

JUNE SOCIAL ACTIVITY BOOKLET

FOR THOSE LIVING WITH
ALZHEIMER'S & DEMENTIA



WHAT'S INSIDE?



We have gathered a number of activities suitable for seniors of any age, those living with Alzheimer's & Dementia, or anyone who may be struggling with memory loss.

This booklet contains activities ranging from matching tasks, colouring, crosswords, word searches, and more!

Perfect for seniors living in retirement homes, private care, or other home care residences. Join with others to complete the activities, or on their own – there's something for everyone!



HELLO JUNE!

Many of us here in Canada look forward to the warmer weather with the passing of each day. June promises us sunnier days, flowers in bloom, and the start of the Summer season!

4th Cheer on the Ottawa Redblacks!
Ottawa's Canadian Football League (CFL) team as they start their season!

20th Father's Day!

21st National Indigenous Peoples Day
Summer Solstice - First Day of Summer!

24th St. Jean Baptiste Day

*“Summer Solstice - the longest day of the year!
May it bring sunshine, joy, and happiness throughout!”*

SUMMER DAYS!



Beach
Fathers Day
Flowers

June
Sand
Strawberry

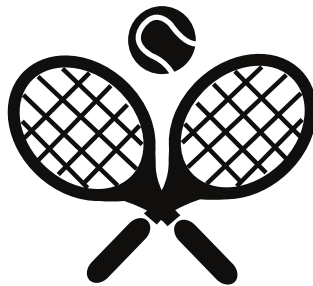
Summer
Sunshine
Warm

SPORTS MATCH-UP!

Draw a line to match the sports equipment with the type of sport.



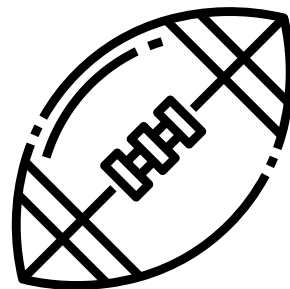
Football



Soccer



Tennis

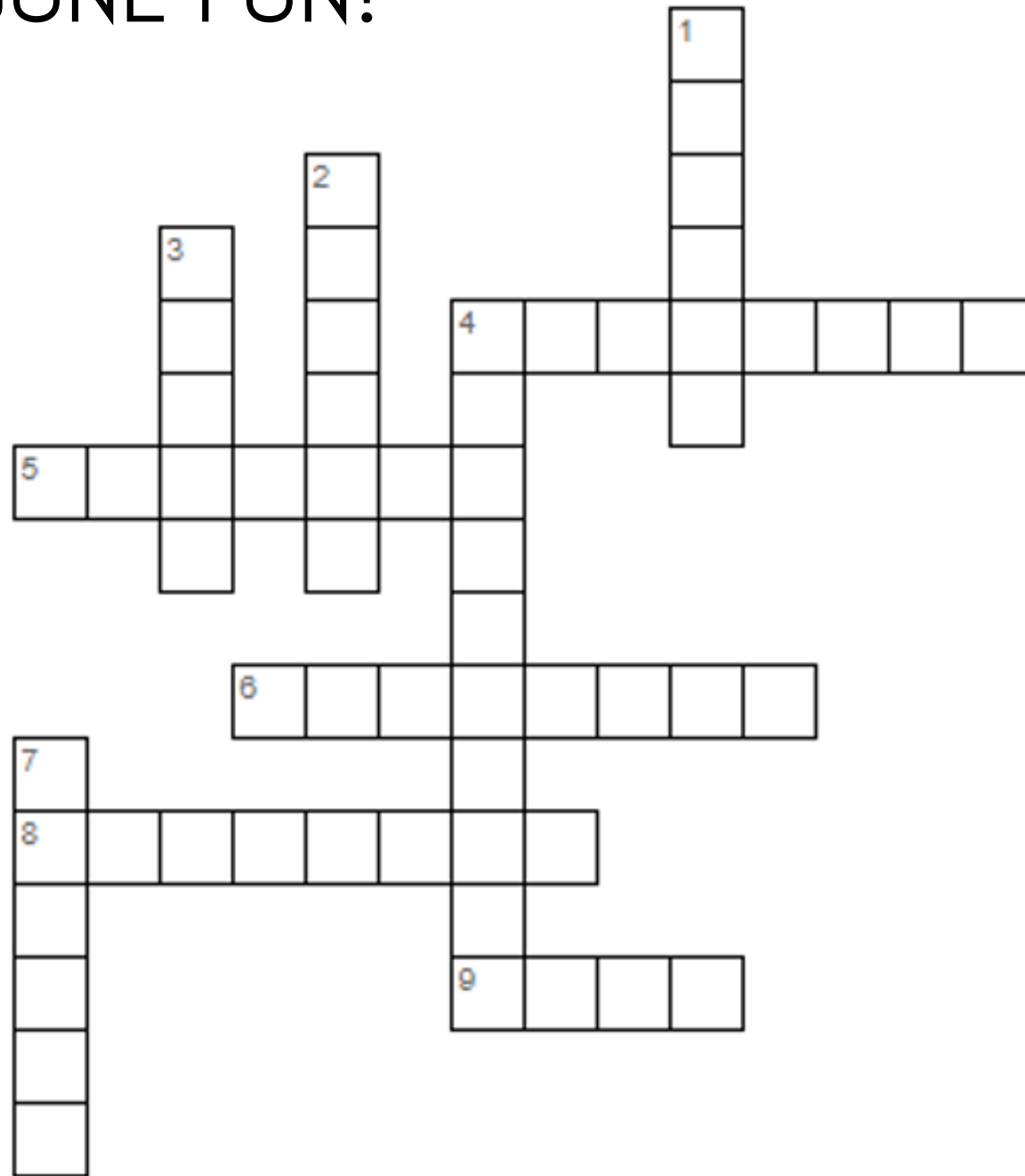


Basketball



Baseball

JUNE FUN!



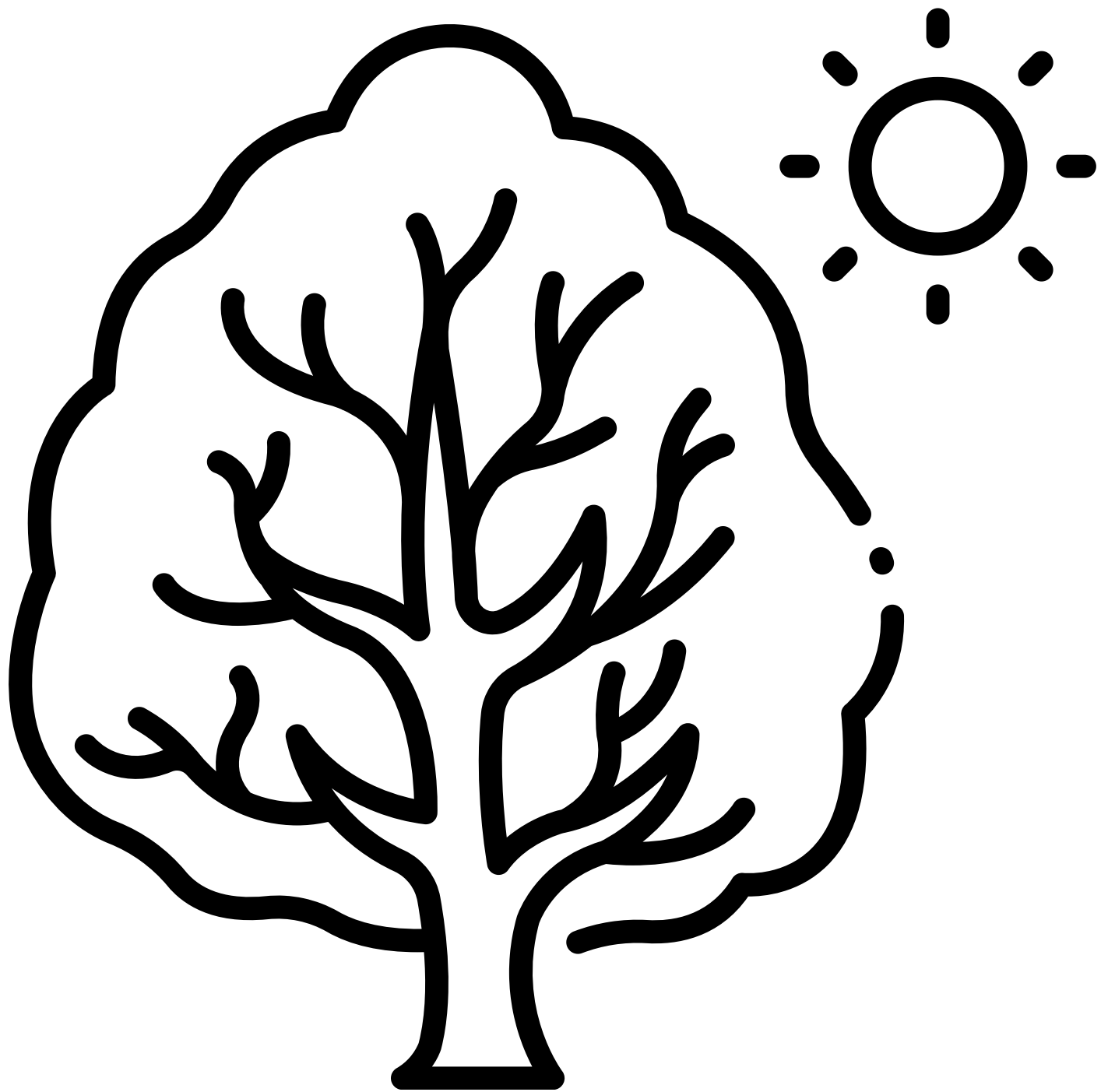
Across

- 4 This sport has three bases and a pitcher
 5 Every _____ day we give our dad a tie
 6 The Ottawa Redblacks play this sport
 8 A cold treat on a hot summer day
 9 In the summer, the days are _____ and the nights are short

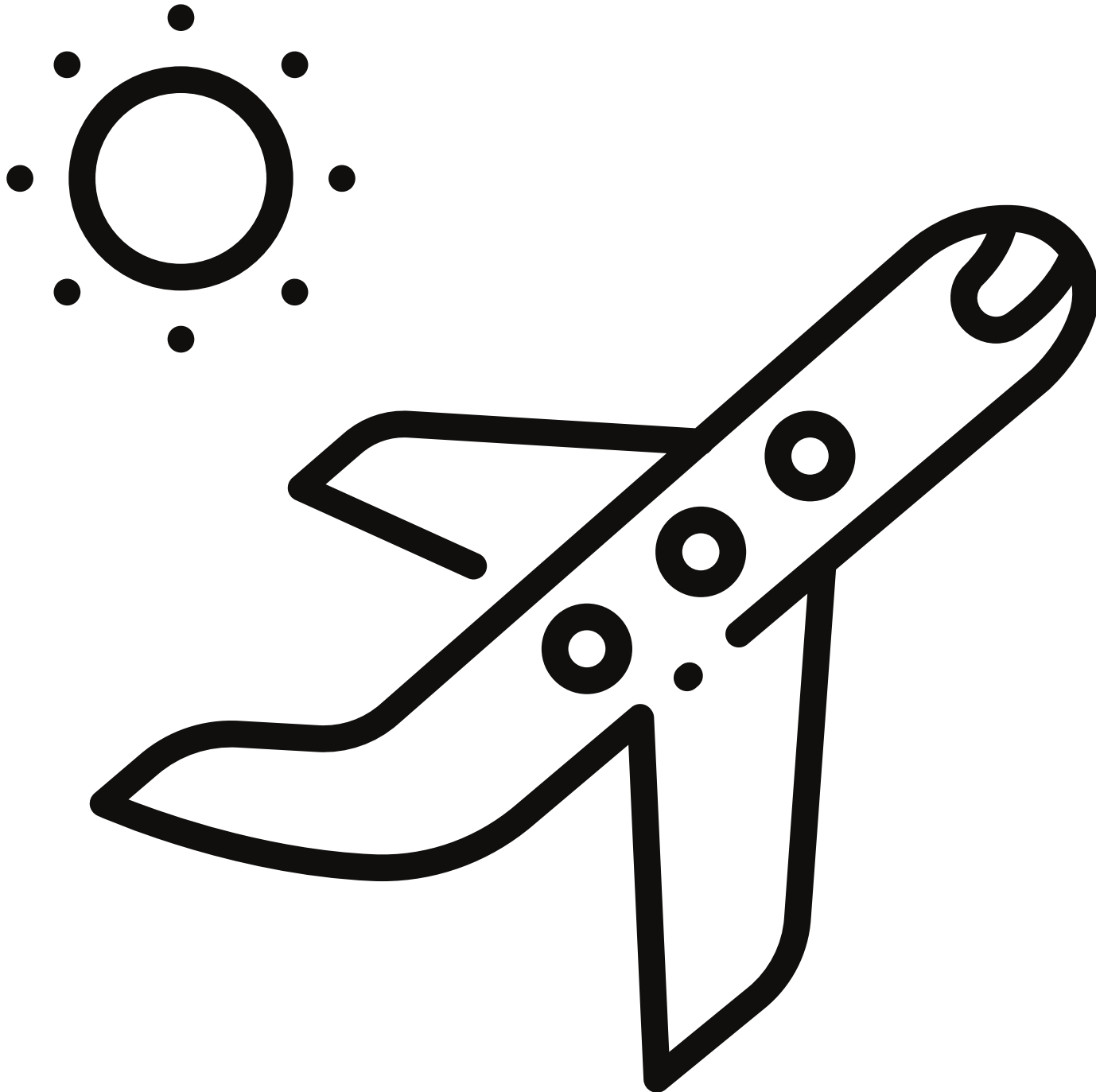
Down

- 1 A popular sport in Europe
 2 This season begins in June
 3 June is the _____ month
 4 Toronto Raptors play this sport
 7 This is when you eat outside on the ground with a basket of food

TREES IN BLOOM

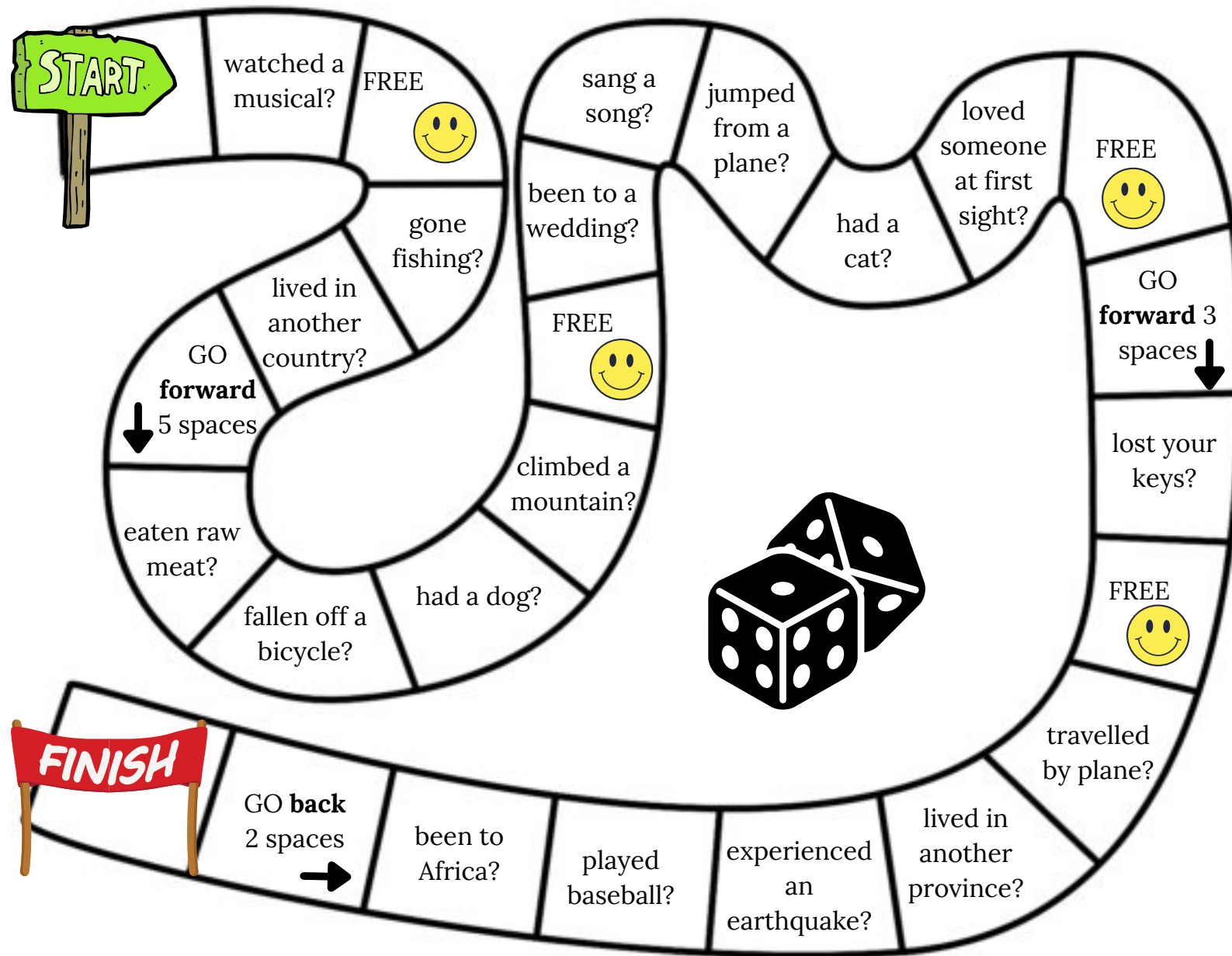


SUMMER VACATION



HAVE YOU EVER...?

Using dice and pieces of your choice move along the board answering the question Have You Ever...?



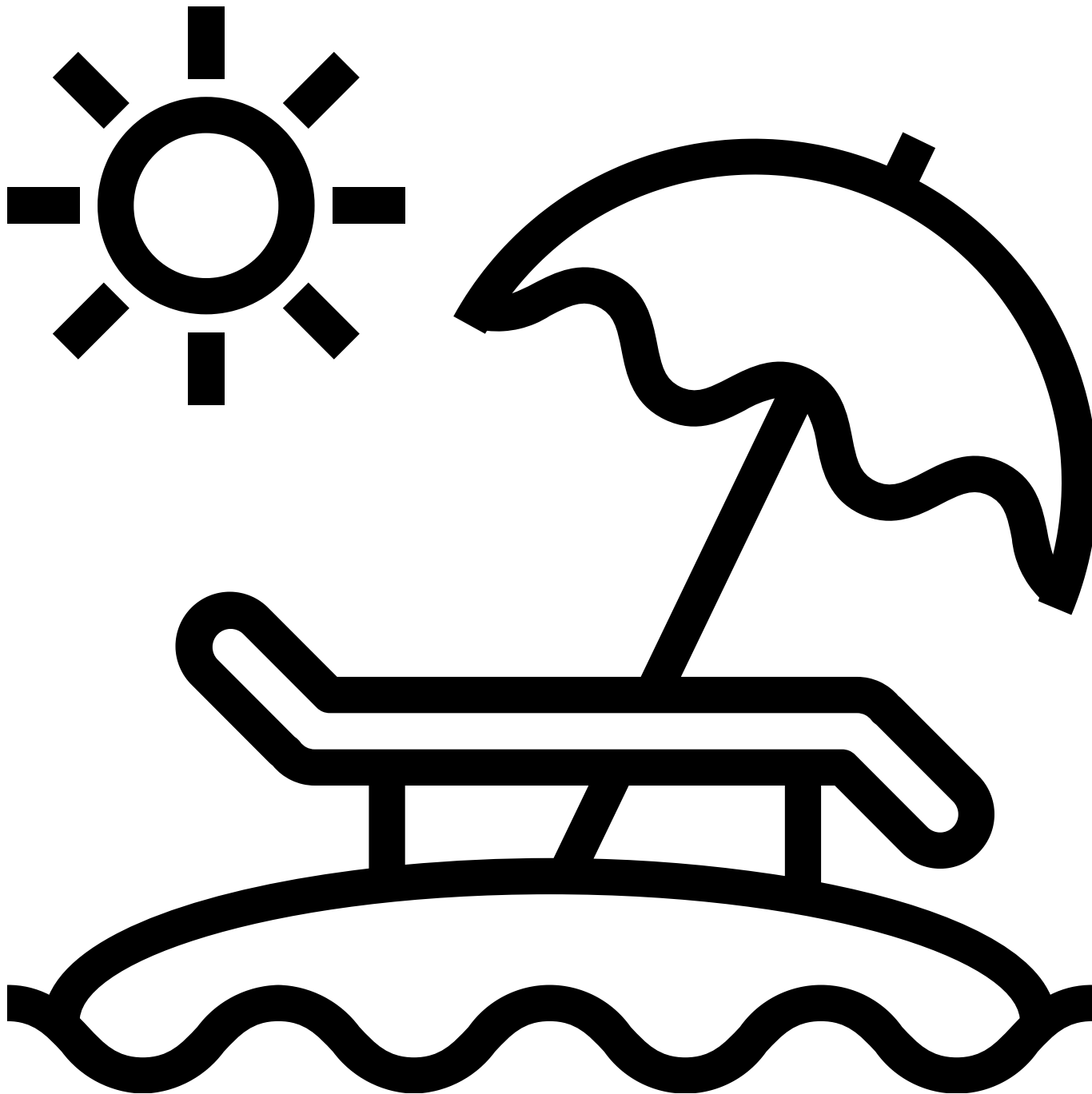
What You Need:

- A pair of Dice
- Game pieces of your choice for each person playing

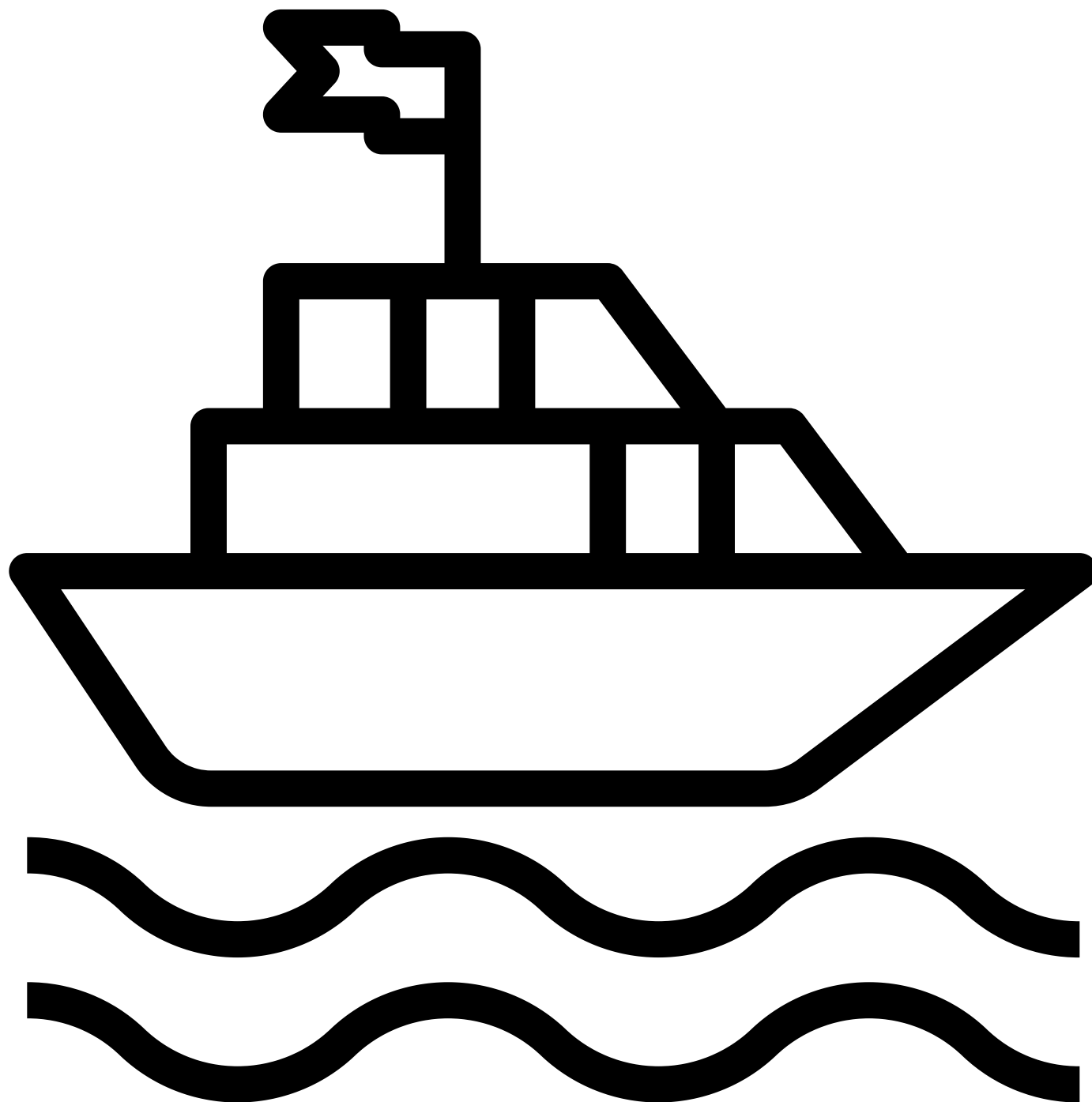


Ask your
own
question

AT THE BEACH



ON THE WATER



A DAY WITH DAD

Did you know?

Write down 3 things you know about your dad (i.e. favourite sport, career, etc.)

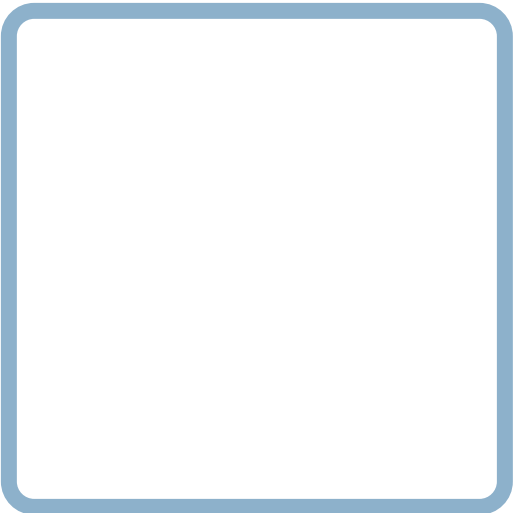






My dad

Draw a picture of your dad or a favourite memory.

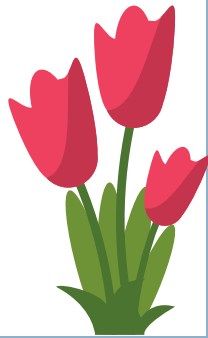


My day with dad

Write about a special memory you have about spending the day with your dad.

SUMMER QUIZ

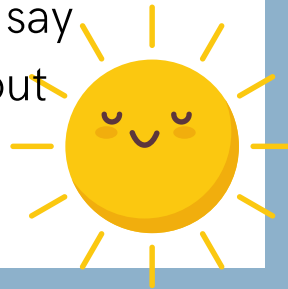
What season is right before summer?



What are the three months of summer?



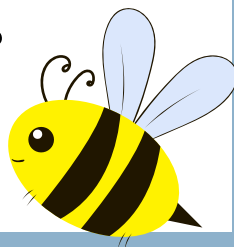
What does a person mean when they say "it's a scorcher out there?"



What season comes after summer?



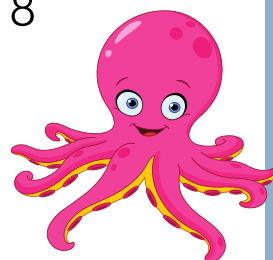
What is the name of the sweet liquid collected by Bees?



What can you use to protect your skin from the sun?



What sea creature has 3 hearts and 8 arms?



June is a popular month for this event with couples.



NAME THE FAMOUS COUPLE



Hint: Comedy duo from radio and television

A_____ & C_____



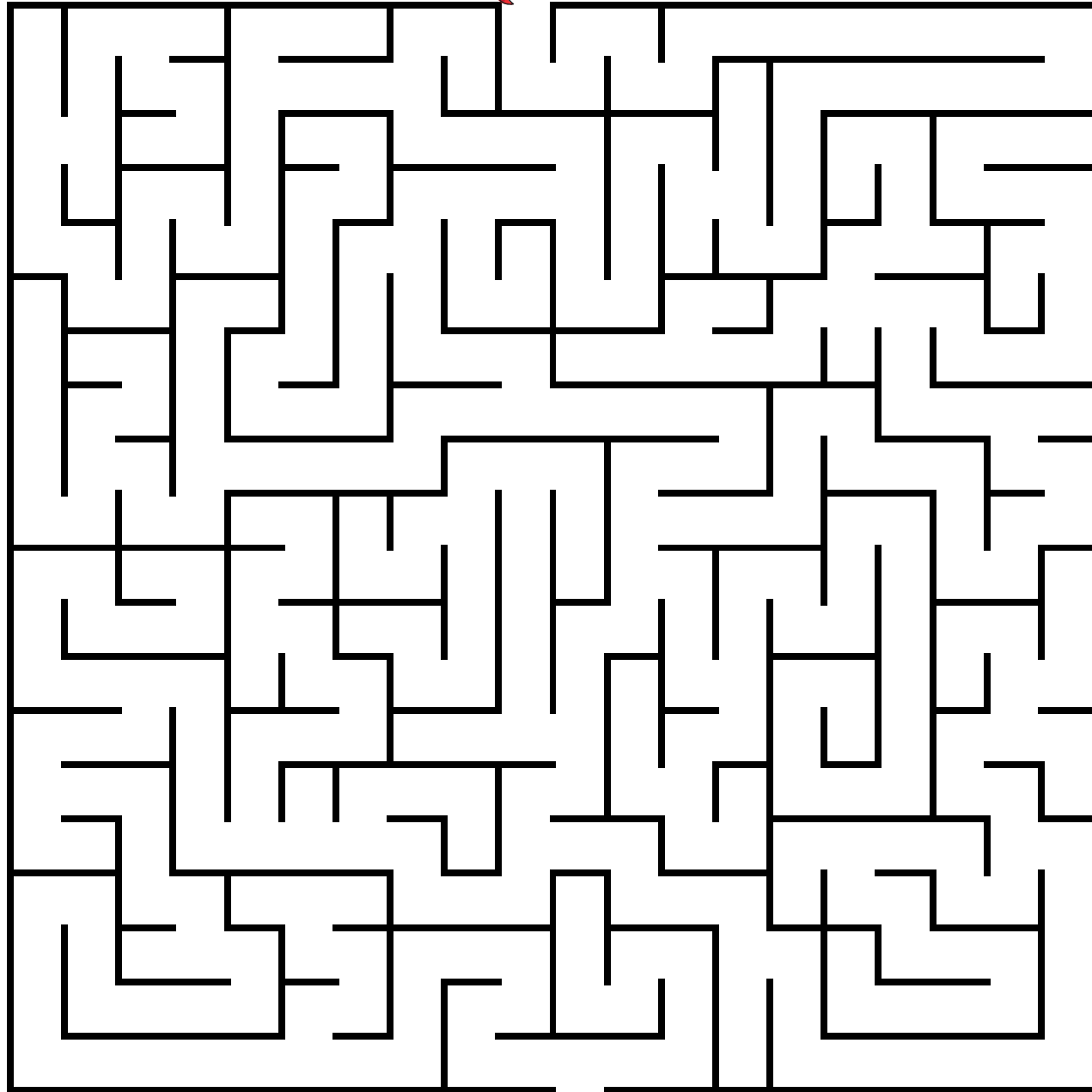
Hint: Married couple in real life and on TV Show "I Love Lucy"



Hint: Couple from The Muppet show

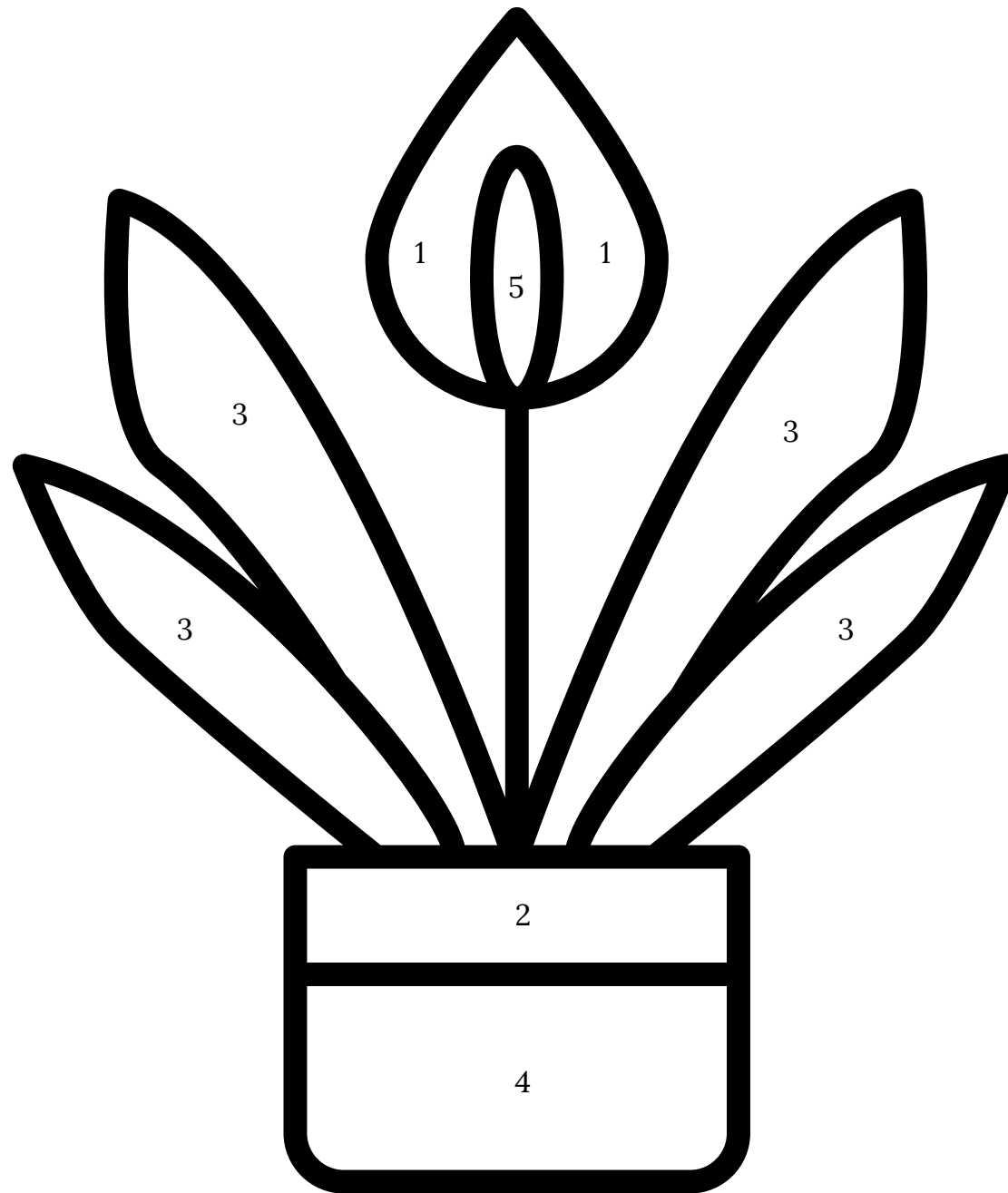
BEACH MAZE

Help the crab get to the beach!



COLOUR BY NUMBER

Follow the instructions to colour the picture below.

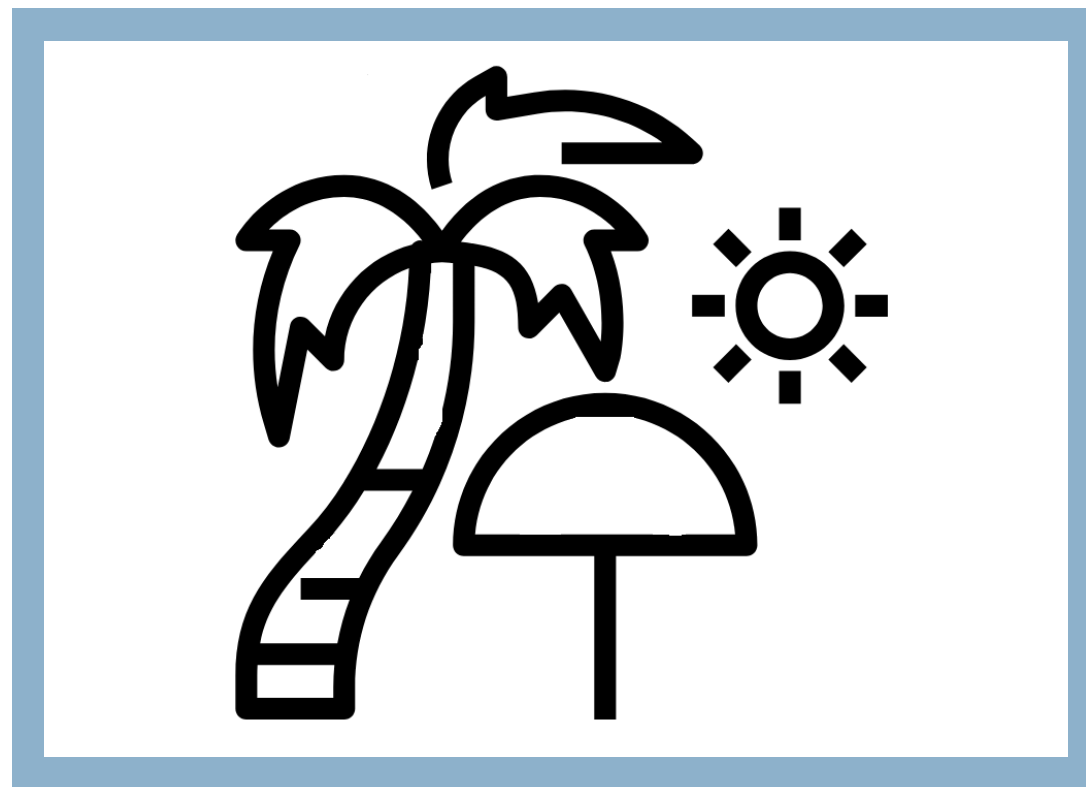
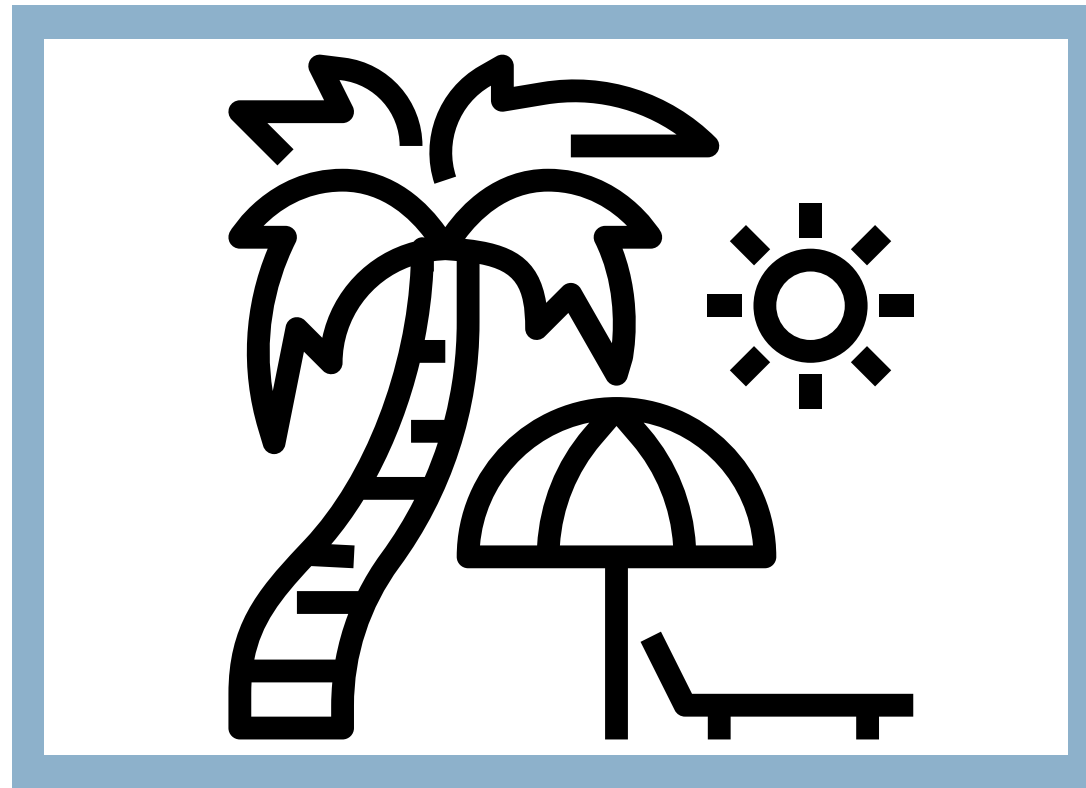


1 - Red
2 - Pink
3 - Green

4 - Blue
5 - Yellow

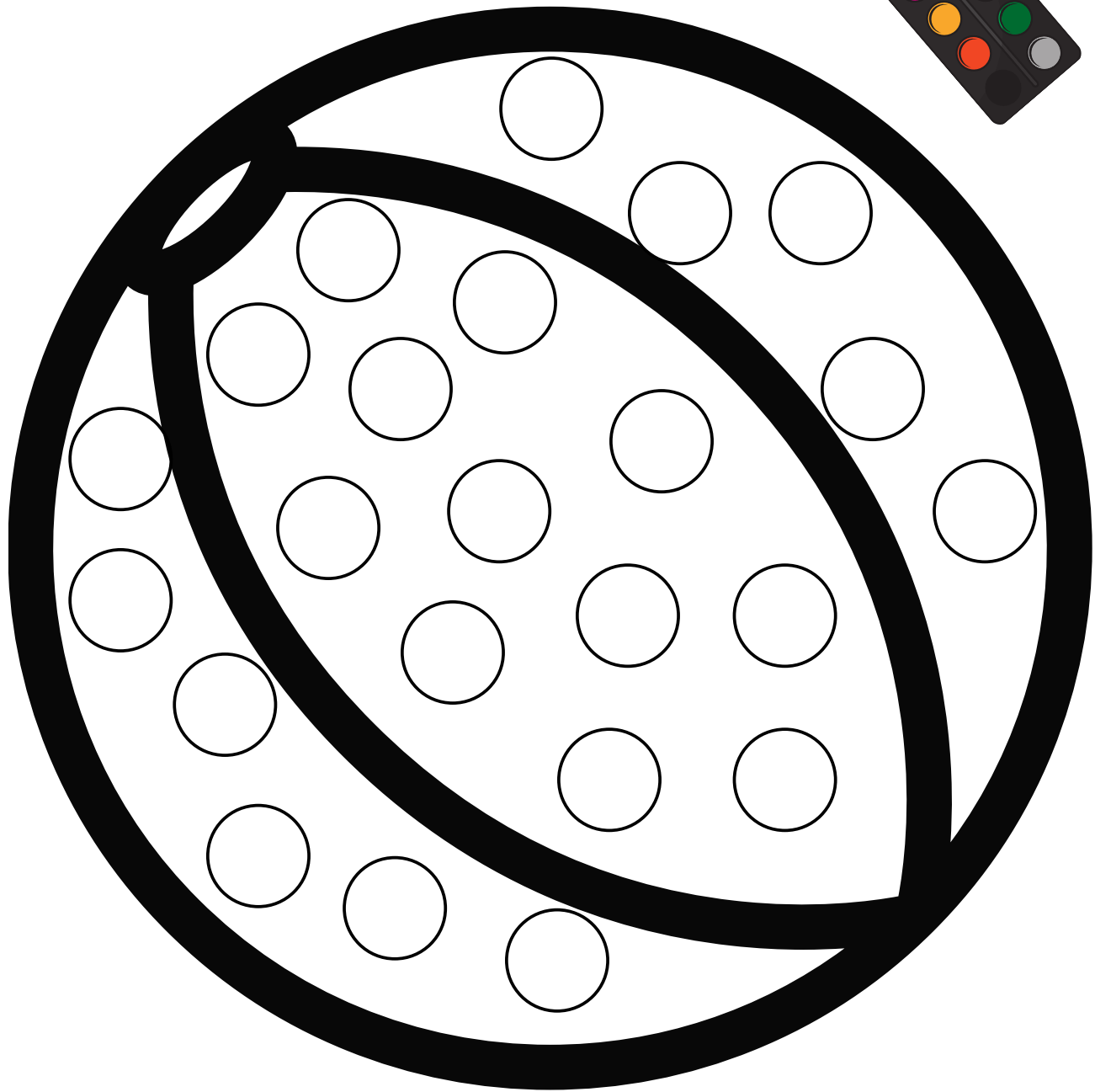
SPOT THE DIFFERENCE

Circle the 4 major differences between the two pictures.



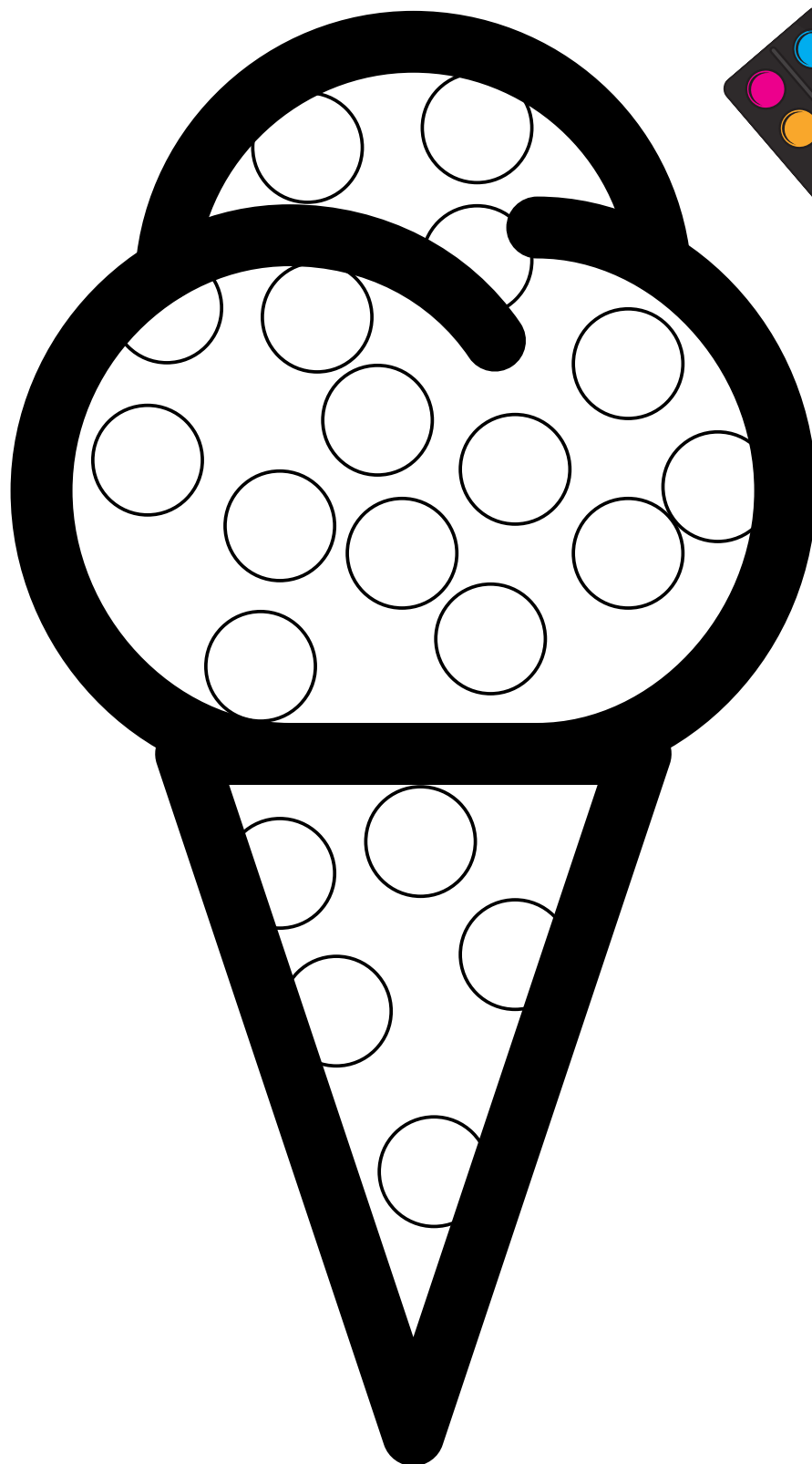
SUMMER DOT PAINTING

Using a variety of paint colours and Q-tip style cotton swabs,
dab paint onto each dot to create a colourful beach ball!



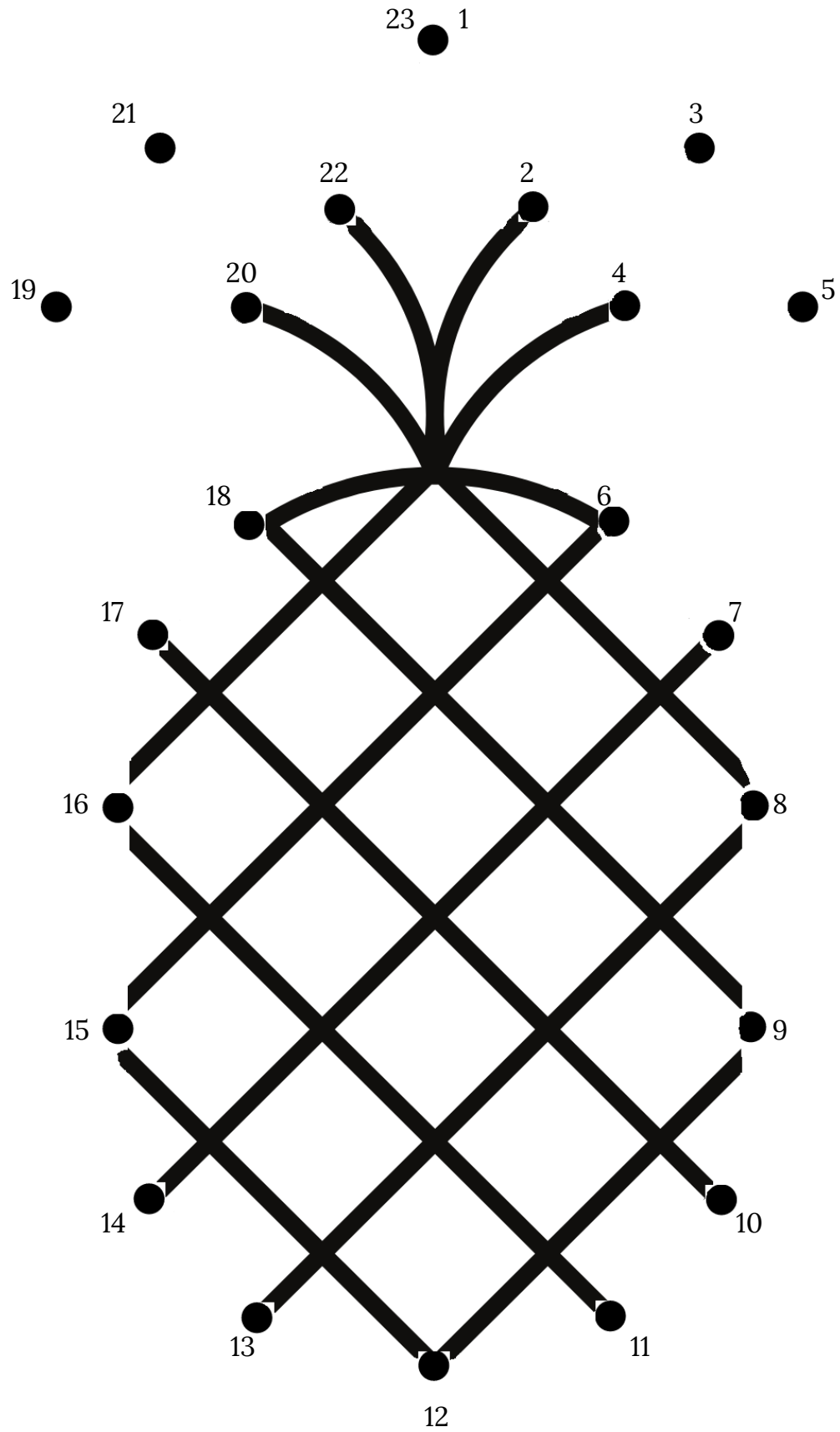
SUMMER DOT PAINTING

Using a variety of paint colours and Q-tip style cotton swabs, dab paint onto each dot to create a colourful ice cream cone!



CONNECT THE DOTS

Starting at 1, draw a line from each number in order.



OUR BLOG



Focusing on arts and crafts ideas to assist seniors in home-care or in private homes to socialize and get creative while working on functional motor skills.

ACTIVITIES



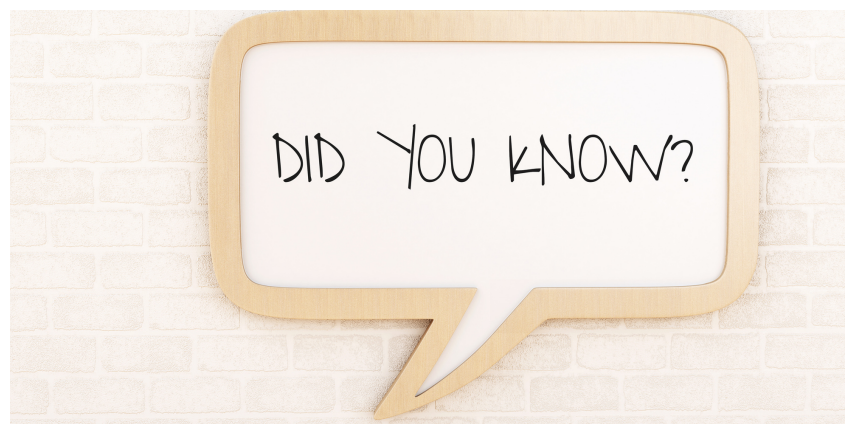
Delicious, healthy, and easy recipes for the whole family, with a focus on some of the health challenges of seniors over 60.

RECIPES



Health and wellness information focusing on functional mobility, health issues, and tips for staying healthy, fit, and safe.

HEALTH



Fun Facts and This Day in History are great for starting conversations, sharing stories, and reliving memories and shared experiences.

FUN

Ideal Caregivers 4u



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"Home Health Care for Seniors "
Servicing The Ottawa Community since 1998
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missed!*

2021
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BOOKLET FOR
PEOPLE
LIVING WITH
DEMENTIA OR
ALZHEIMER'S
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SPRING

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