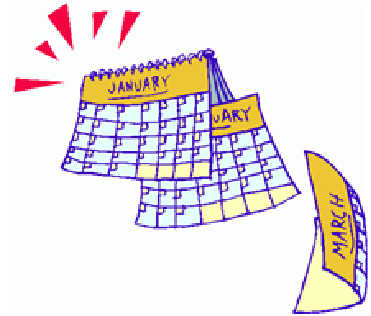


SOLUTIONS AND ANSWERS

Name: _____

Date: _____

MONTHS WORD SEARCH



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

JANUARY
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WINTER OLYMPIC SPORTS

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

- BIATHLON
- SKELETON
- LUGE
- SKI JUMPING
- SNOWBOARD
- CURLING
- SKIING
- SPEEDSKATING
- BOBSLED
- ICE HOCKEY

Play this puzzle online at : <https://thewordsearch.com/puzzle/273715/>

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

Unscramble the letters to find the words in our

Winter Sports Anagram



Hidden word (circled letters)

O L Y M P I C S

snowboard

luge

skating

biathlon

hockey

skiing

curling

skeleton

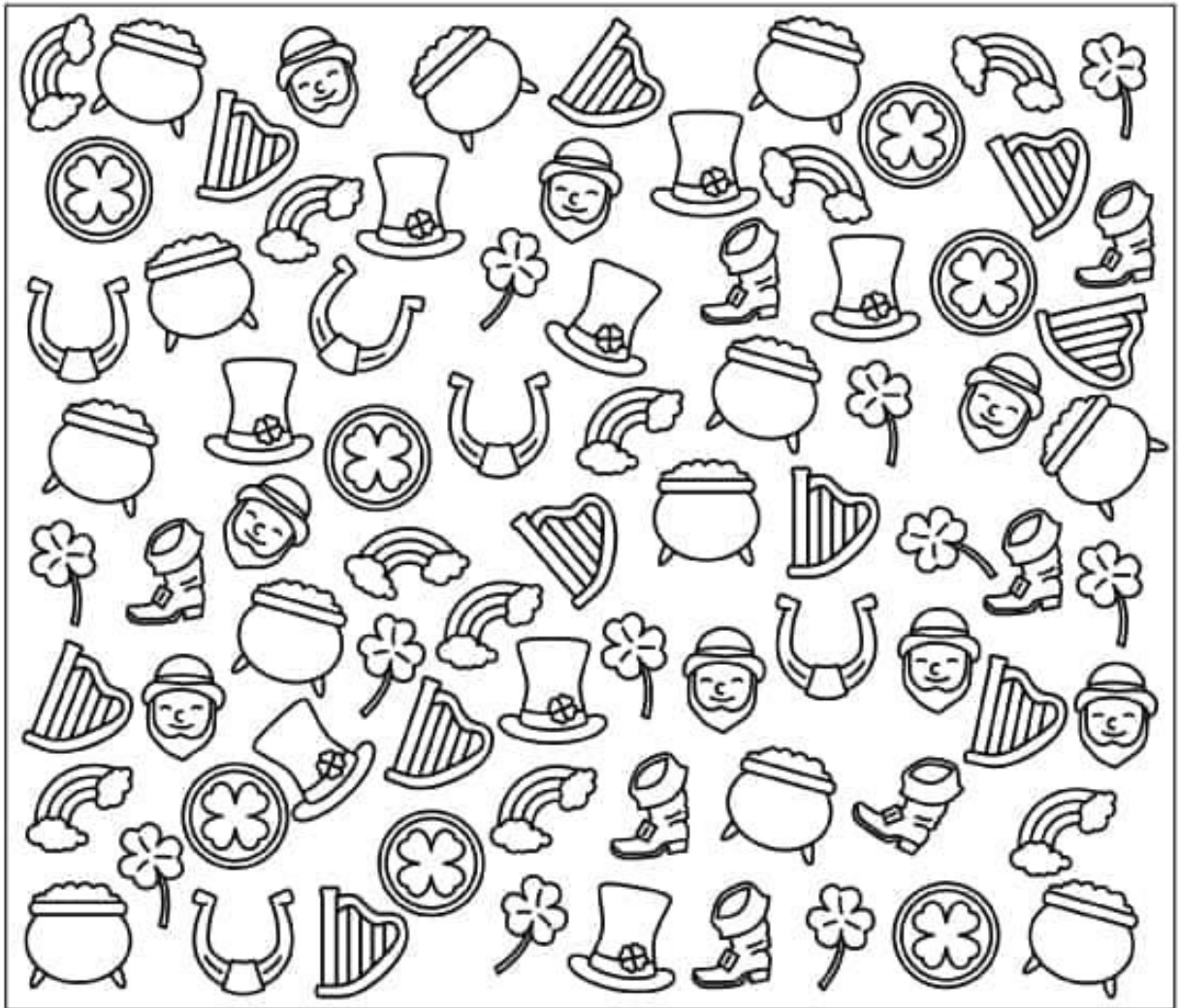
bobsled


snow

Rainbow Maze!



ST. PATRICK'S DAY I SPY





 11

 8

 8

 12

 5

 7

 10

 7

Solutions :

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

1sudoku.com

n° 128673 - Level Easy

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

1sudoku.com

n° 128941 - Level Easy

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

1sudoku.com

n° 123150 - Level Easy

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

1sudoku.com

n° 16722 - Level Easy

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

1sudoku.com

n° 129218 - Level Easy

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

1sudoku.com

n° 129512 - Level Easy