

October/November Activity Kit

Version 1

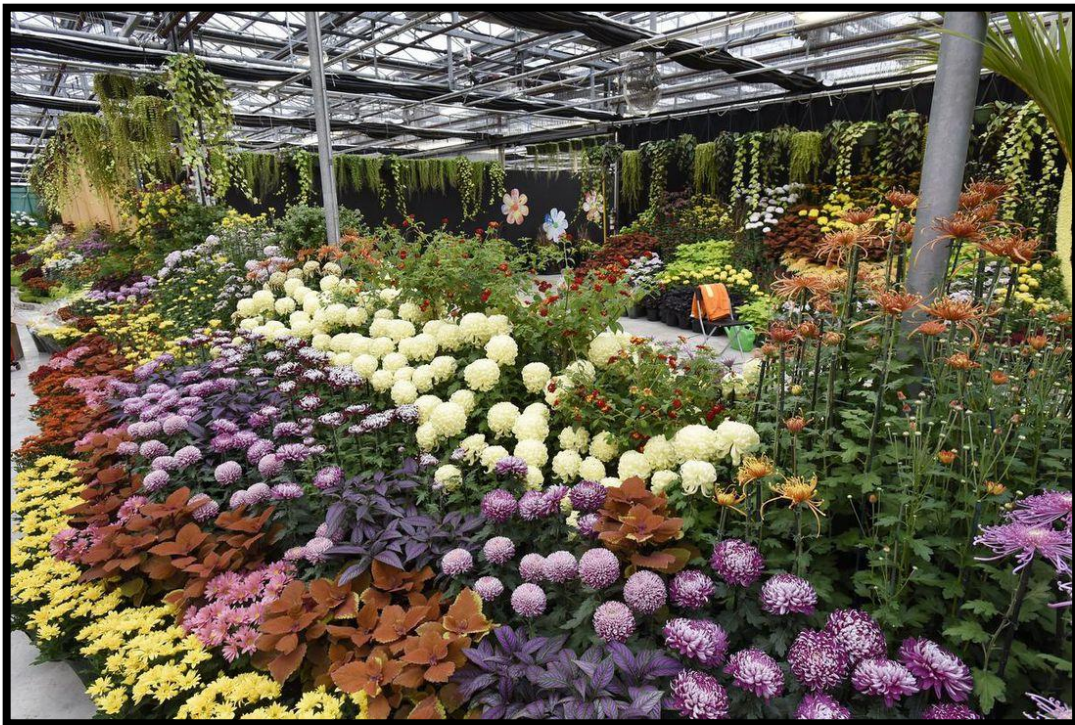


Image: Hamilton Fall Garden & Mum Show
Photo by: John Rennison/The Hamilton Spectator



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

Fall

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

ACORN
APPLES
AUTUMN
BONFIRE
CIDER
CORN
GOURD

HALLOWEEN
HARVEST
HAY RIDE
LEAVES
NOVEMBER
OCTOBER
PIE

PUMPKIN
RAKE
SCARECROW
SEPTEMBER
TURKEY

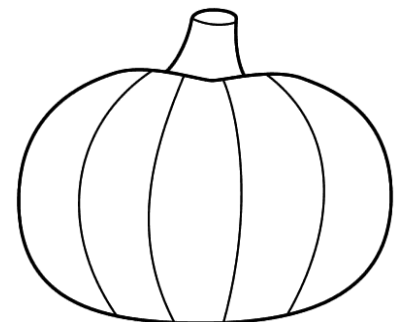
Autumn Word Search

Instructions: Try to find all of the hidden Autumn/Fall words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

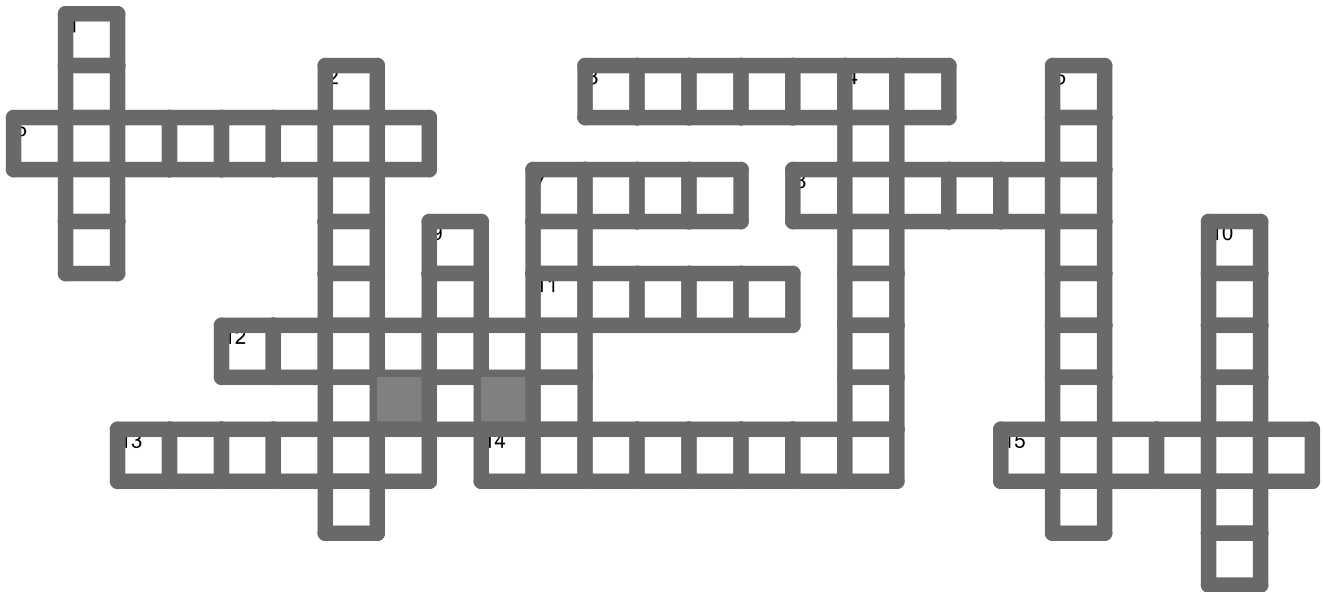
AMBER	GOLDENROD	PEARS
DECIDUOUS	LEAF	RAKE
FOLIAGE	NUT	SCHOOL
FROST	OCTOBER	WHEAT



Name: _____

Date: _____

Fall Crossword



ACROSS

- 3. The process or period of gathering in crops
- 6. Last month of Fall
- 7. Vegetable that grows in stalks
- 8. Another name for Fall
- 11. A variety of this fruit is marketed as "Autumn Glory"
- 12. You can use it to make a pie or for carving
- 13. What falls from a tree in Fall
- 14. An organized day or period of celebration.
- 15. Fall leaves color

DOWN

- 1. Fruit of the oak tree
- 2. First month of Fall
- 4. Likes to store and eat nuts
- 5. They fall to the ground in this season
- 7. Make or become different
- 9. You can gather fallen leaves with this
- 10. Spring, Summer, Fall, Winter are the four

PUMPKIN
CORN
FESTIVAL
ACORN

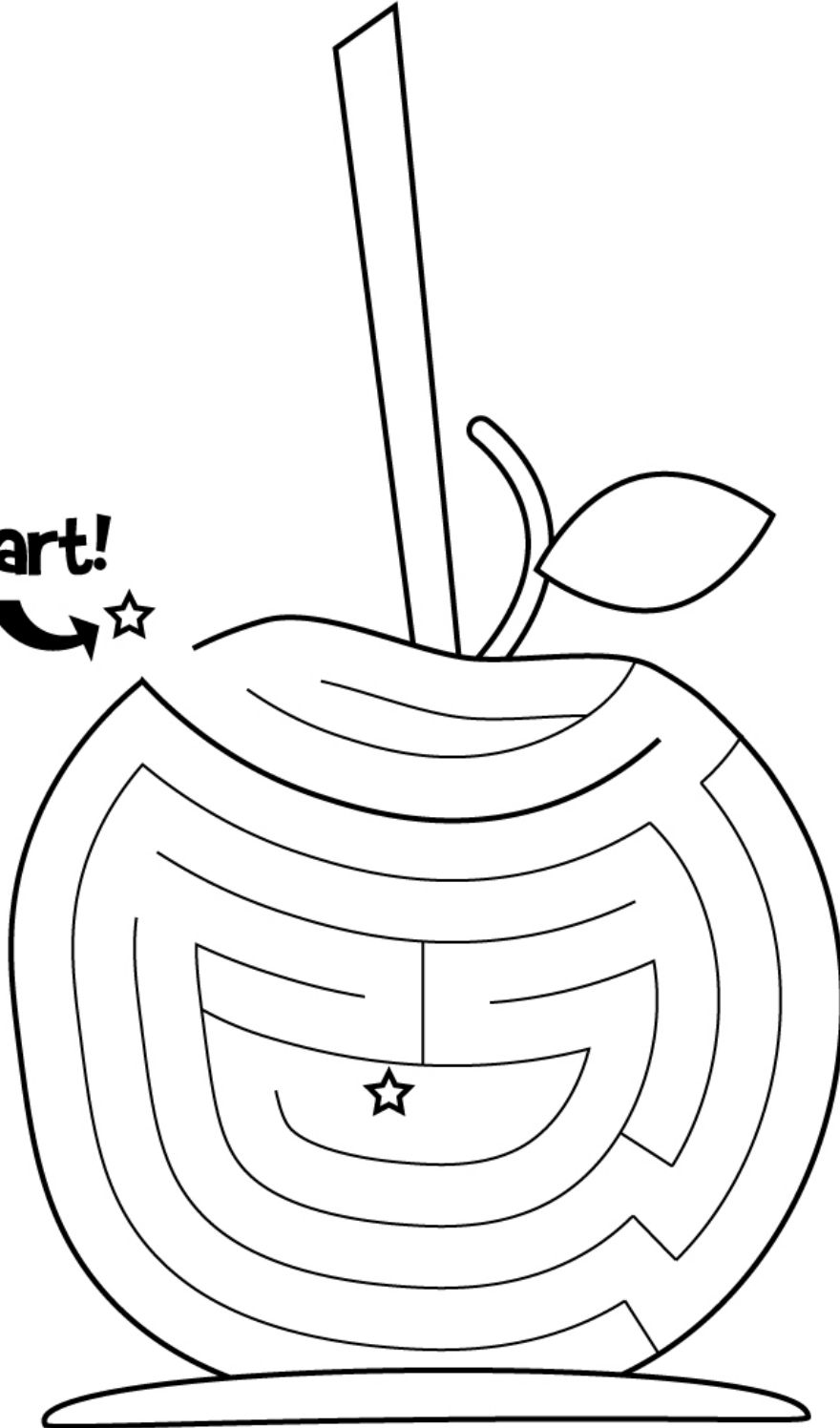
NOVEMBER
LEAVES
RAKE
AUTUMN

APPLE
SEPTEMBER
CHANGE
HARVEST

SQUIRREL
SEASONS
PINE CONES
YELLOW

Fall Mazes!

Start!



Fall Mazes!



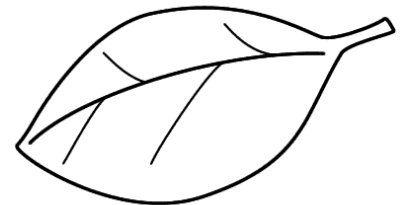
Autumn Word Scramble

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

l i h l y c	— — — — —
s c d u k	— — — — —
k i b r s	— — — — —
e r b m a	— — — — —
w a h t e	— — — — —
i g o e f a l	— — — — —
s v e a e l	— — — — —
e n i b o f r	— — — — —
r a e o g n	— — — — —
d d g r o l e n o	— — — — —

Word List

amber	foliage
bonfire	goldenrod
brisk	leaves
chilly	orange
ducks	wheat





Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

--	--	--	--	--

LAVEES

--	--	--	--	--	--	--

BEEESTRMP

--	--	--	--	--	--	--	--	--	--

SVRTAEH

--	--	--	--	--	--	--	--

TECTHUNS

--	--	--	--	--	--	--	--	--	--

AUMUTN

--	--	--	--	--	--	--

ATOLFLOB

--	--	--	--	--	--	--	--	--	--

Q. What do you get when you drop a pumpkin?

--	--	--	--	--	--

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

1sudoku.com

n° 126129 - Level Easy

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

1sudoku.com

n° 114707 - Level Easy

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

1sudoku.com

n° 120887 - Level Easy

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

1sudoku.com

n° 15930 - Level Easy

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

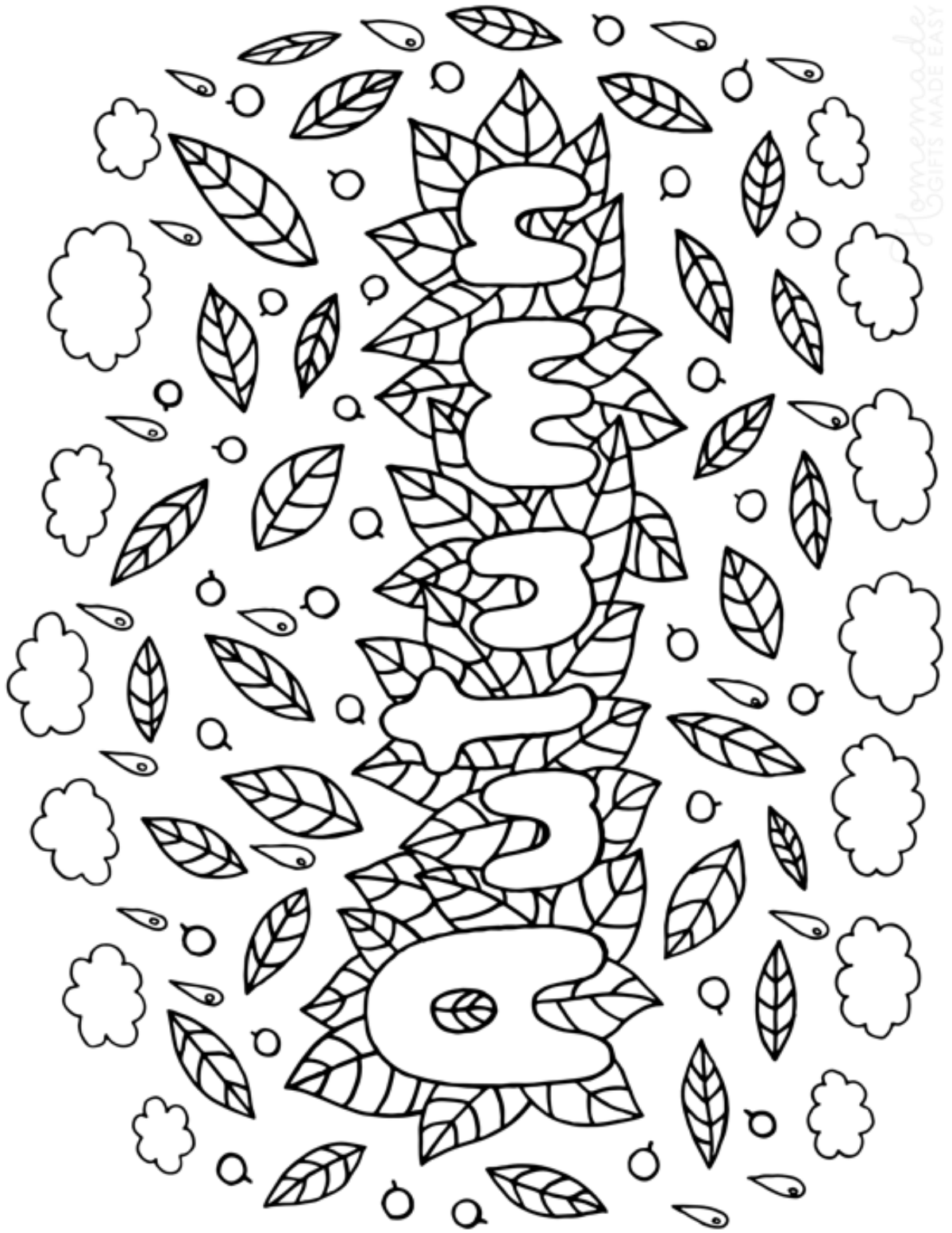
1sudoku.com

n° 1477 - Level Easy

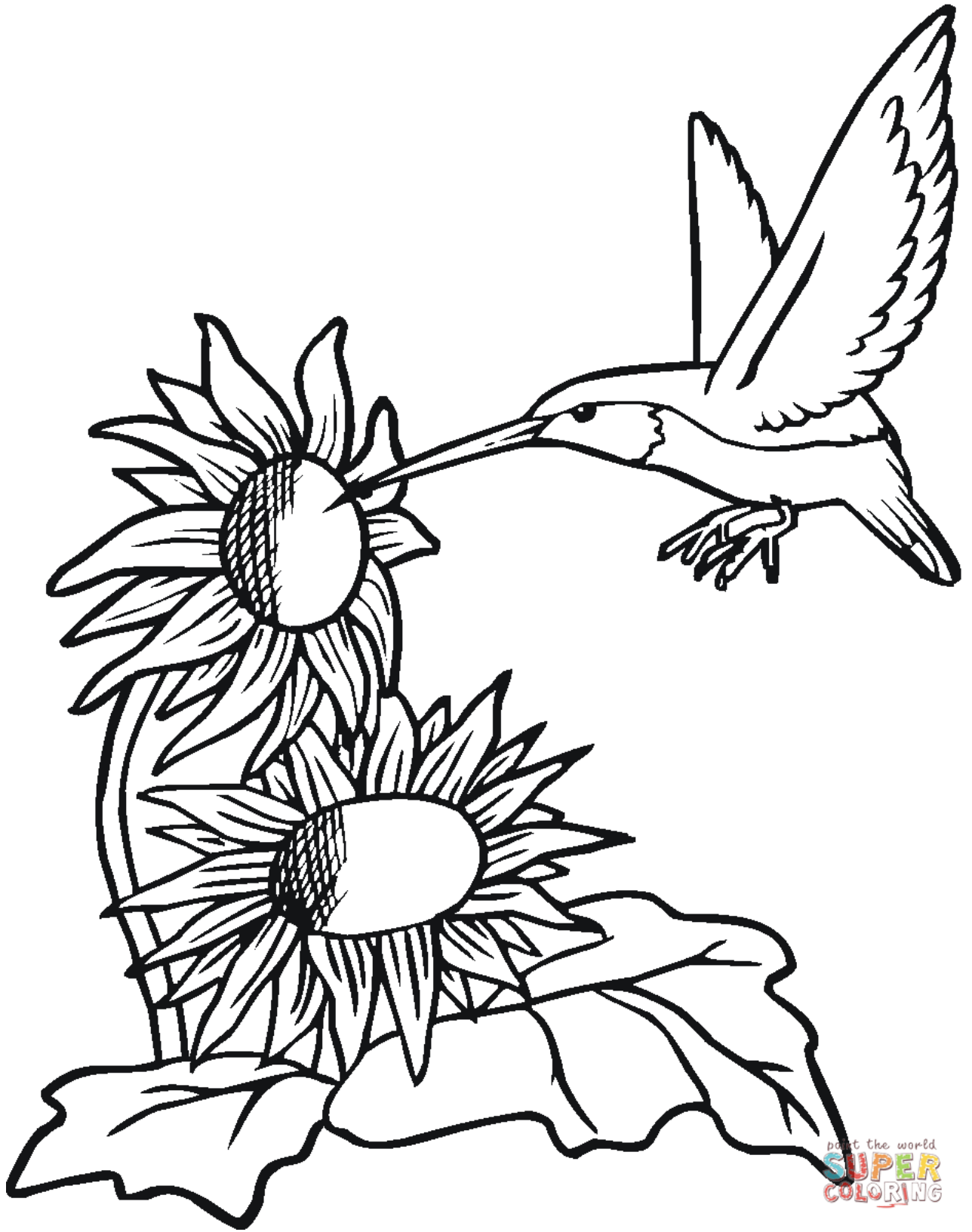
			9		3			
9			1	7	4	5	6	
		3				8		9
	7	1	8	4		9	5	
	9						8	
	2	8		6	9	3	4	
1		6				7		
	3	9	4	5	7			8
			3		6			

1sudoku.com

n° 114754 - Level Easy

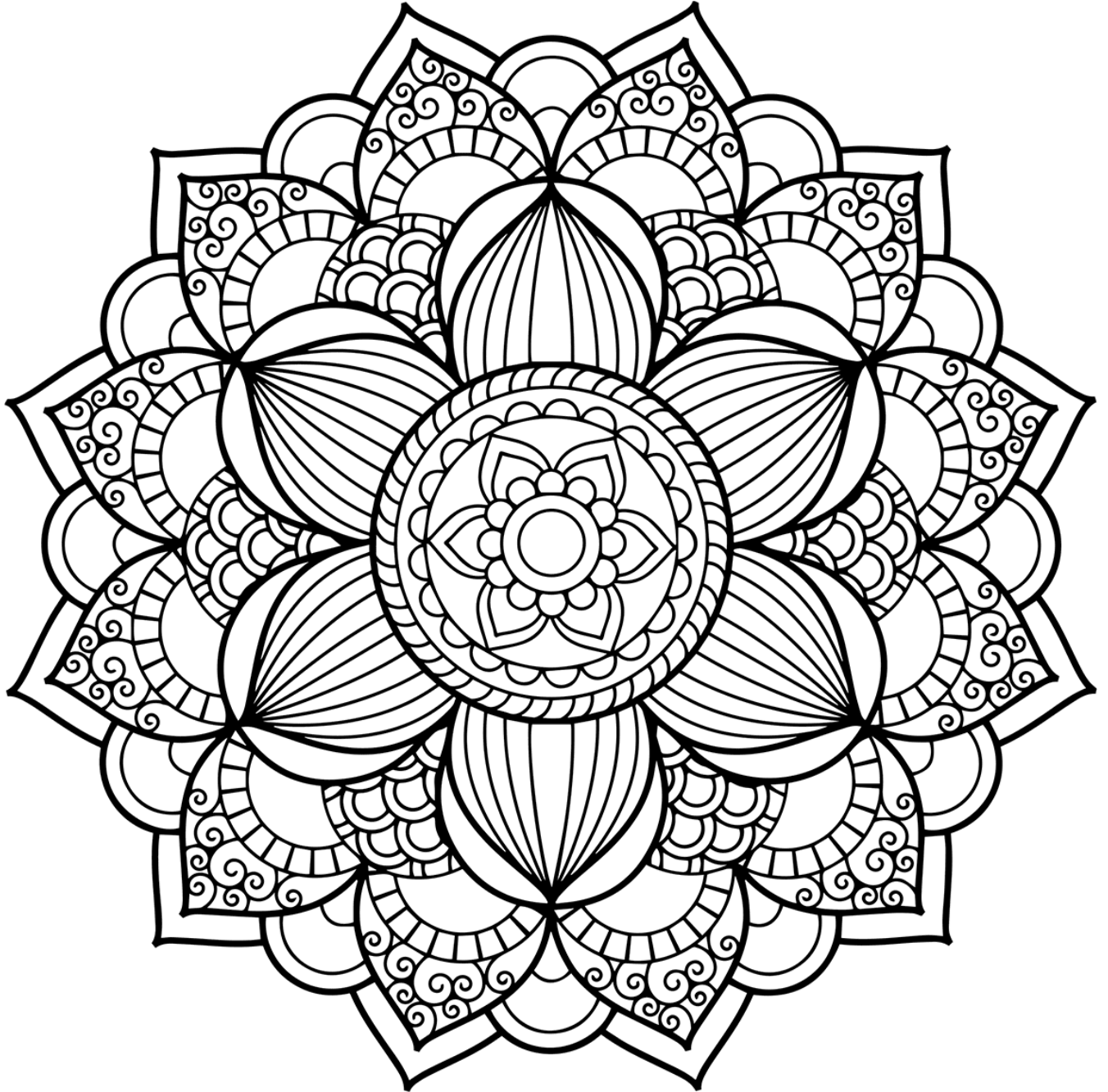


Homemade
GIFTS MADE EASY







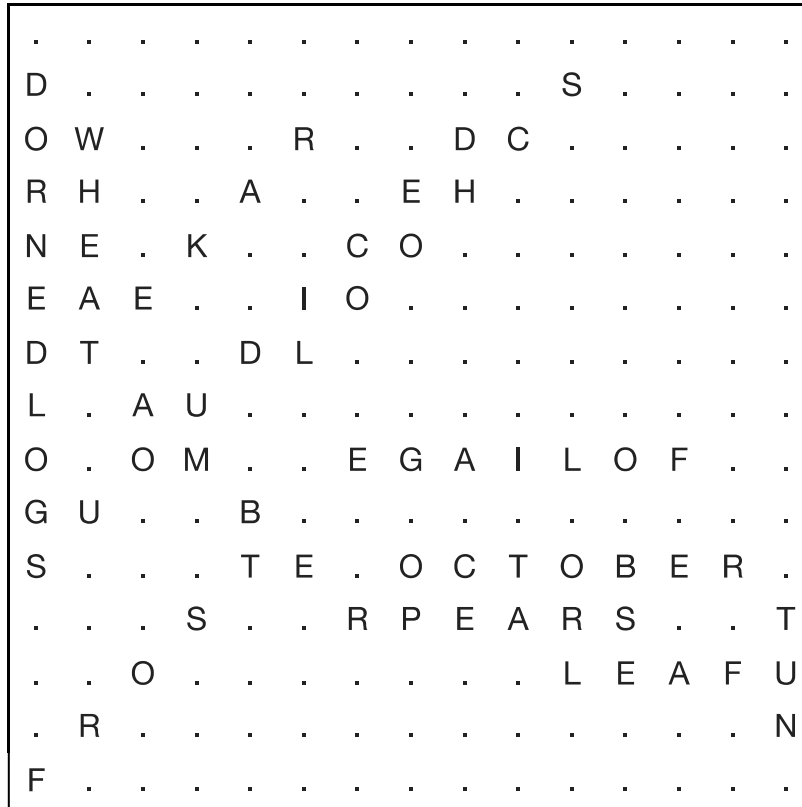


SOLUTIONS AND ANSWERS

Fall Word Search Solutions

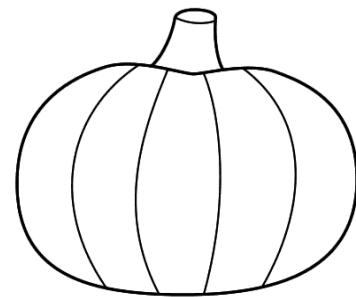
			H	Y			D							
S	S	E	V	A	E	L			R	A				
E			I		L	K				U				
P				P	N	L	R			T	O			
T			C			I	O	U		U		G		
E				I			K	W	T	M	C			
M			S		D		H	P	E	N	O			
B				C		E	A		M	E	R	A	K	E
E	D	I	R	Y	A	H	R			U	N	O	O	
R					P	R	V	I			P		C	
					P		E		F				T	A
					L		S	C		N			O	
					E		T		R		O		B	
					S					O		B	E	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

Autumn Word Search Key



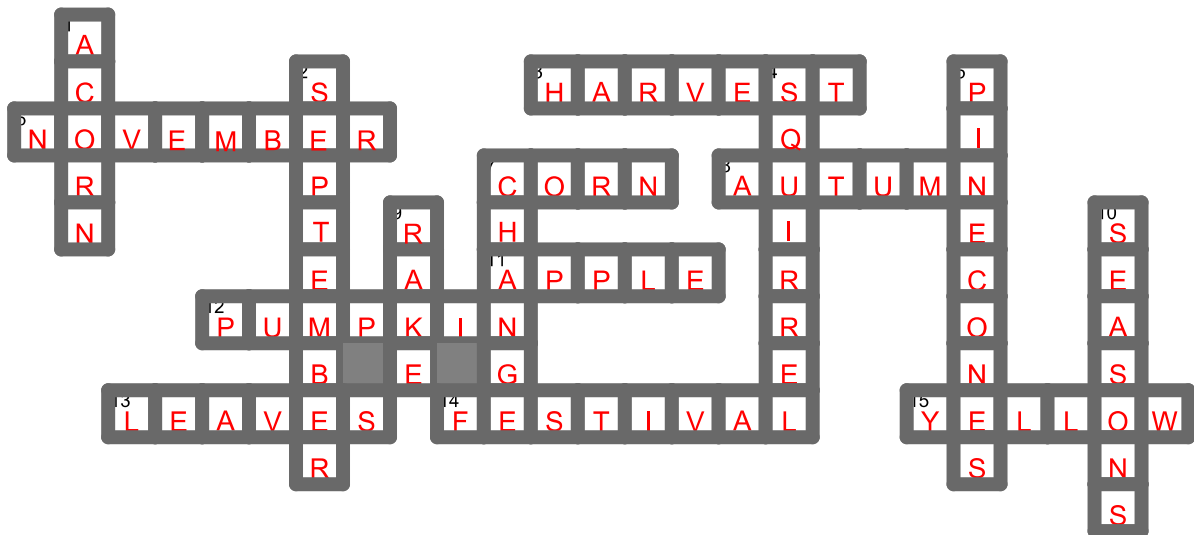
Word List

AMBER	GOLDENROD	PEARS
DECIDUOUS	LEAF	RAKE
FOLIAGE	NUT	SCHOOL
FROST	OCTOBER	WHEAT



Name: _____ Date: _____

Fall Crossword



ACROSS

- The process or period of gathering in crops
- Last month of Fall
- Vegetable that grows in stalks
- Another name for Fall
- A variety of this fruit is marketed as "Autumn Glory"
- You can use it to make a pie or for carving
- What falls from a tree in Fall
- An organized day or period of celebration.
- Fall leaves color

DOWN

- Fruit of the oak tree
- First month of Fall
- Likes to store and eat nuts
- They fall to the ground in this season
- Make or become different
- You can gather fallen leaves with this
- Spring, Summer, Fall, Winter are the four

PUMPKIN
CORN
FESTIVAL
ACORN

NOVEMBER
LEAVES
RAKE
AUTUMN

APPLE
SEPTEMBER
CHANGE
HARVEST

SQUIRREL
SEASONS
PINE CONES
YELLOW

Fall Mazes!

Start!



Fall Mazes!



Fall Word Scramble

SOLUTION

ULQIT

Q U I L T

LAVEES

L E A V E S

BEEESTRMP

S E P T E M B E R

SVRTAEH

H A R V E S T

TECTHUNS

C H E S T N U T

AUMUTN

A U T U M N

ATOLFLOB

F O O T B A L L

Q. What do you get when you drop a pumpkin?

S Q U A S H

At puzzles-to-print.com, find more fun [word scrambles](#).

Solutions :

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

1sudoku.com

n° 126129 - Level Easy

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

1sudoku.com

n° 114707 - Level Easy

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

1sudoku.com

n° 120887 - Level Easy

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

1sudoku.com

n° 15930 - Level Easy

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

1sudoku.com

n° 1477 - Level Easy

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

1sudoku.com

n° 114754 - Level Easy