

May

SOCIAL ACTIVITY BOOKLET



IDEAL CAREGIVERS 4U

WELCOME

May

9th Mother's Day

Celebrating mother's across the country on this special day! Show her your love with a phone call, visit, or letter!

12th International Nurse's Day

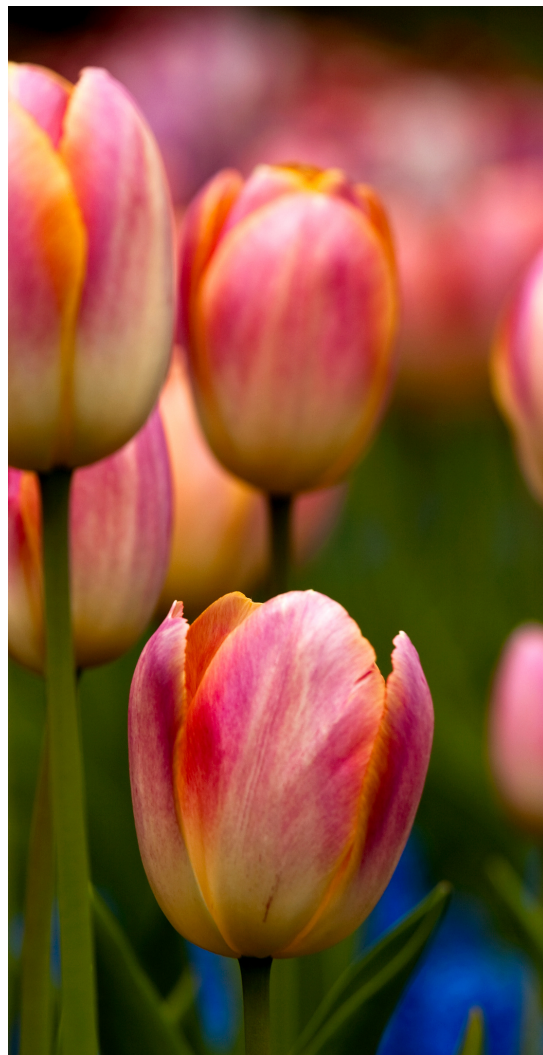
On the birthday of nursing pioneer, Florence Nightingale, we observe the contributions that nurses make to society.

14th Canadian Tulip Festival

Held annually, locally and online, in Ottawa. The festival displays over one million tulips!

24th Victoria Day

In honour of Queen Victoria's birthday, it has since been celebrated as the official birthday of Canada's sovereign



April showers may bring May flowers, but it also brings festivals and events in the Ottawa Region and across Canada!

Enjoy events and gatherings virtually or in person!

Within this booklet, you will find some great ideas for social activities and crafts to do during this colourful month of May!



A LETTER OF LOVE & THANKS

Spending time with your loved ones is a wonderful way to re-live happy memories, shared experiences, and creating smiles and laughter.

This Mother's Day may look different as we navigate through restrictions, but that doesn't mean you can't connect with your family today!

Receiving letters and cards in the mail may be a lost art in a digital world, but there's something about the touch, smell, and feeling of hand-written notes on paper that truly brings out the smiles in our elderly.

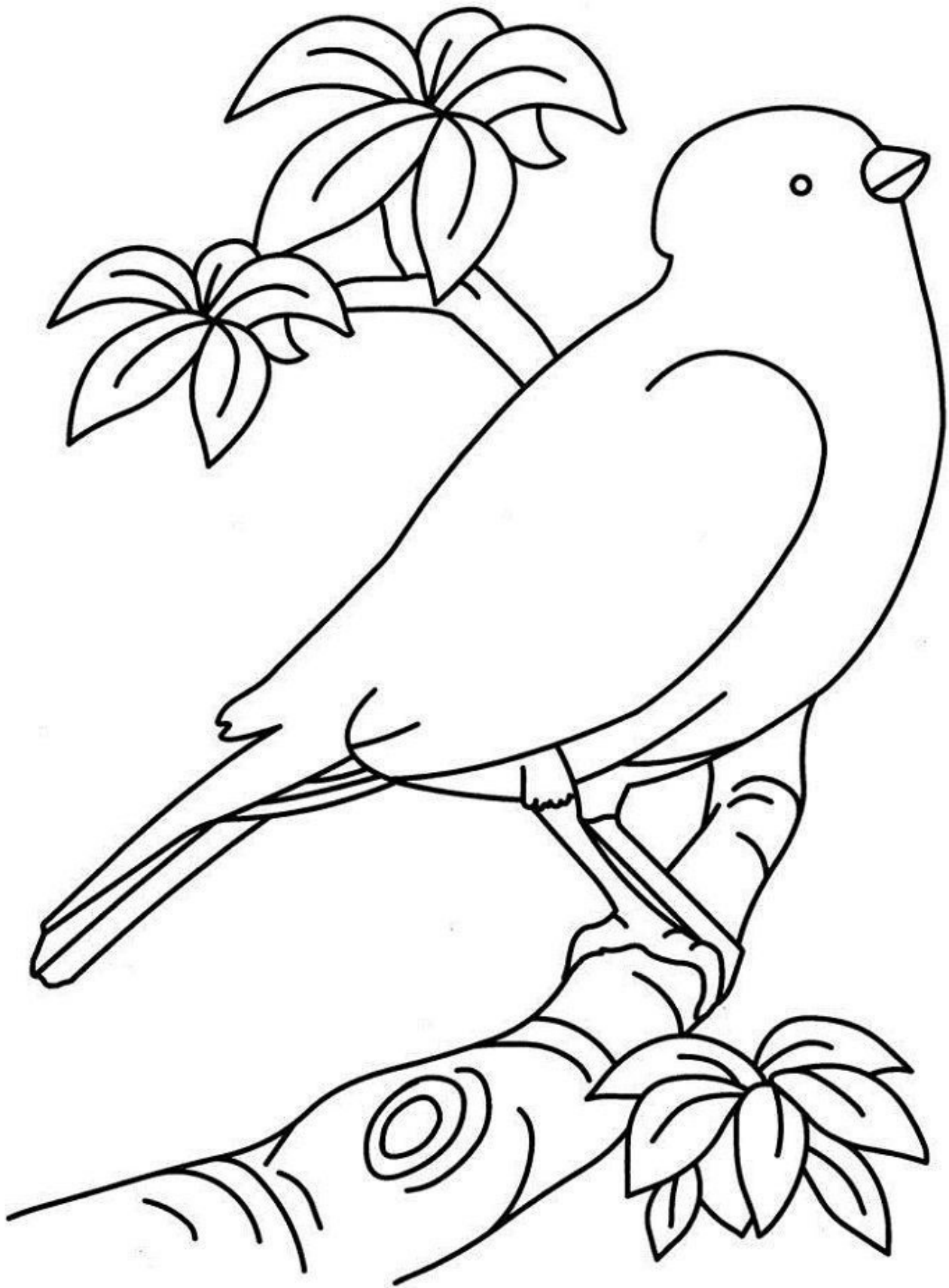
Using the notepaper provided on the next page, write your loved ones a note of love and thanks for all that they do to bring joy into your life!

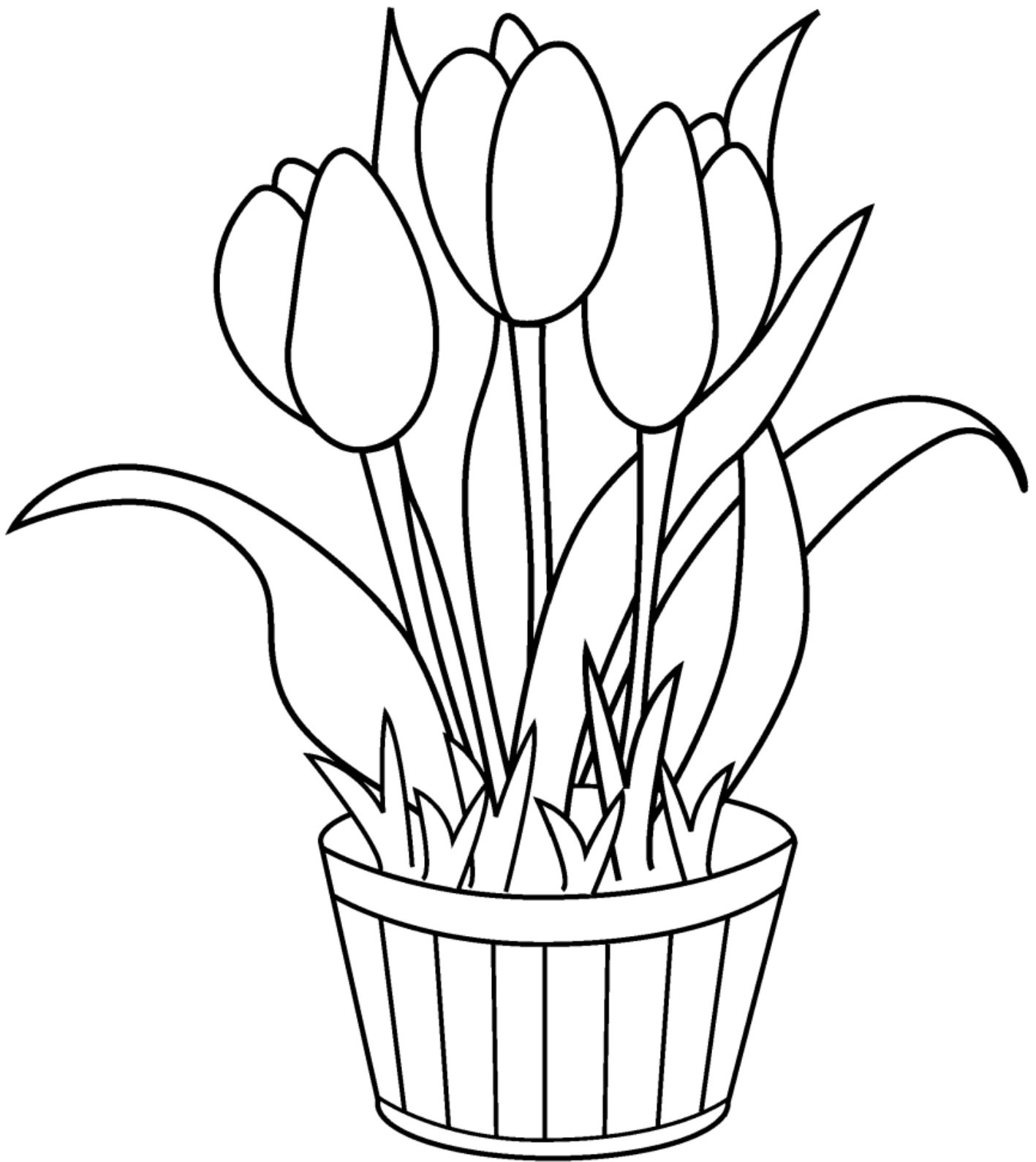
“

When we have each other, we have everything.

”



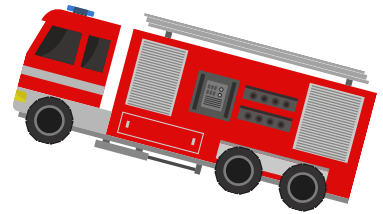




TRANSPORTATION TRIVIA

See if you can answer the questions below about different types of transportation vehicles!

It is usually yellow, and children take it to school.



It only has two wheels and is fast, but it can be dangerous to drive.

It arrives at your door if there is a fire.



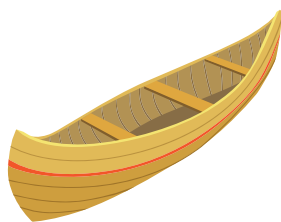
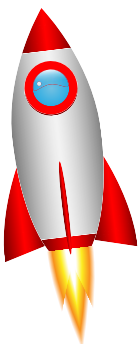
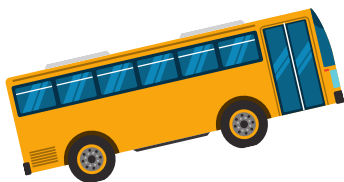
It is used for flying to the moon or other planets.

It is used in the water, especially in a lake, and is usually made of wood.

It is used for hard work and construction.

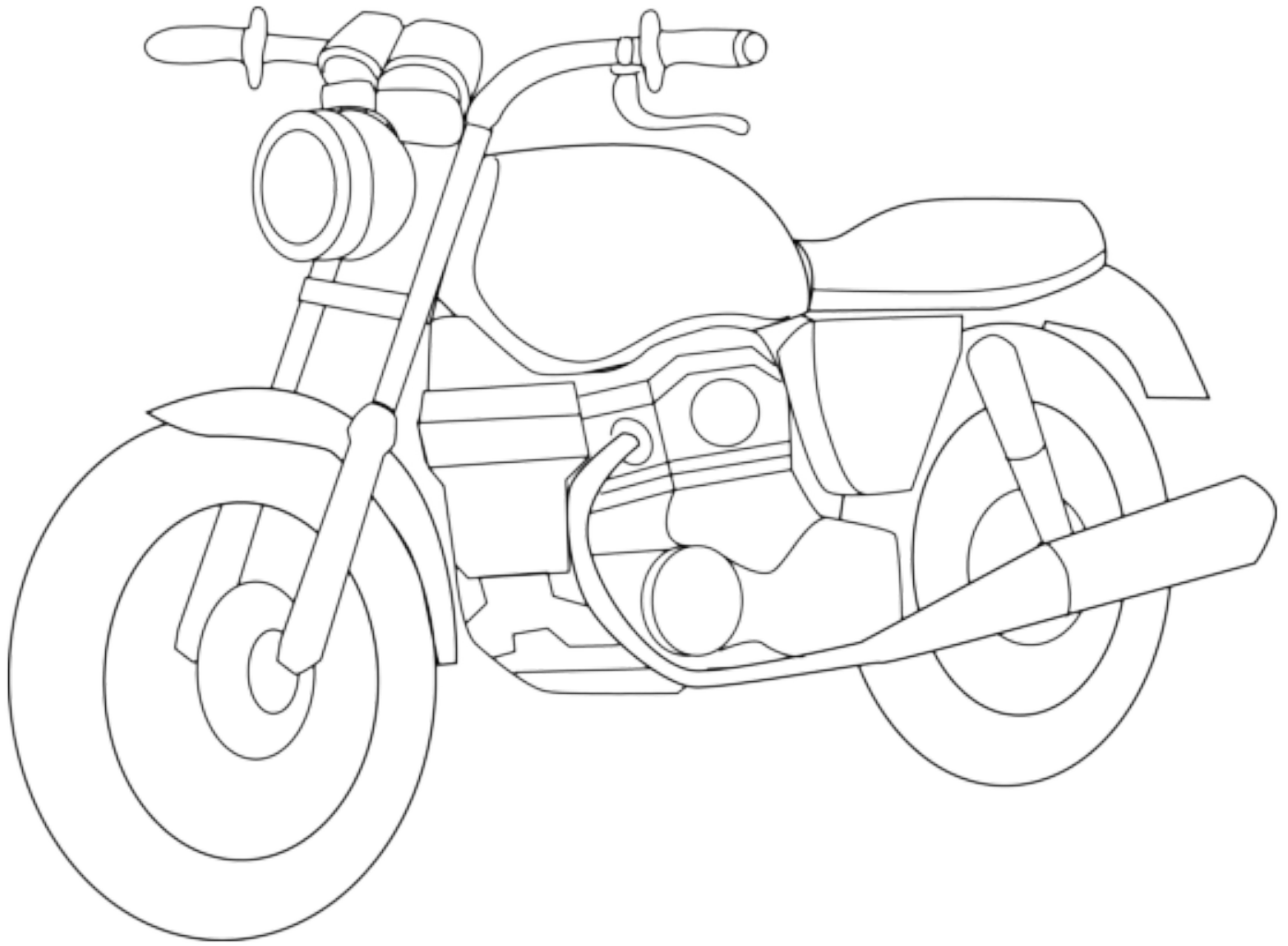
It is very colourful and has a basket for people to stand in while it flies high in the sky.

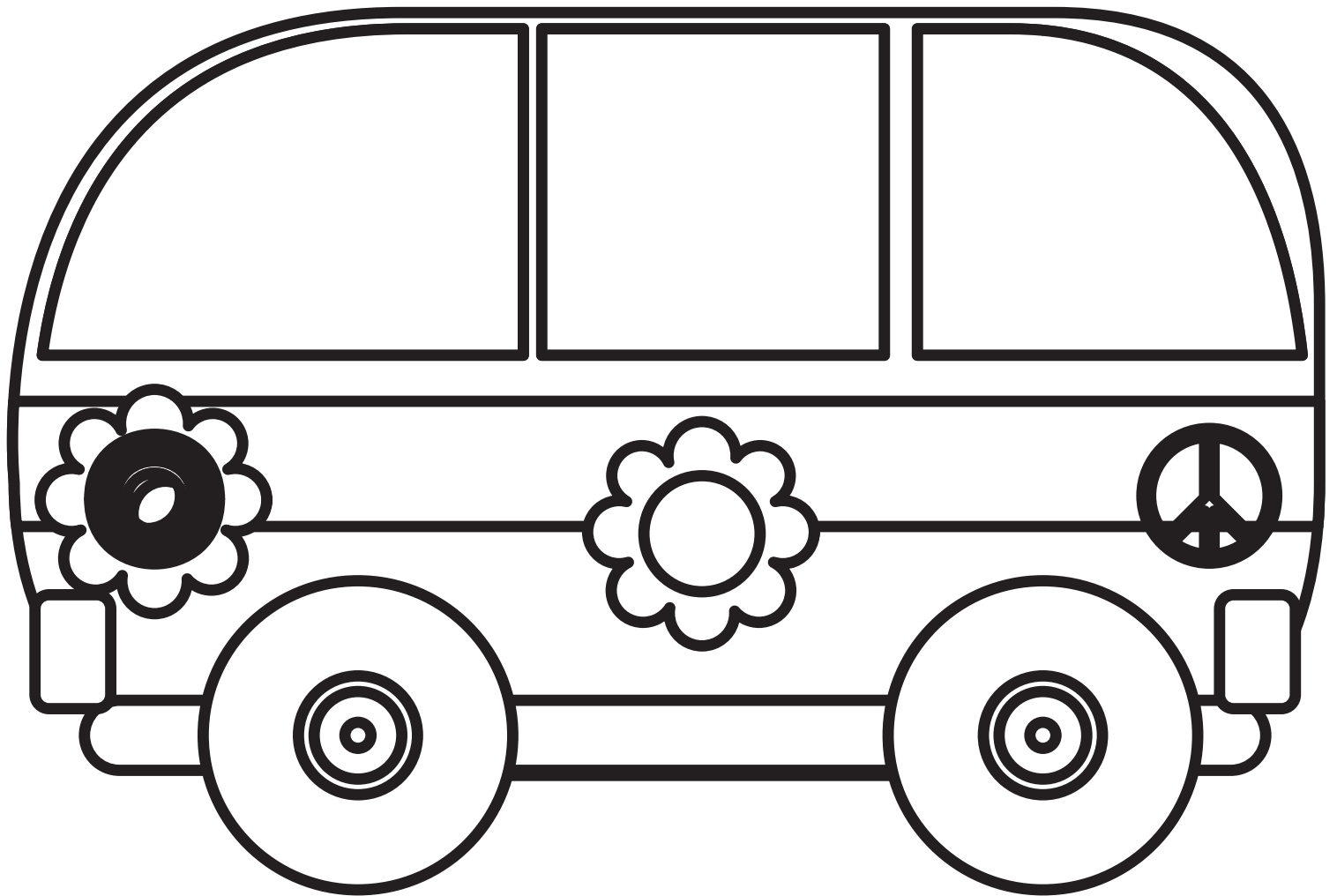
You can hire this vehicle and pay the driver for taking you to your destination.

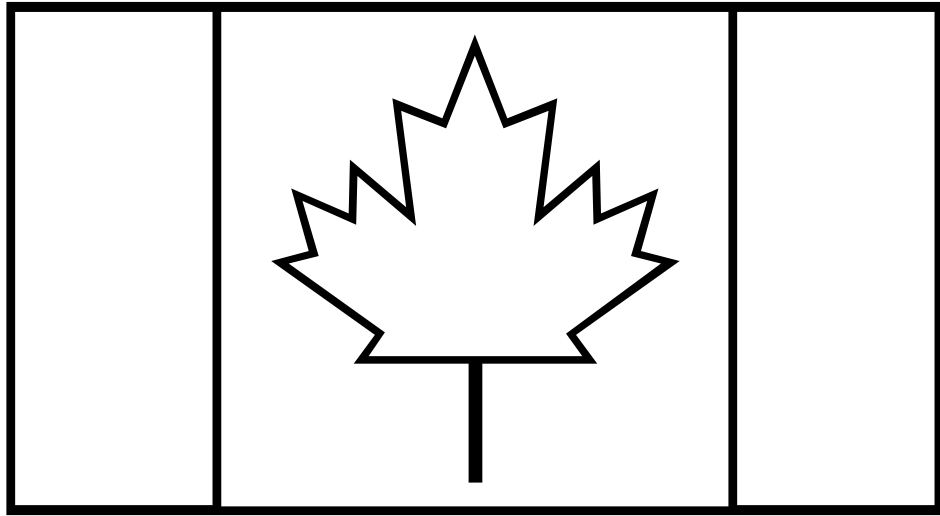
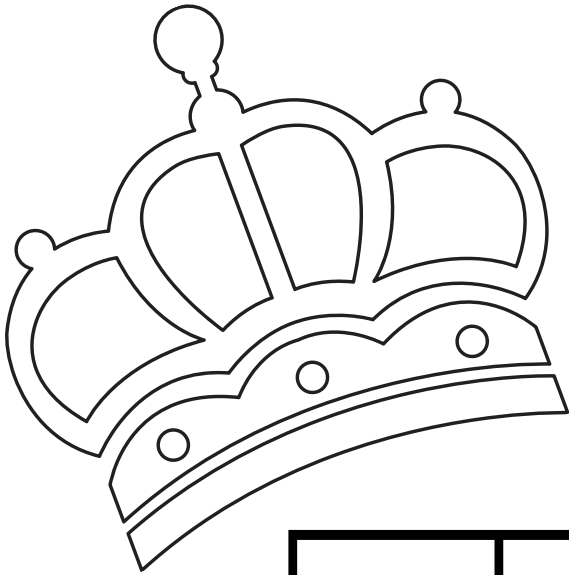


“ Trivia activities are a great way to stimulate the brain and activate prior knowledge and memory!



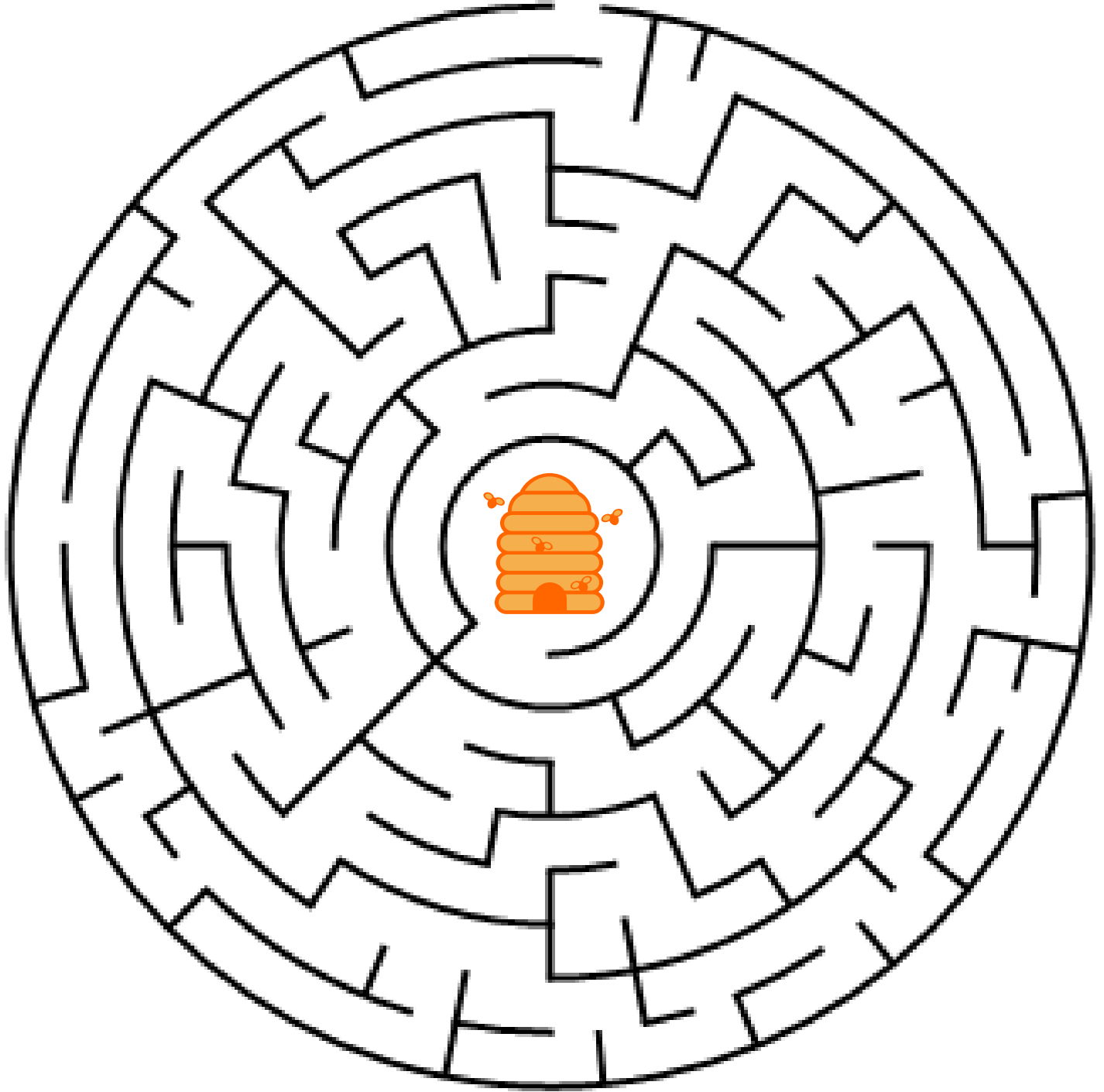






HAPPY
VICTORIA
DAY!

Help Busy Bee get to her Honey!





Brain Games

Keeping the brain active with games that promote logic, memory, and problem solving allows those you care for, and yourself, the opportunity to exercise this vital organ. From Jigsaw puzzles to word searches, crosswords or even Sudoku can stimulate areas of the brain responsible for memory. Puzzles also promote relaxation, helping to reduce anxiety or stress.

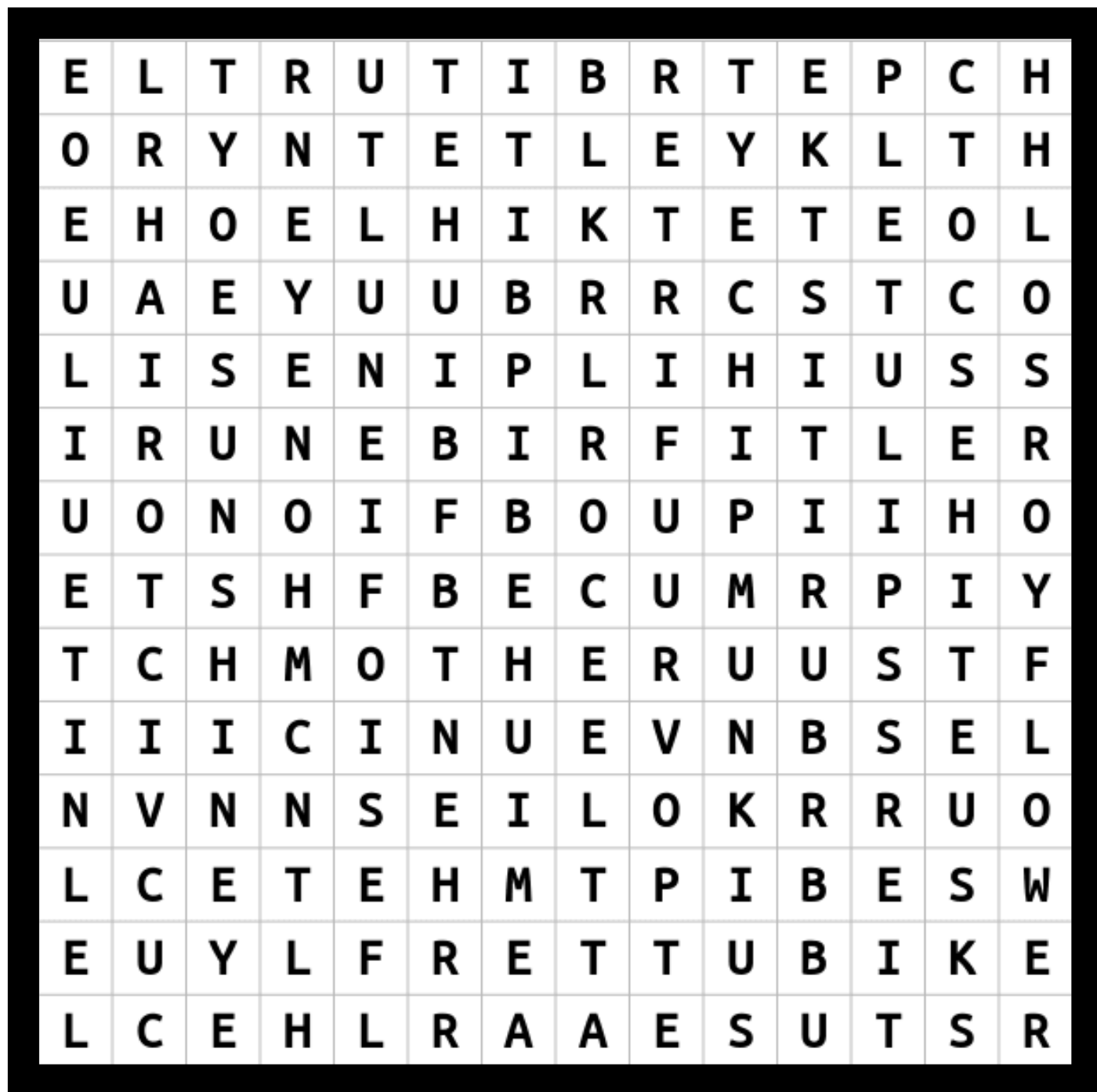
“The brain is one of your most vital organs. It plays a role in every action and every thought, and just like the rest of your body, it needs to be looked after.



Memory games for seniors with dementia are a great way to maintain brain health. They're also a good tool to keep your loved one engaged socially which is important to their overall well-being.

Whether physical or digital, they typically involve a set of cards that are flipped downward (with the backside facing up) so they all look the same. Then, the player flips over two cards at a time, trying to find the cards that match. Try it today, even with a simple deck of cards!

May Word Search



BEES
TULIPS
SUNSHINE

MOTHER
HONEY
CHIPMUNK

VICTORIA
TURTLE
FLOWER

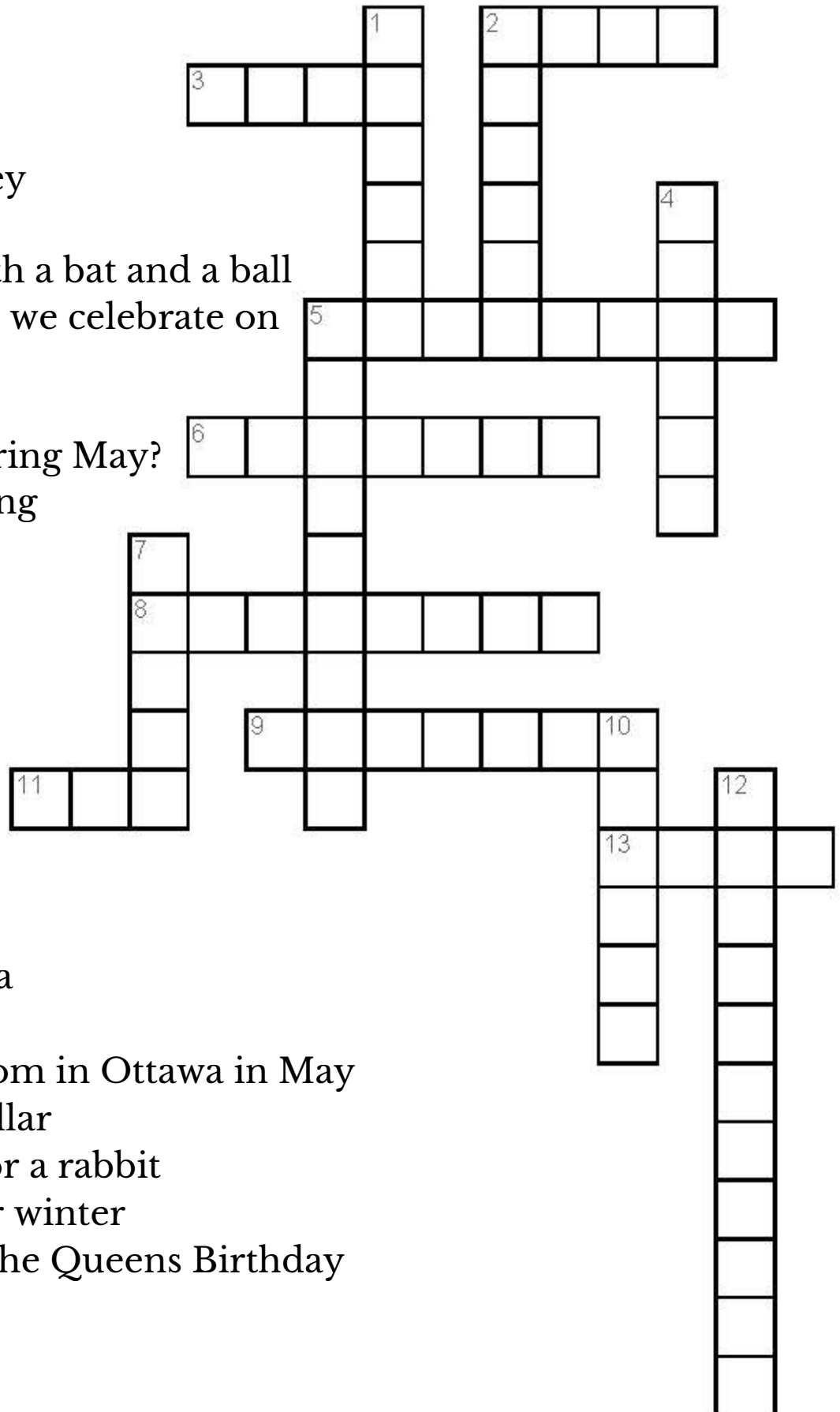
SPRING TIME IN OTTAWA

ACROSS

- 2) They make honey
- 3) Home for a bird
- 5) Game played with a bat and a ball
- 6) Name of the day we celebrate on May 9th
- 8) Used in the rain
- 9) April showers bring May?
- 11) A month in spring
- 13) Precipitation

DOWN

- 1) Capital of Canada
- 2) Light Wind
- 4) Flowers that bloom in Ottawa in May
- 5) An adult Caterpillar
- 7) Another name for a rabbit
- 10) The season after winter
- 12) Celebration of the Queens Birthday



Health Benefits of Strawberries



- Regulates blood pressure
- Boost immune system
- Anti-inflammatory
- Promote eye health
- Increases good cholesterol
- Packed with vitamins and fibre



Layering delicious strawberries, or other favourite fruits, vanilla or coconut yogurt, granola, oats, or nuts can add nutrition and great taste to any day!

Spring Recipe



Mexican Strawberry Water (Aqua de Fresa)

Ingredients:

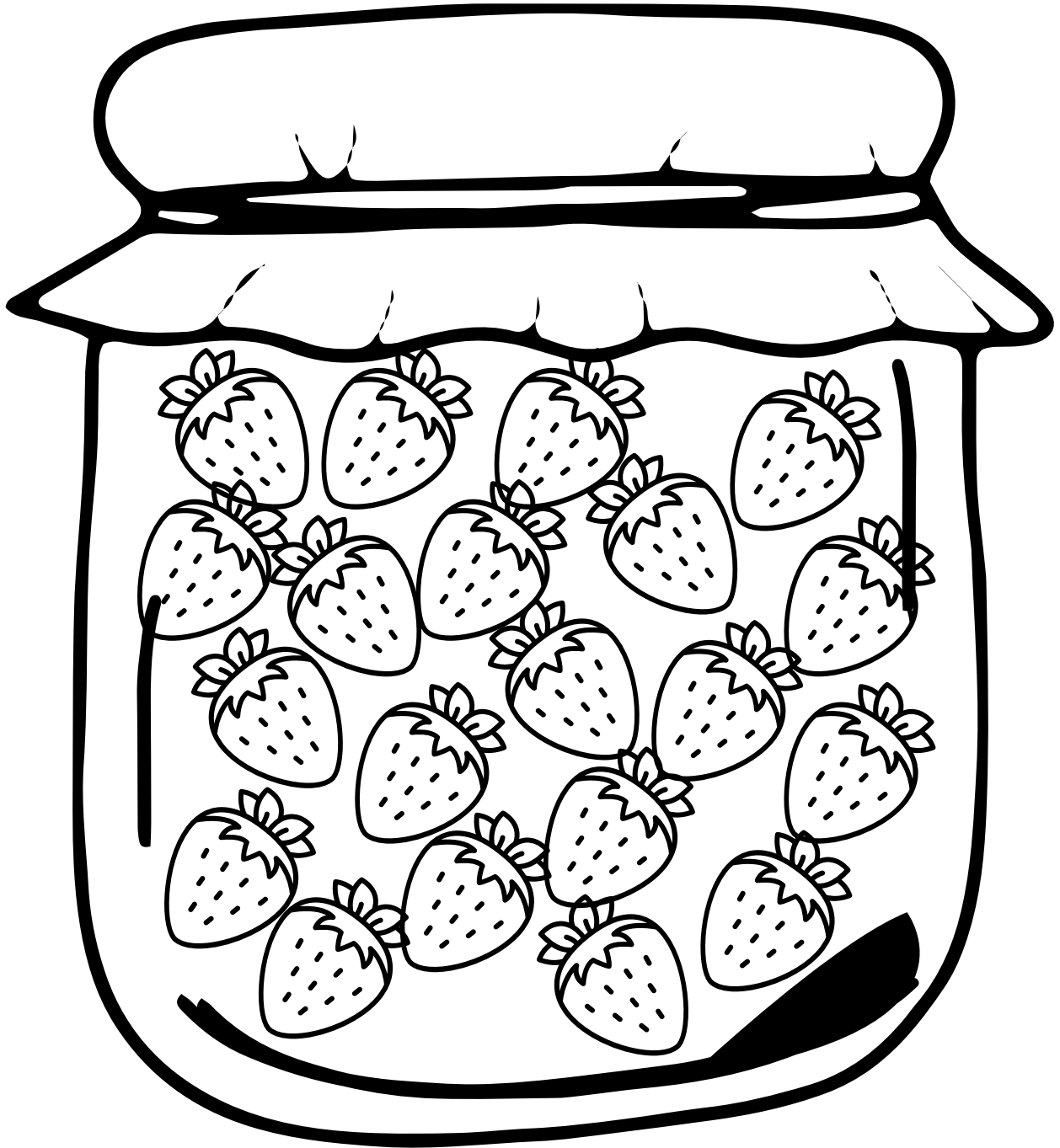
- 4 cups strawberries, sliced
- 1 cup white sugar
- 8 cups cold water
- 1 lime, cut into 8 wedges
- 8 fresh mint leaves

Directions:

1. In a medium bowl, mix strawberries, sugar and 1 cup of water. Cover and refrigerate for 4 hours.
2. Remove strawberry mixture and pour into a blender. Blend on high until smooth. Strain.
3. Add remaining 7 cups of cold water to pureed strawberries and mix well. Chill and pour over ice and garnish with lime and mint.

STRAWBERRY JAM

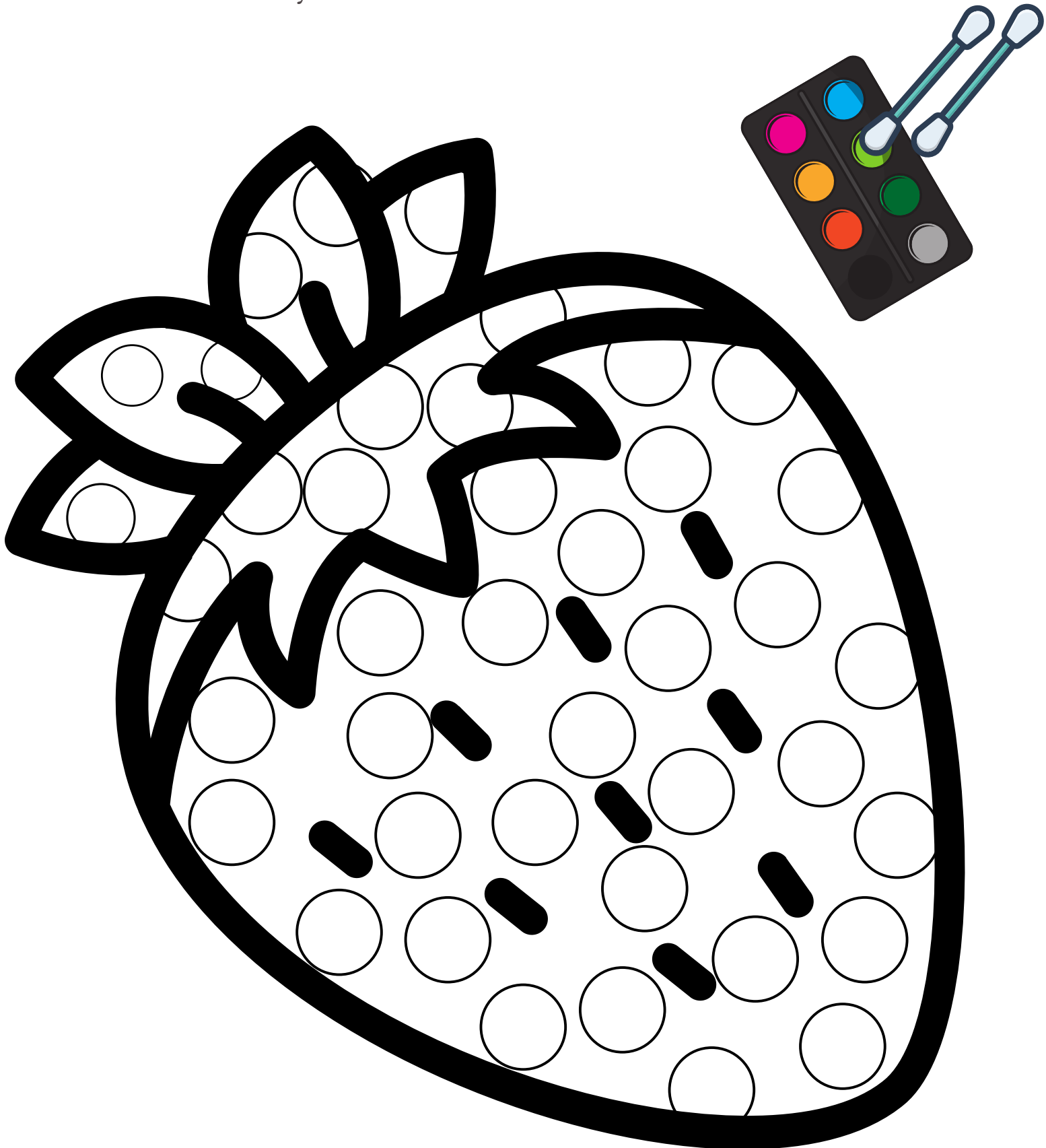
Colour the strawberries in the jar and count to see how many there are!



There are _____ strawberries in the jar.

DOT PAINTING

Using Q-tip like cotton swabs and paint, dab each dot with paint to make a colourful strawberry!



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



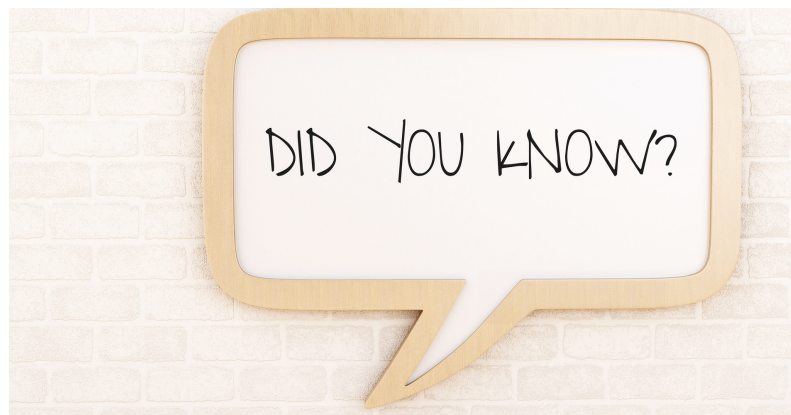
Delicious, healthy, and easy recipes for the whole family, with a focus on some of the health challenges of seniors over 60.

RECIPES



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

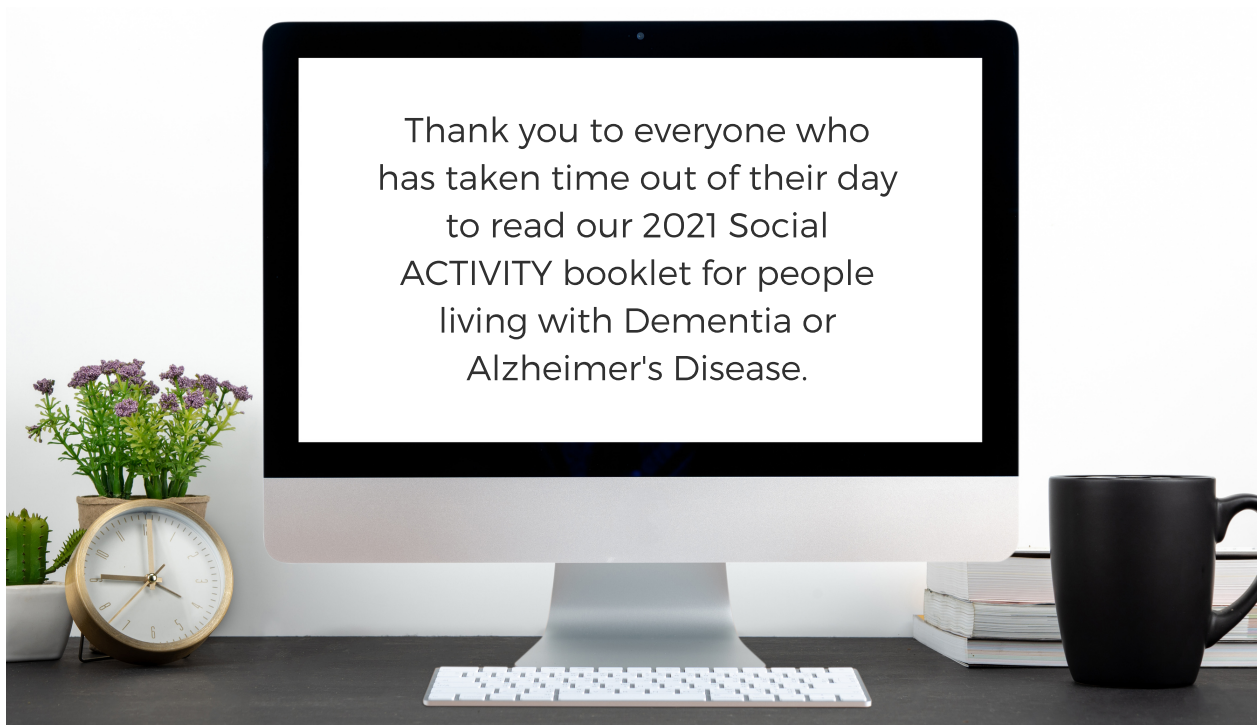
HEALTH



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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