

# June/July Activity Kit

Version 1



Hibiscus flowers - Photo taken by Kelly Turner

# 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

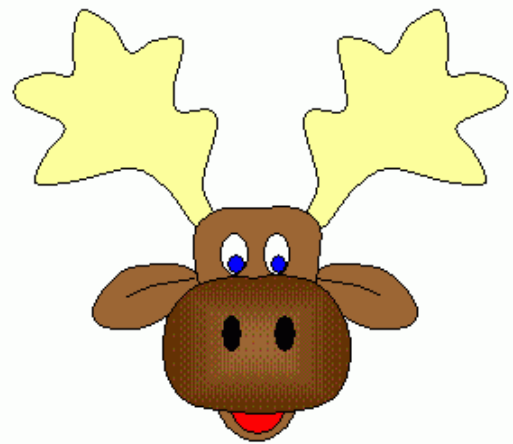


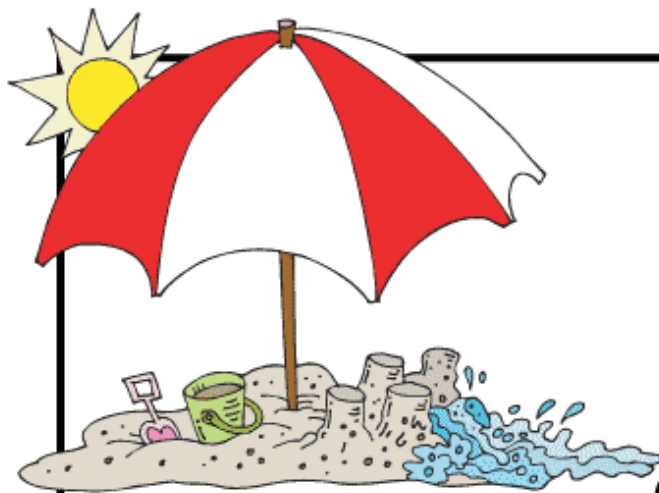
REGIONAL GERIATRIC PROGRAM OF TORONTO

# Canada Word Search

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

deer  
elk  
goose  
grizzly  
ice  
lacrosse  
moose  
mountains  
Ottawa  
RCMP  
skates  
skiing  
sled  
snowboard  
snowman  
syrup  
Wild rose





# BEACH WORD SEARCH

DRNEAMESMLSBTBE  
RRTAHBAELSUIIUN  
SSACCIUERERKUEE  
NEXULIHCLZFI SBG  
LBSBGS LTSSBN GSH  
BAOSA ESEA IOINCI  
MACEAAFNPJAZIKY  
TJSICLDIWGRCHLG  
LNWDPAGVLQDZTAV  
XLNTLOWNPVPRAWN  
GAUSXIRWUHVXBDT  
SKLGFMLTXSHEVRM  
NOITACAVWAVESAN  
PCDNSEBTPYXWSOJ  
QBD CGRSZWL BDRBL

Bathing Suit  
Bikini  
Boardwalk  
Lifeguard

Pelican  
Sailboat  
Sandals  
Sand Castle

Scuba  
Seagull  
Seashell  
Sunglasses

Surfboard  
Tropical  
Vacation  
Waves



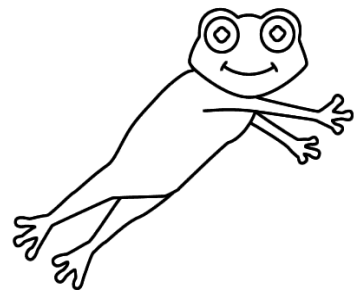
# Summer Word Scramble

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

a t h	—	—	—		
t e s m	—	—	—	—	
m w r a	—	—	—	—	
h t o	—	—	—		
e a b h c	—	—	—	—	—
s r a g s	—	—	—	—	—
s d e s e	—	—	—	—	—

## Word List

beach	seeds
grass	stem
hat	warm
hot	



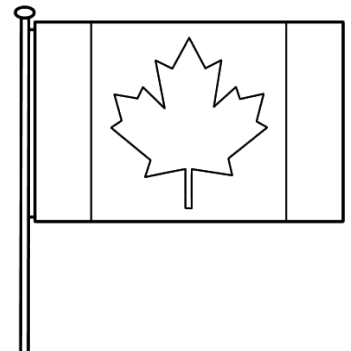
# Canada Day Word Scramble

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

e w i t h	—	—	—	—	—
e d r	—	—	—		
y d a	—	—	—		
g l a f	—	—	—	—	
t i s f r	—	—	—	—	—
y u j l	—	—	—	—	
o h t	—	—	—		

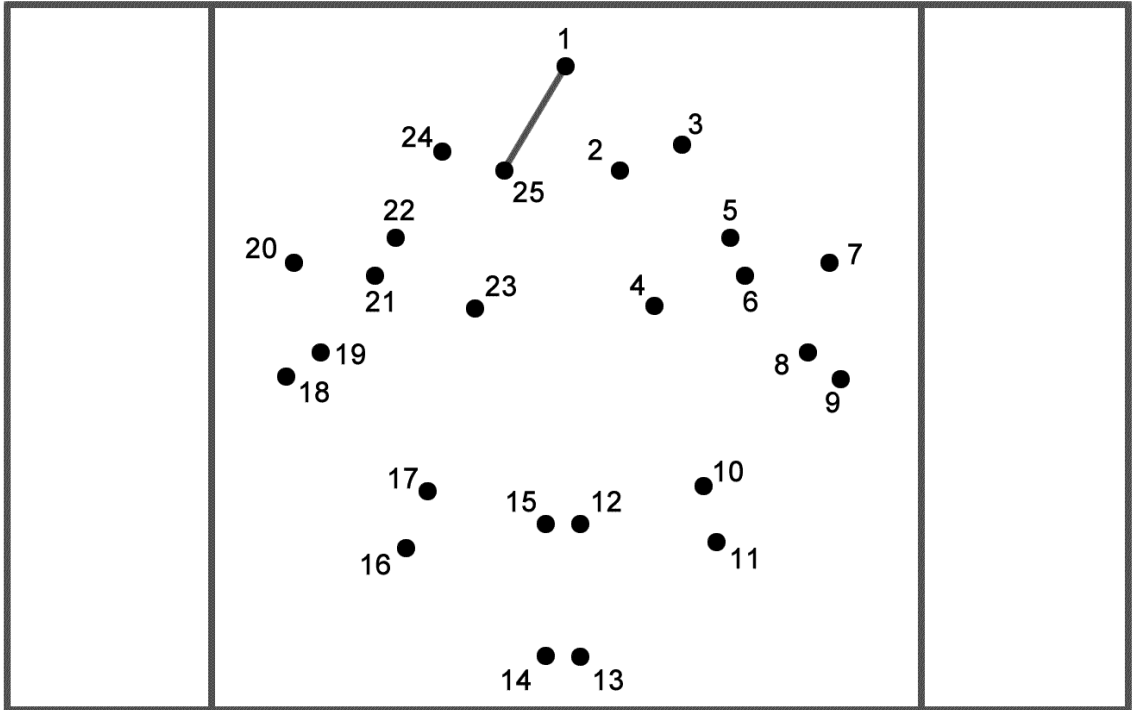
## Word List

day	july
first	red
flag	white
hot	



**Instructions:** Connect the dots to make this Canada Day (July 1) picture.

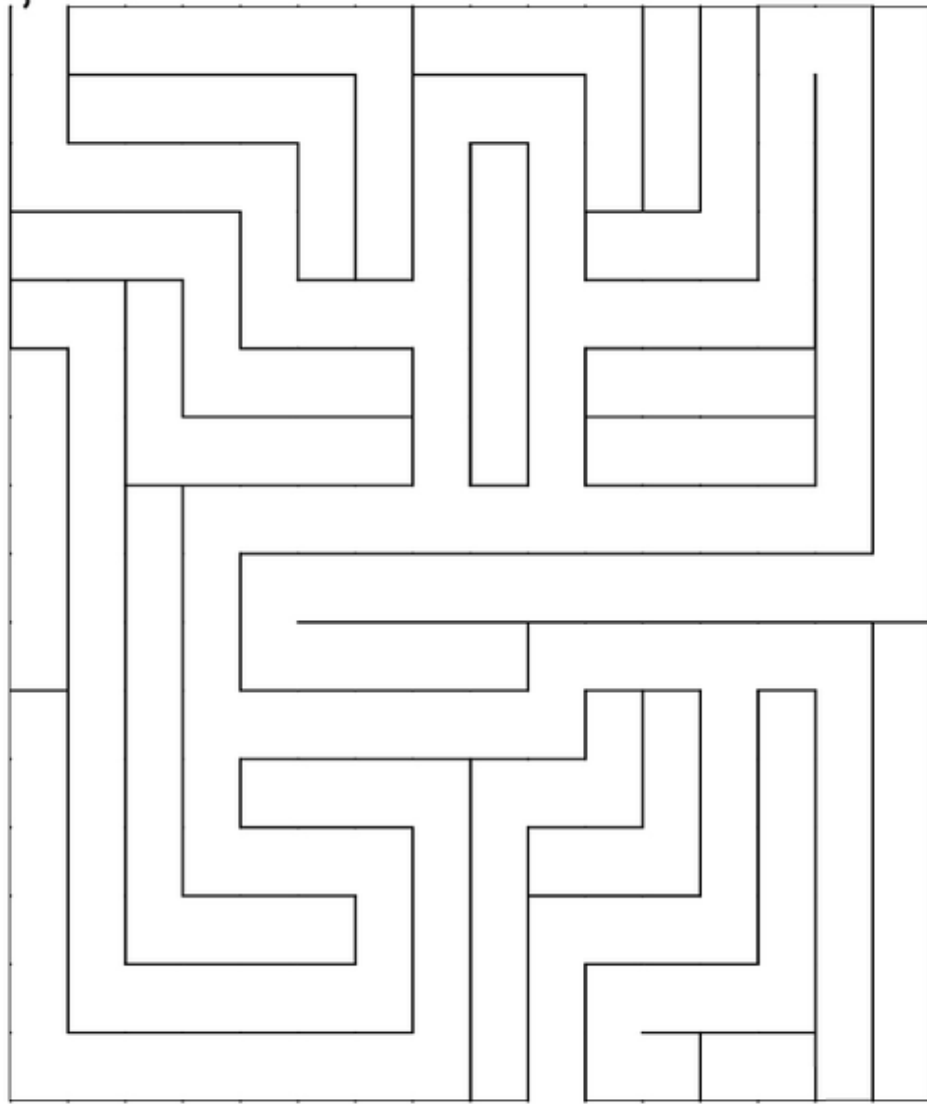
# Canada Day



# Summer Maze



Happy Summer!





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

## Summer Word Scramble

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

i l a y f m

— — — — —

e m u m r s

— — — — —

t h o

— — —

n u n y s

— — — — —

m i s w

— — — —

o p l p

— — — —

c e r c a e m i

— — — — — — — —

o t h s s r

— — — — —

n f u

— — —

e c a b h

— — — — —

### Word List

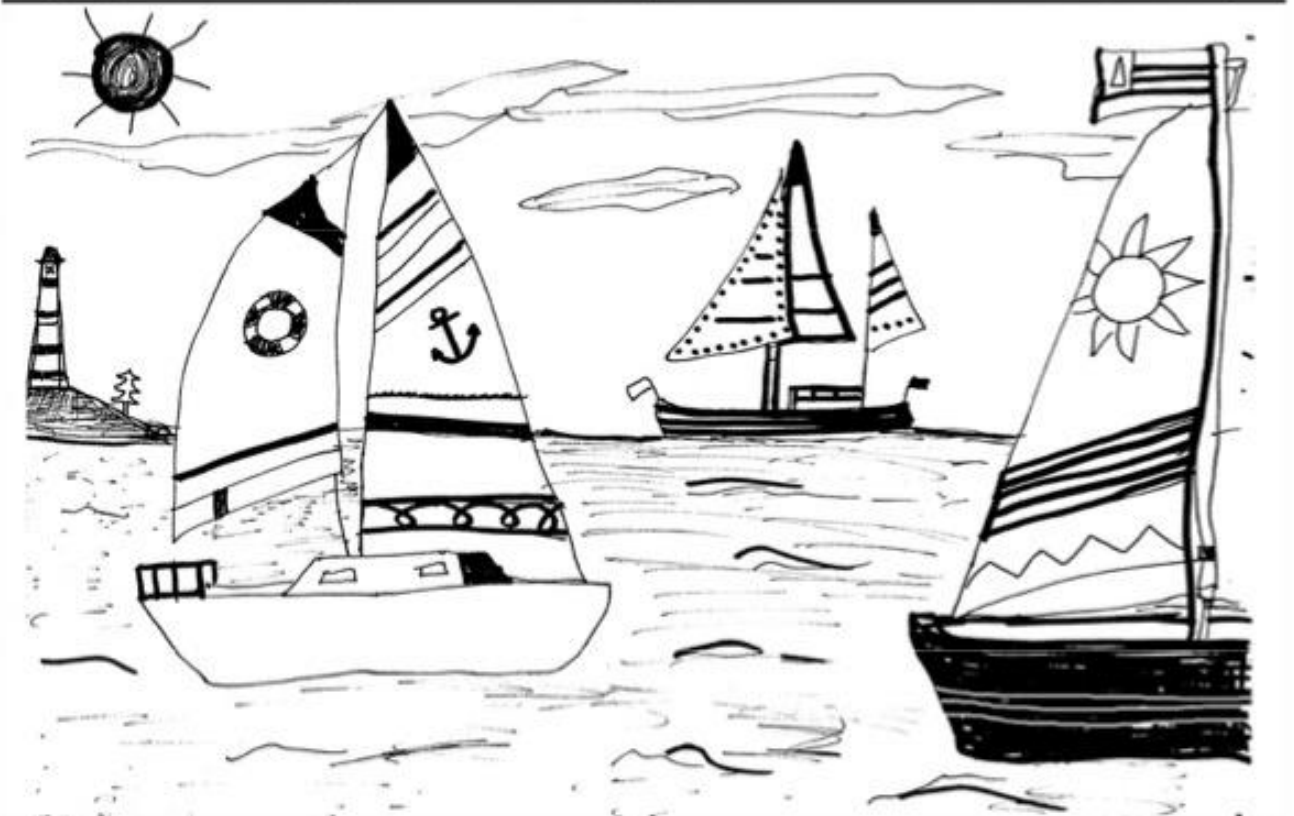
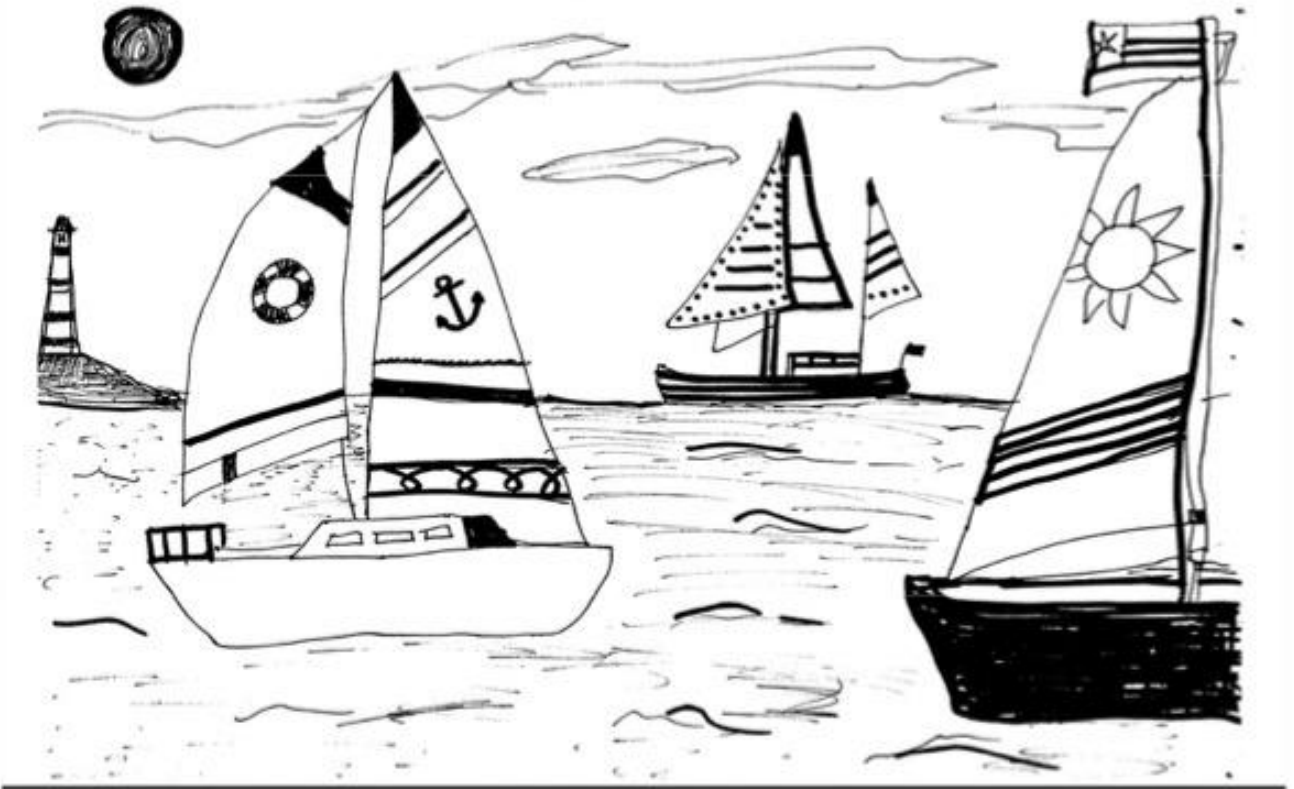


beach	pool
family	shorts
fun	summer
hot	sunny
ice cream	swim



# Spot the Difference - Sailing boats

Find ten differences between the two pictures



## Activities to Share - free downloads

### Gardening Spot The Difference

There are 6 differences between these two happy gardeners—can you find them (answers at the foot of the page). Then why not add some colour to decorate them.



Answers : 1. Flower on hat 2. Pocket 3. Fringe 4. Wheel 5. Ear 6. Tray of plants

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	2			6	
	4		5		3
			1	3	
				5	4
2	3		6	1	
6		5			2

1sudoku.com n° B173 - Level Easy

4		6	1		2
	1				6
	4		5	6	1
	6				4
1	5				3
6				1	

1sudoku.com n° B168 - Level Easy

3	6		1		5
1		5	2		
	5		6		2
	3		5		
		4	3		1
	1		4		

1sudoku.com n° B120 - Level Easy

3		2		6	
6	4		3		1
2				4	
	5		6		2
	2				6
4	6			5	

1sudoku.com n° B170 - Level Easy

	6	2			
4	3	1	2		
		6	3	1	
1		3		2	4
		4			
3	2				

1sudoku.com n° B148 - Level Easy

1	2				
3	5		2	4	
4	1		5		3
		5		1	2
			1		
5		1	3		4

1sudoku.com n° B193 - Level Easy

		3	2		6
	2		4	3	1
				6	2
				4	
4		2			5
6		5	3		

1sudoku.com n° B171 - Level Easy

	2			6	
	4		5		3
			1	3	
				5	4
2	3		6	1	
6		5			2

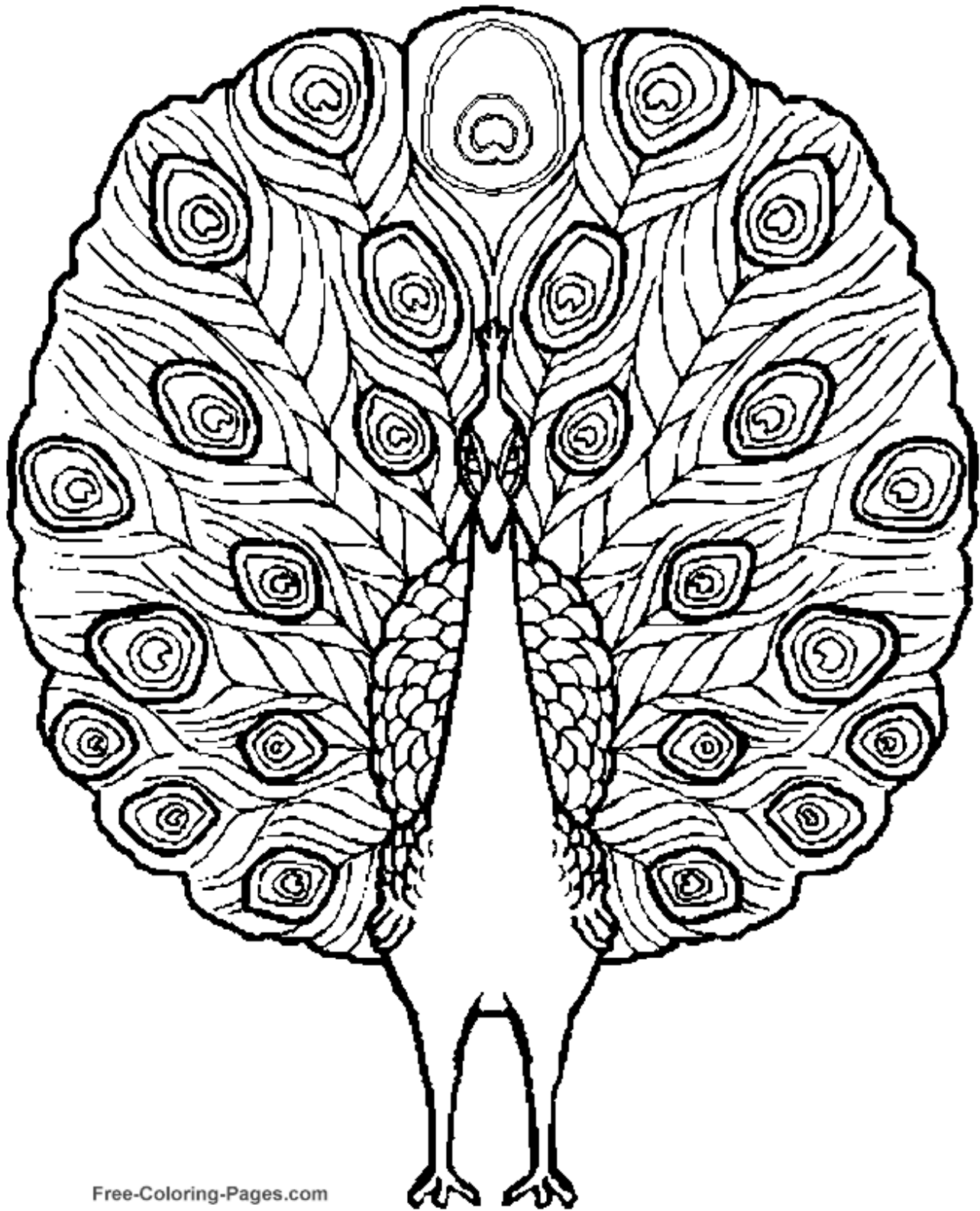
1sudoku.com n° B173 - Level Easy

3					
	4	2	3		
2	6		1	4	
5	1		2		
		6		1	
1	3	5			2

1sudoku.com n° B137 - Level Easy



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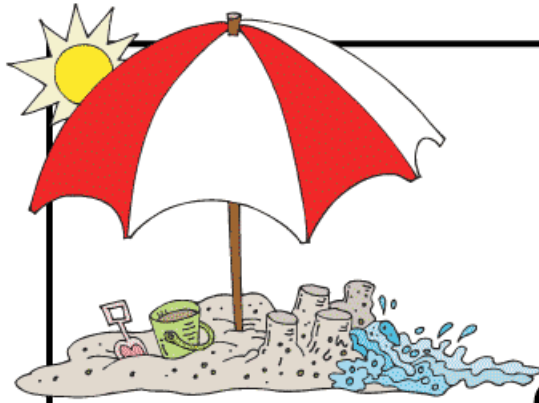








# **SOLUTIONS AND ANSWERS**



# BEACH WORD SEARCH

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

R e m e m b e r t h e S u n s c r e e n

- |              |             |            |           |
|--------------|-------------|------------|-----------|
| Bathing Suit | Pelican     | Scuba      | Surfboard |
| Bikini       | Sailboat    | Seagull    | Tropical  |
| Boardwalk    | Sandals     | Seashell   | Vacation  |
| Lifeguard    | Sand Castle | Sunglasses | Waves     |

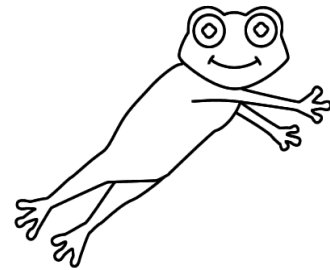


# Summer Word Scramble Key

a t h	<u>h</u> <u>a</u> <u>t</u>
t e s m	<u>s</u> <u>t</u> <u>e</u> <u>m</u>
m w r a	<u>w</u> <u>a</u> <u>r</u> <u>m</u>
h t o	<u>h</u> <u>o</u> <u>t</u>
e a b h c	<u>b</u> <u>e</u> <u>a</u> <u>c</u> <u>h</u>
s r a g s	<u>g</u> <u>r</u> <u>a</u> <u>s</u> <u>s</u>
s d e s e	<u>s</u> <u>e</u> <u>e</u> <u>d</u> <u>s</u>

## Word List

beach	seeds
grass	stem
hat	warm
hot	

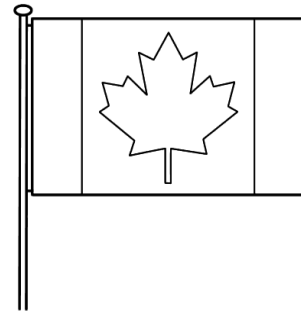


# Canada Day Word Scramble Key

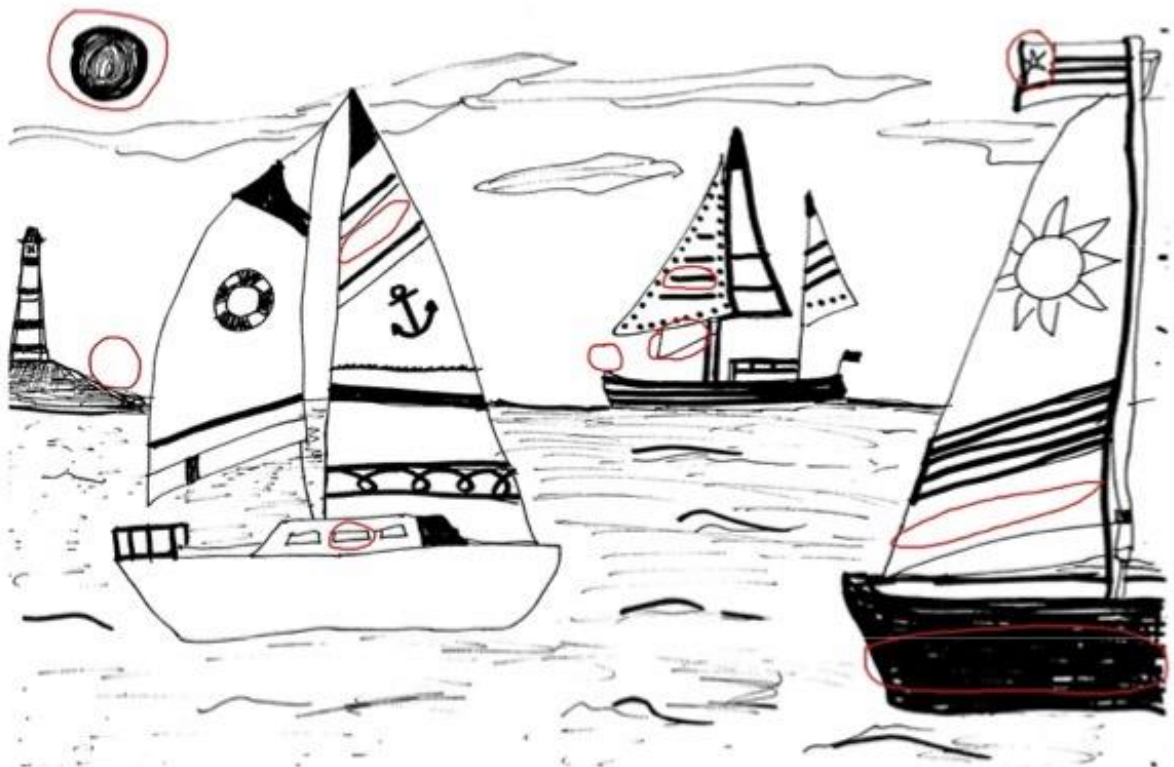
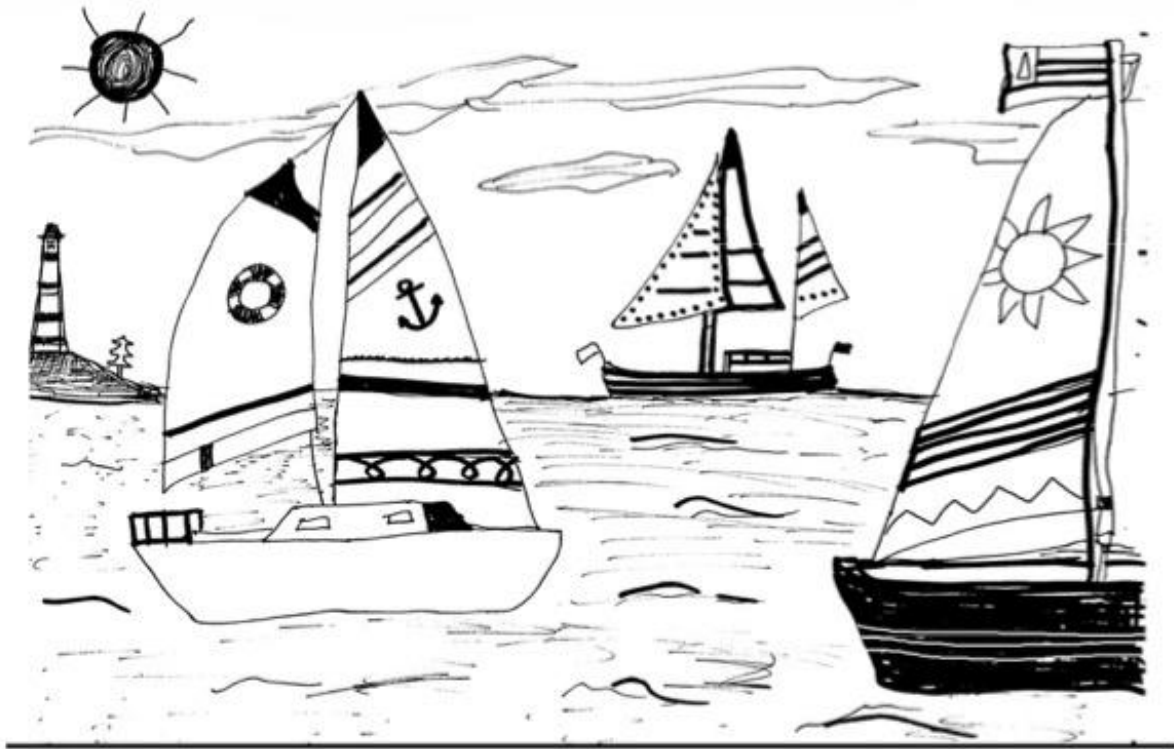
e w i t h	<u>w</u> <u>h</u> <u>i</u> <u>t</u> <u>e</u>
e d r	<u>r</u> <u>e</u> <u>d</u>
y d a	<u>d</u> <u>a</u> <u>y</u>
g l a f	<u>f</u> <u>l</u> <u>a</u> <u>g</u>
t i s f r	<u>f</u> <u>i</u> <u>r</u> <u>s</u> <u>t</u>
y u j l	<u>j</u> <u>u</u> <u>l</u> <u>y</u>
o h t	<u>h</u> <u>o</u> <u>t</u>

## Word List

day	july
first	red
flag	white
hot	



# Solution to page 1 - Sailing boats



Solutions :

5	2	3	4	6	1
1	4	6	5	2	3
4	5	2	1	3	6
3	6	1	2	5	4
2	3	4	6	1	5
6	1	5	3	4	2

1sudoku.com n° B173 - Level Easy

4	3	6	1	5	2
2	1	5	3	4	6
3	4	2	5	6	1
5	6	1	2	3	4
1	5	4	6	2	3
6	2	3	4	1	5

1sudoku.com n° B168 - Level Easy

3	6	2	1	4	5
1	4	5	2	6	3
4	5	1	6	3	2
2	3	6	5	1	4
6	2	4	3	5	1
5	1	3	4	2	6

1sudoku.com n° B120 - Level Easy

3	1	2	5	6	4
6	4	5	3	2	1
2	3	6	1	4	5
1	5	4	6	3	2
5	2	3	4	1	6
4	6	1	2	5	3

1sudoku.com n° B170 - Level Easy

5	6	2	1	4	3
4	3	1	2	5	6
2	4	6	3	1	5
1	5	3	6	2	4
6	1	4	5	3	2
3	2	5	4	6	1

1sudoku.com n° B148 - Level Easy

1	2	4	6	3	5
3	5	6	2	4	1
4	1	2	5	6	3
6	3	5	4	1	2
2	4	3	1	5	6
5	6	1	3	2	4

1sudoku.com n° B193 - Level Easy

1	4	3	2	5	6
5	2	6	4	3	1
3	5	4	1	6	2
2	6	1	5	4	3
4	3	2	6	1	5
6	1	5	3	2	4

1sudoku.com n° B171 - Level Easy

5	2	3	4	6	1
1	4	6	5	2	3
4	5	2	1	3	6
3	6	1	2	5	4
2	3	4	6	1	5
6	1	5	3	4	2

1sudoku.com n° B173 - Level Easy

3	5	1	6	2	4
6	4	2	3	5	1
2	6	3	1	4	5
5	1	4	2	3	6
4	2	6	5	1	3
1	3	5	4	6	2

1sudoku.com n° B137 - Level Easy