

# The *dementia* Monthly

APRIL

Ideal Caregivers 4u



## April Approaches!

The start of a new month is always exciting! With April, we celebrate Easter, the budding of flowers, and the promise of warmer days ahead.

Our new Activity Booklet is packed with activities, information, and ideas to celebrate the month ahead!



## OVERVIEW:

- Easter Egg Activity
- Hot Cross Bun Recipe
- Activity Booklet

Thank you for purchasing our monthly activity booklet!

The *April dementia* Monthly features articles that connect you with information on health & wellness, activities for seniors, healthy recipes and more!



Easter would not be complete without the colouring of Easter eggs! A traditional activity for many Orthodox and Eastern Catholic Christians. The egg itself has been known to represent the resurrection of Jesus at Easter. Often painted or dyed red to represent the blood of Christ that was shed on the cross.

There are a variety of ways to add colour to eggs during Easter. Follow these simple steps to do this activity with your family and elderly loved ones or those in your care.

## Preparing Eggs

There are a couple of ways to prepare your eggs for Easter decorating. The easiest choice is to use hardboiled eggs to make them easier to handle, but depending on how it's decorated, they may not be safe to consume.

Another option is using raw eggs and blowing them out using a pin and a straw to "blow out" the insides without damaging the shell. This can be quite tricky and messy!

## Basic Egg Dye

- Mix one teaspoon of vinegar and 20 drops of food colouring (use more to intensify colour) in one cup of hot water in a heatproof bowl, cup, or jar deep enough to let you submerge an egg completely. To create different tints, vary the dipping time. Using tongs makes handling the eggs easy.

## Design Techniques

Before dipping your eggs into the dye, consider using these tips for creating unique designs.

- Try stacking layers of rubber bands around the egg and removing them between layers of new dye to create a multi-coloured/layered look.
- Did you know you can use stickers to create designs? You can also use leaves, masking tape, or anything that can be adhered to the surface of the egg. Simply remove the "stickers" after applying the dye, and you'll find the design is all that's left behind.

# Easter

## Egg Activity



# Hot Cross Buns

A family favourite at Easter, these Hot Cross Buns are a perfect addition to any table!

## *Dough:*

- 2 packages (1/2oz) active dry yeast
- 2 cups warm whole milk (110° to 115°)
- 2 large eggs, room temperature
- 1/3 cup butter, softened
- 1/4 cup sugar
- 1-1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 6 to 7 cups all-purpose flour
- 1/2 cup dried currants
- 1/2 cup raisins
- 1 large egg yolk
- 2 tablespoons water

## *Frosting:*

- 1-1/2 cups confectioners' sugar
- 4 to 6 teaspoons whole milk

## **Directions**

1. In a small bowl, dissolve yeast in warm milk. In a large bowl, combine eggs, butter, sugar, salt, spices, yeast mixture and 3 cups flour; beat on medium speed until smooth. Stir in currants, raisins and enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until dough is smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise, about 1 hour.
3. Punch down dough. Turn onto a lightly floured surface; divide and shape into 30 balls. Place 2 in. apart on greased baking sheets. Cover with kitchen towels; let rise in a warm place until doubled, 30-45 minutes. Preheat oven to 375°.
4. Using a sharp knife, cut a cross on top of each bun. In a small bowl, whisk egg yolk and water; brush over tops. Bake for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool slightly.
5. For the icing, in a small bowl, mix confectioners' sugar and enough milk to reach desired consistency. Pipe a cross on top of each bun. Serve warm.





# ACTIVITY BOOKLET OF THE MONTH

FOR THOSE LIVING WITH  
ALZHEIMER'S & DEMENTIA



# WHAT'S INSIDE?

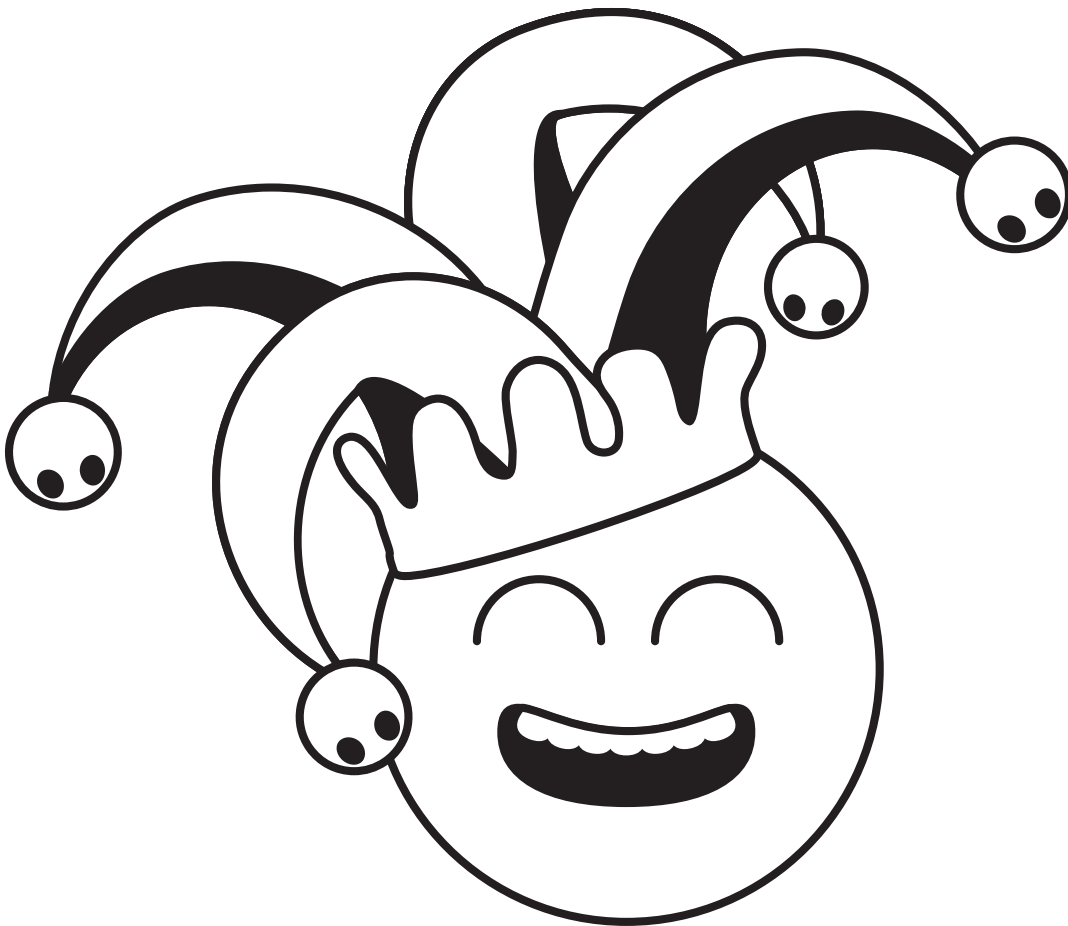
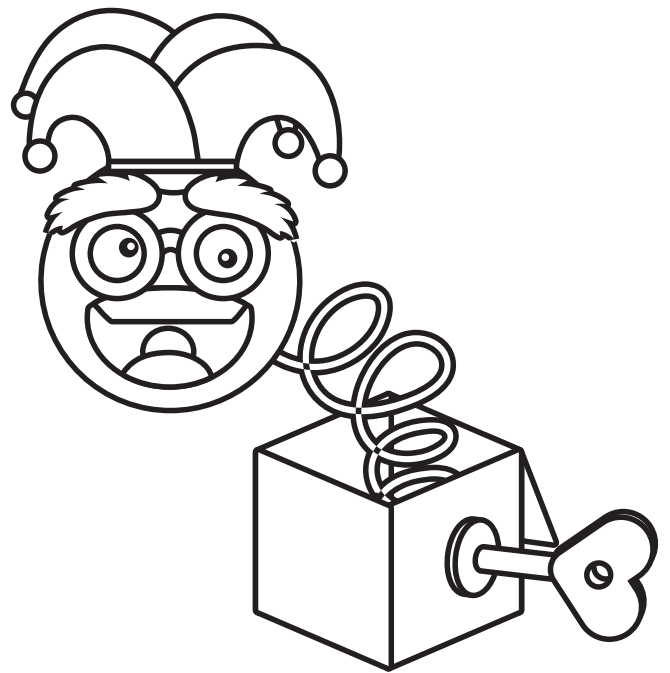


We have gathered a number of activities suitable for seniors of any age, those living with Alzheimer's & Dementia, or anyone who may be struggling with memory loss.

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

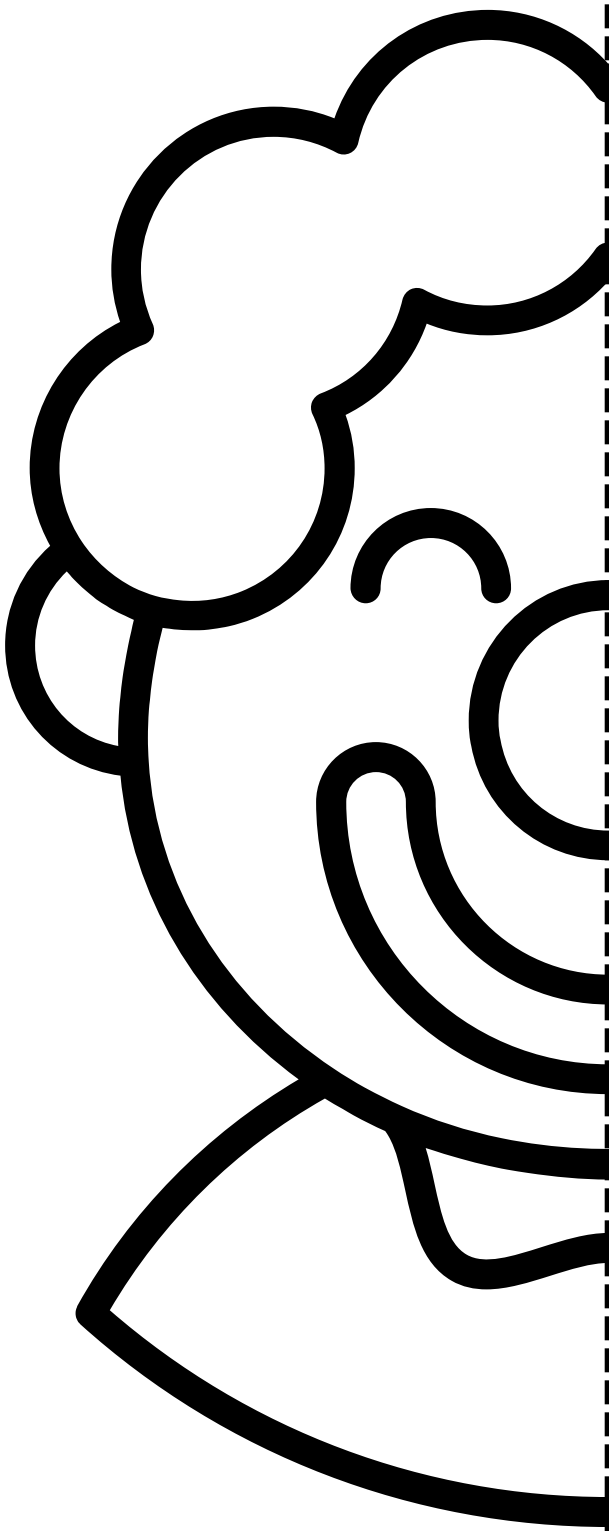
Perfect for seniors living in retirement homes, private care, or other home care residences. Join with others to complete the activities, or on their own – there's something for everyone!

# APRIL FOOL'S Day



# MIRROR IMAGE

Look at one side of the picture below and draw the other side!  
Colour the picture when you're done!

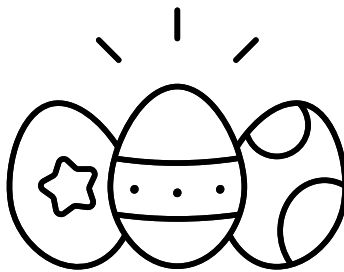


# APRIL HAS ARRIVED!

Find the words below in the puzzle.

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

FLOWERS  
PASSOVER  
SPRING  
EARTH  
BUNNY



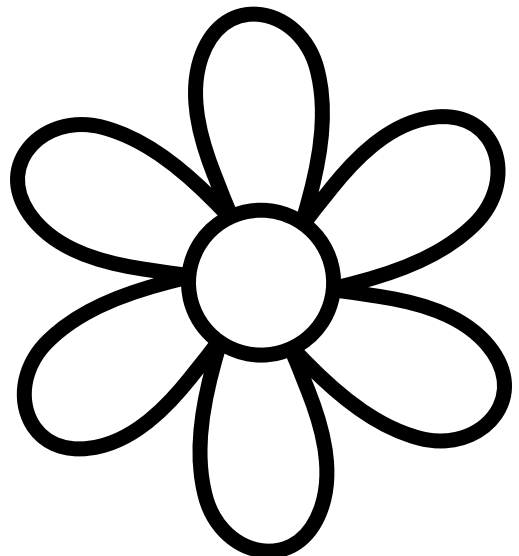
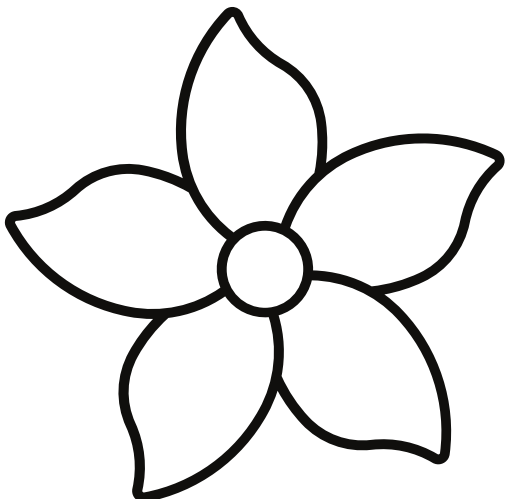
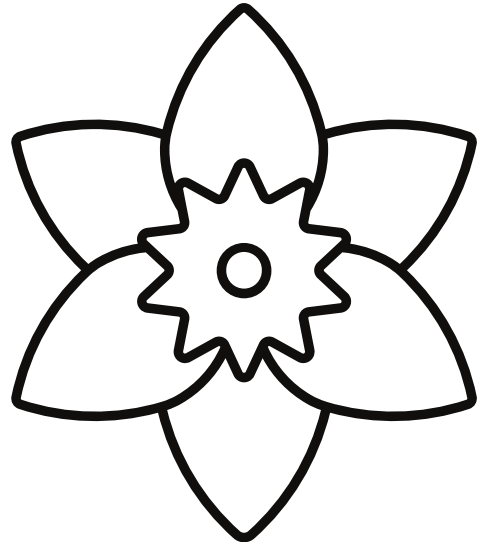
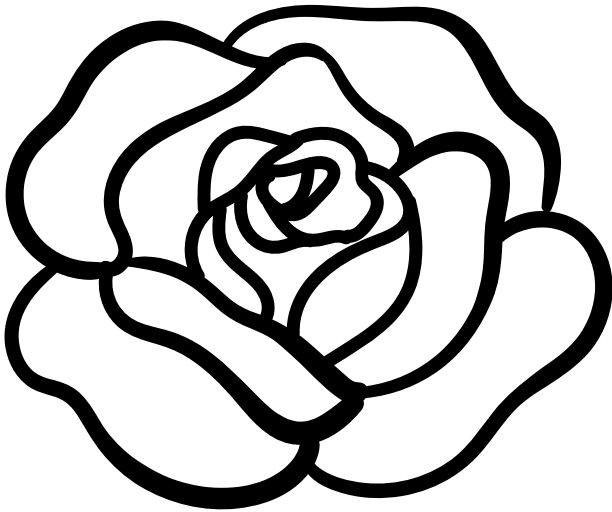
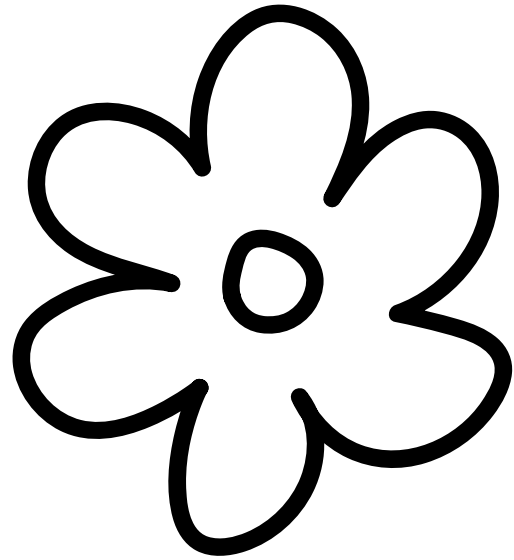
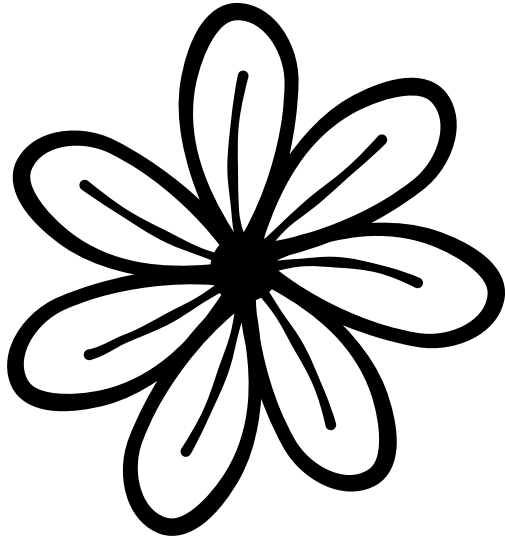
SHOWERS  
EASTER  
CHOCOLATE  
APRIL  
FOOLS



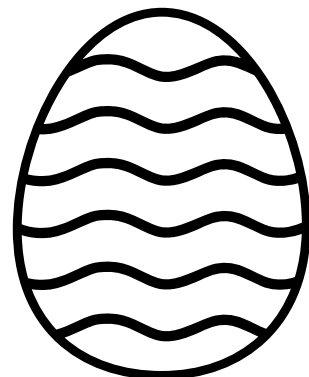
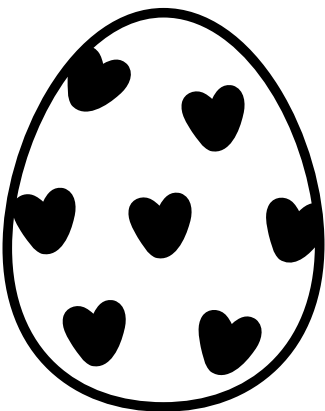
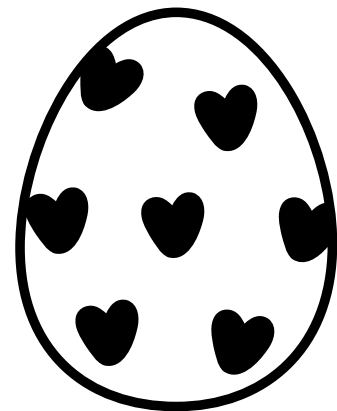
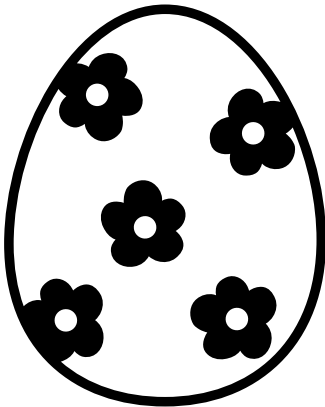
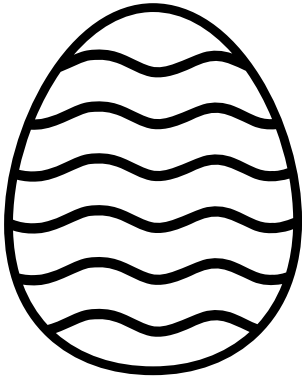
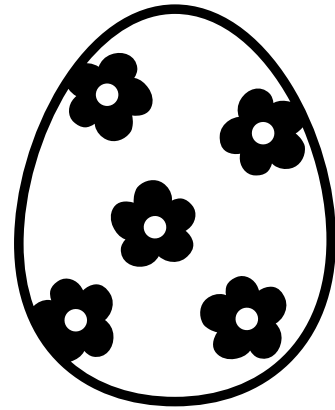
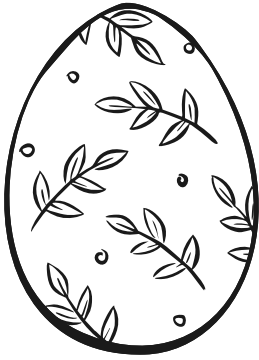


# SPRING

Colour your favourite Spring flowers!



# MATCH THE EASTER EGGS



# THE FUNNY PAGES!



Q: Why are water beds so bouncy?

A: They are filled with *spring* water!

Q: What do you get when you push a bunch of Easter eggs down a hill?

A: Spring rolls

Q: What do you call the Easter bunny the day after Easter?

A: Tired

Q: What kind of bunny can't hop?

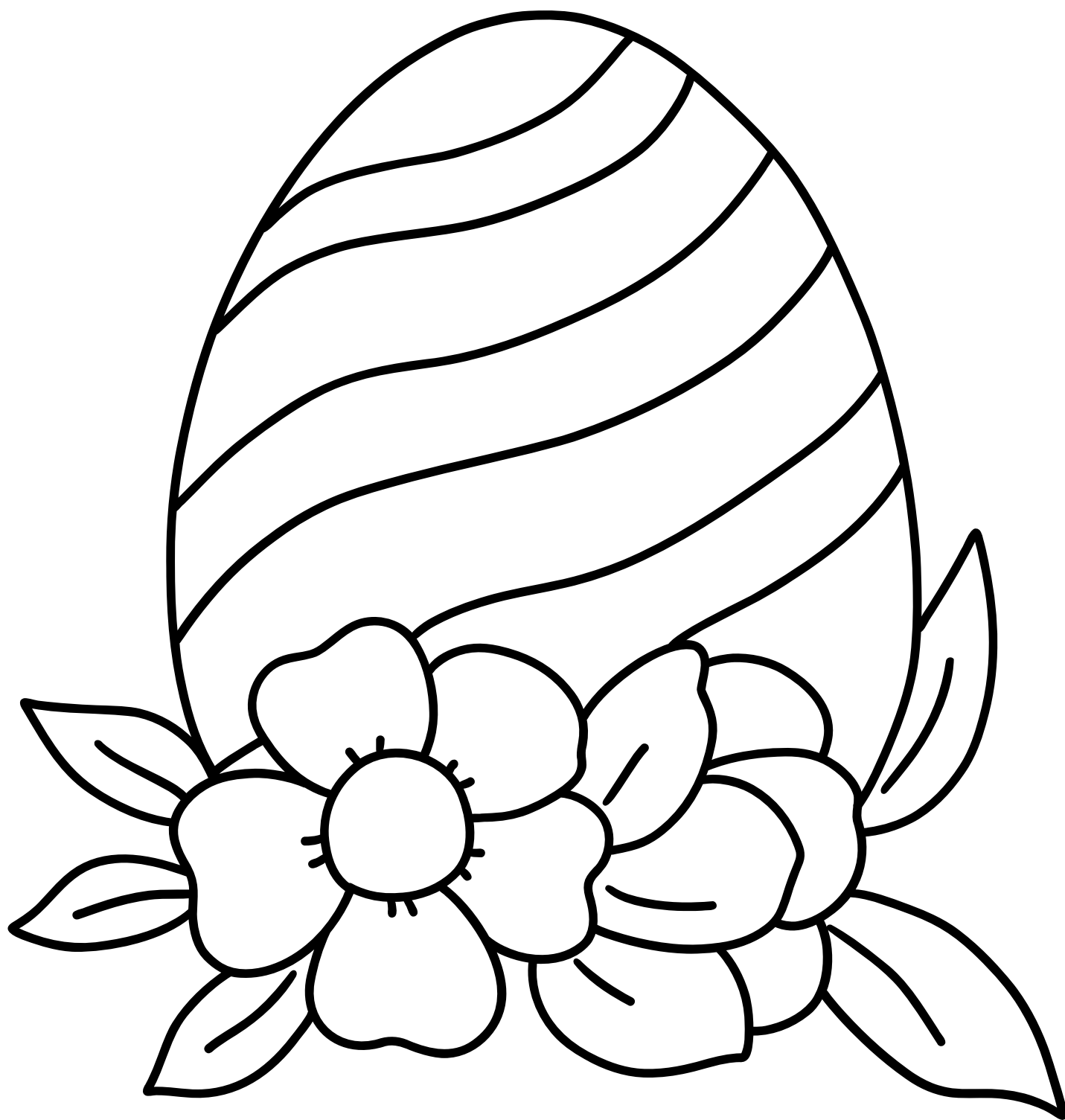
A: A chocolate bunny

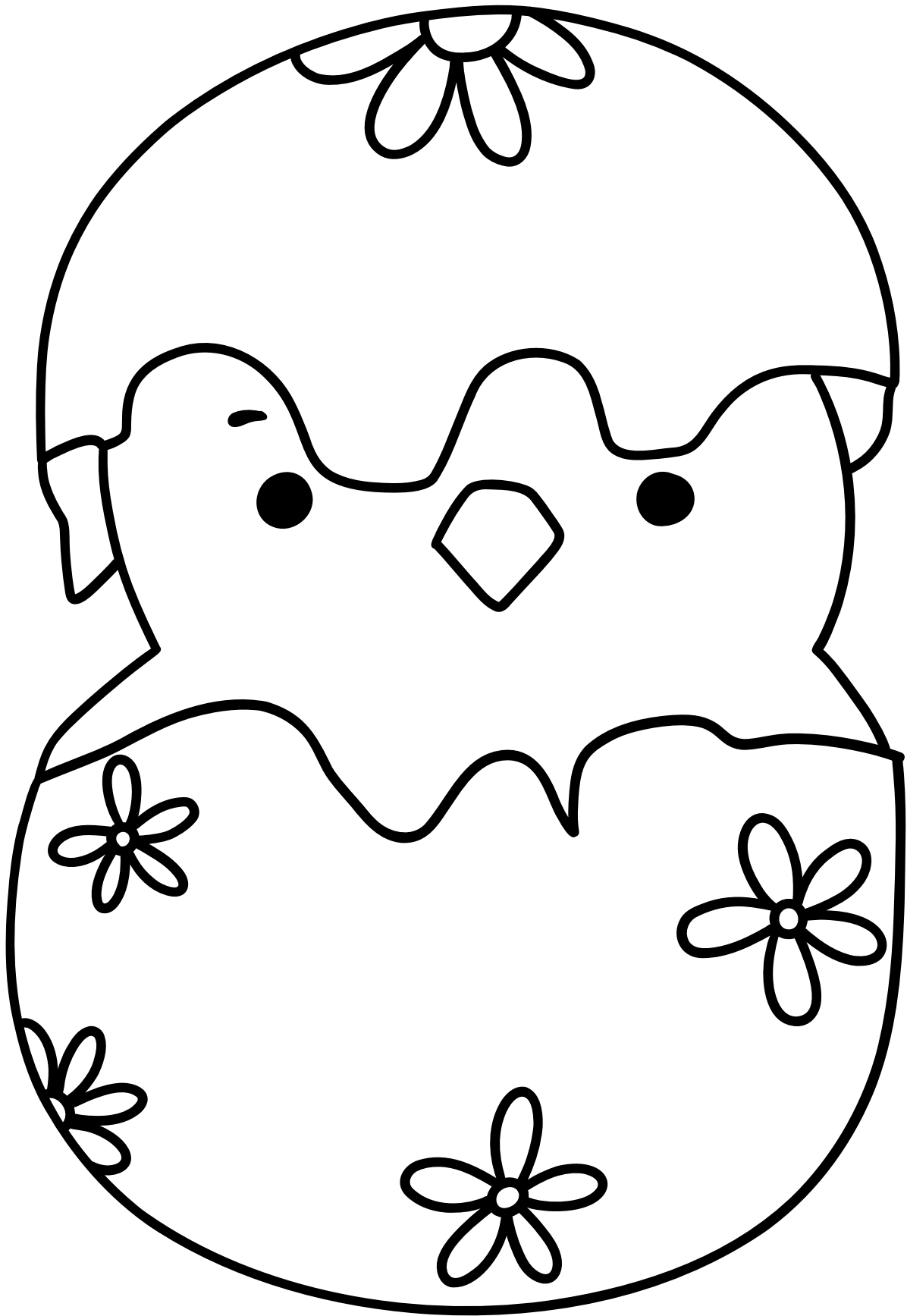
Q: What kind of jewelry does the Easter bunny wear?

A: 14-carrot gold

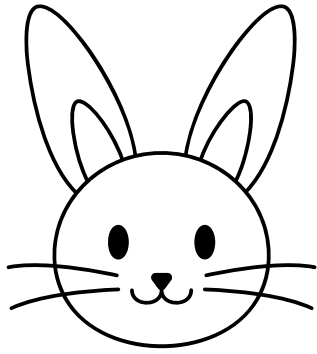




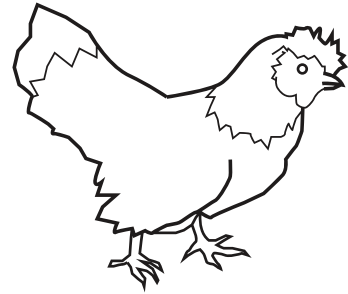




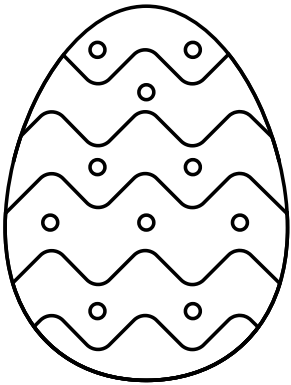
# WORD SCRAMBLE



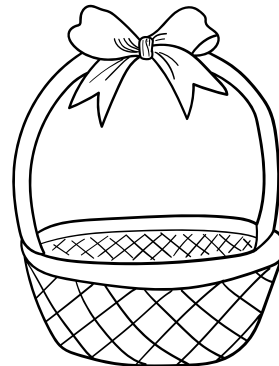
b n u y n



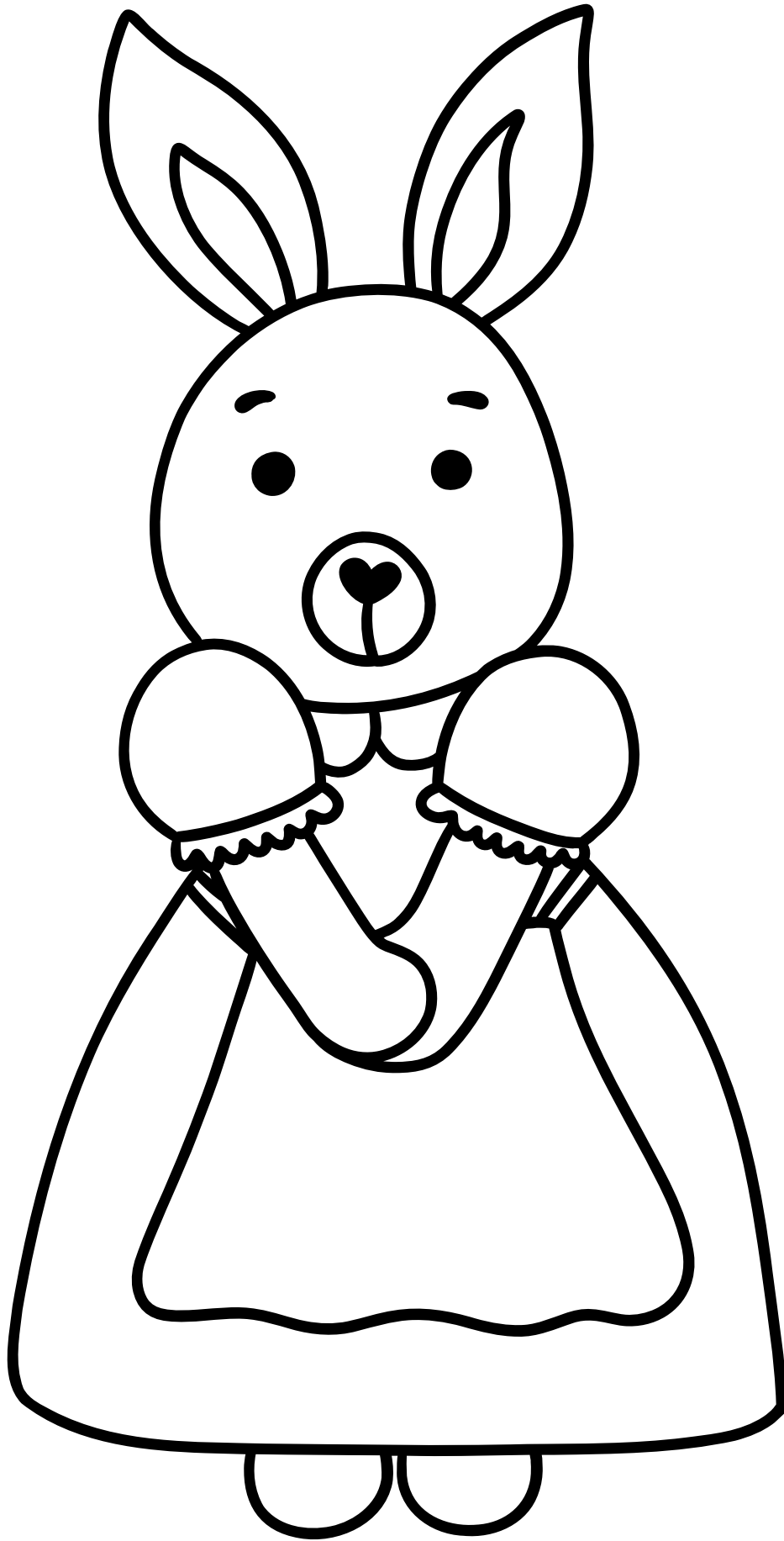
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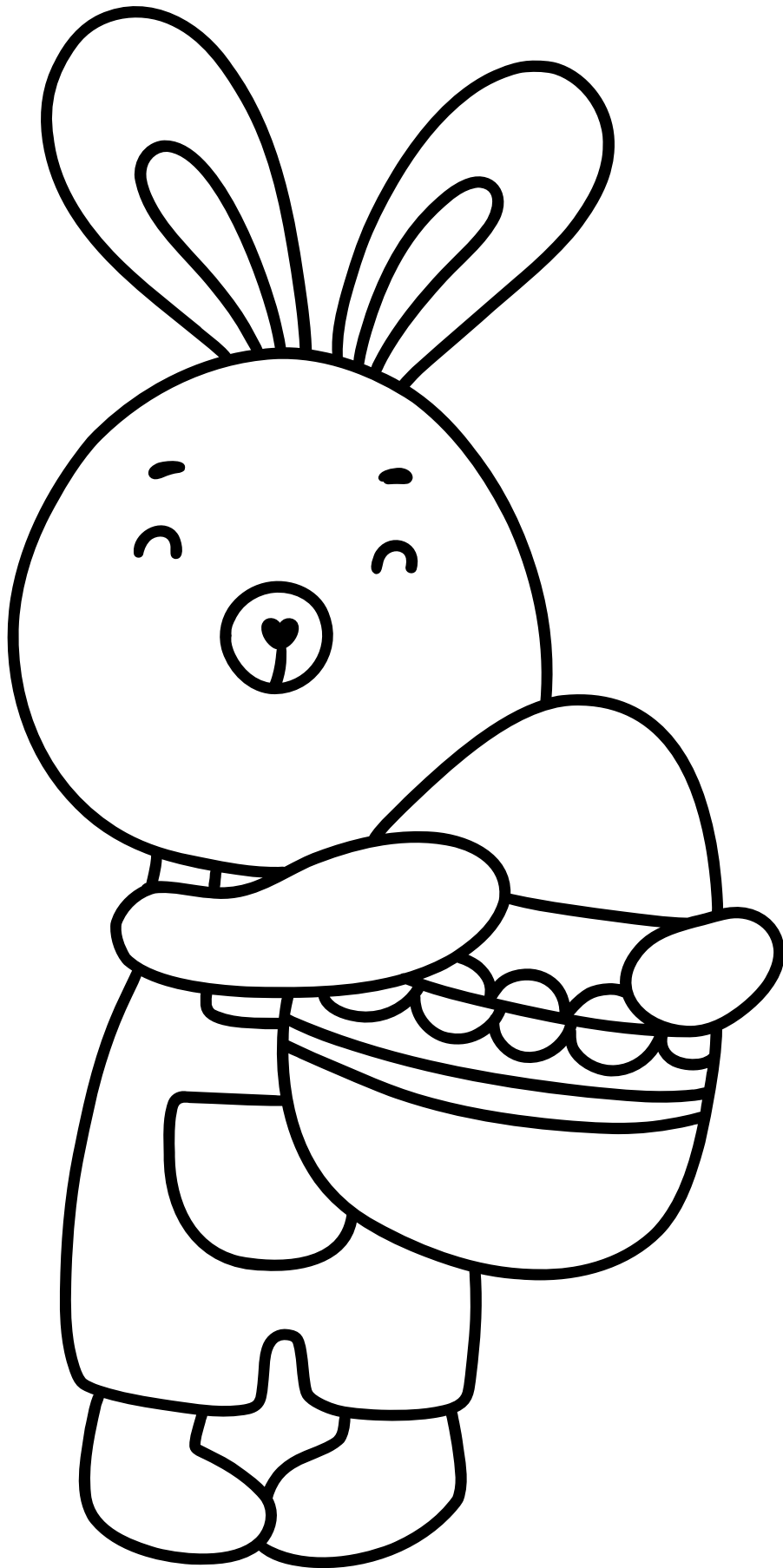




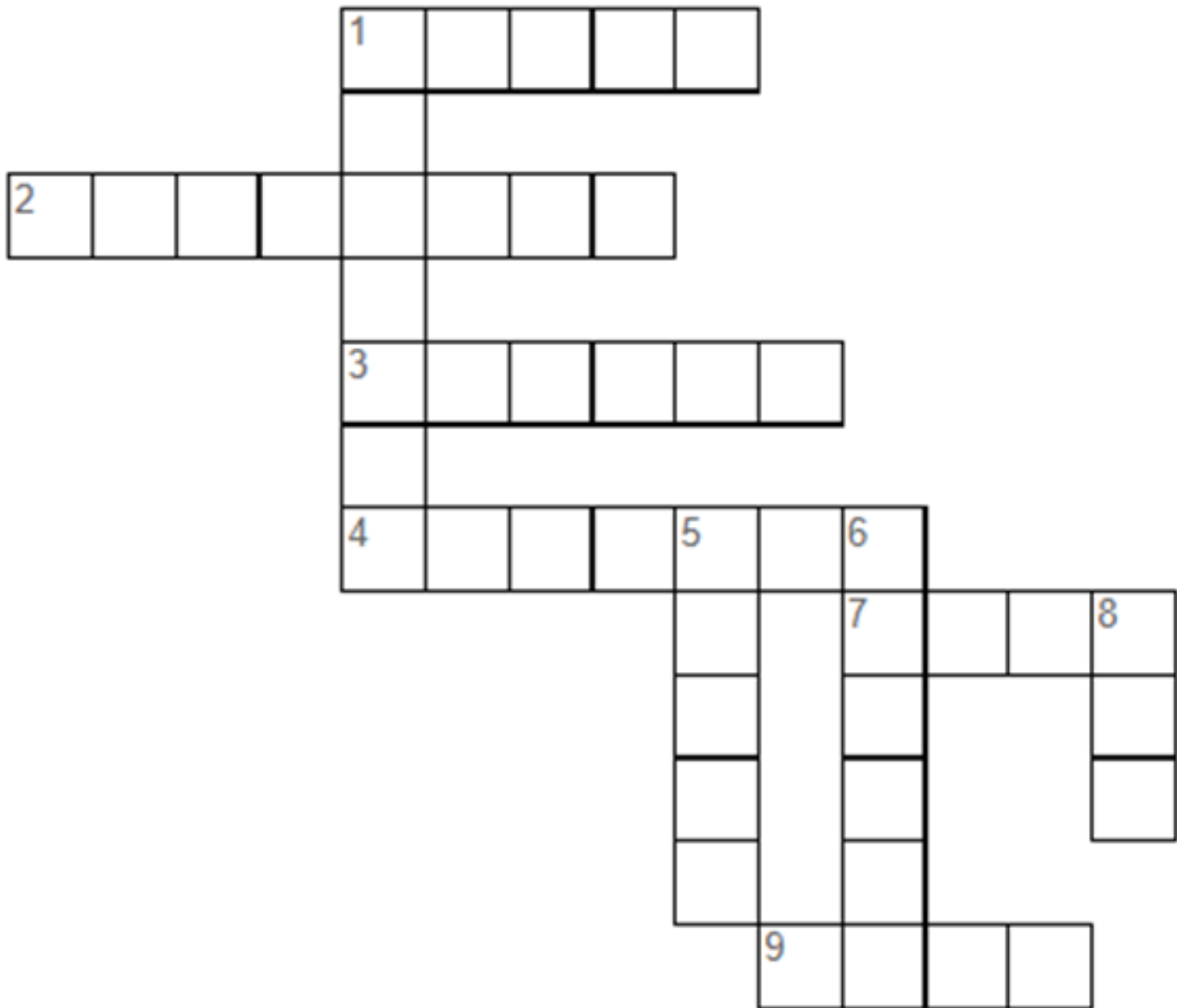
# CONNECT THE DOTS

Starting at the number 1, draw a line connecting each dot in order to reveal a fun surprise!





# CELEBRATE APRIL!



## Across

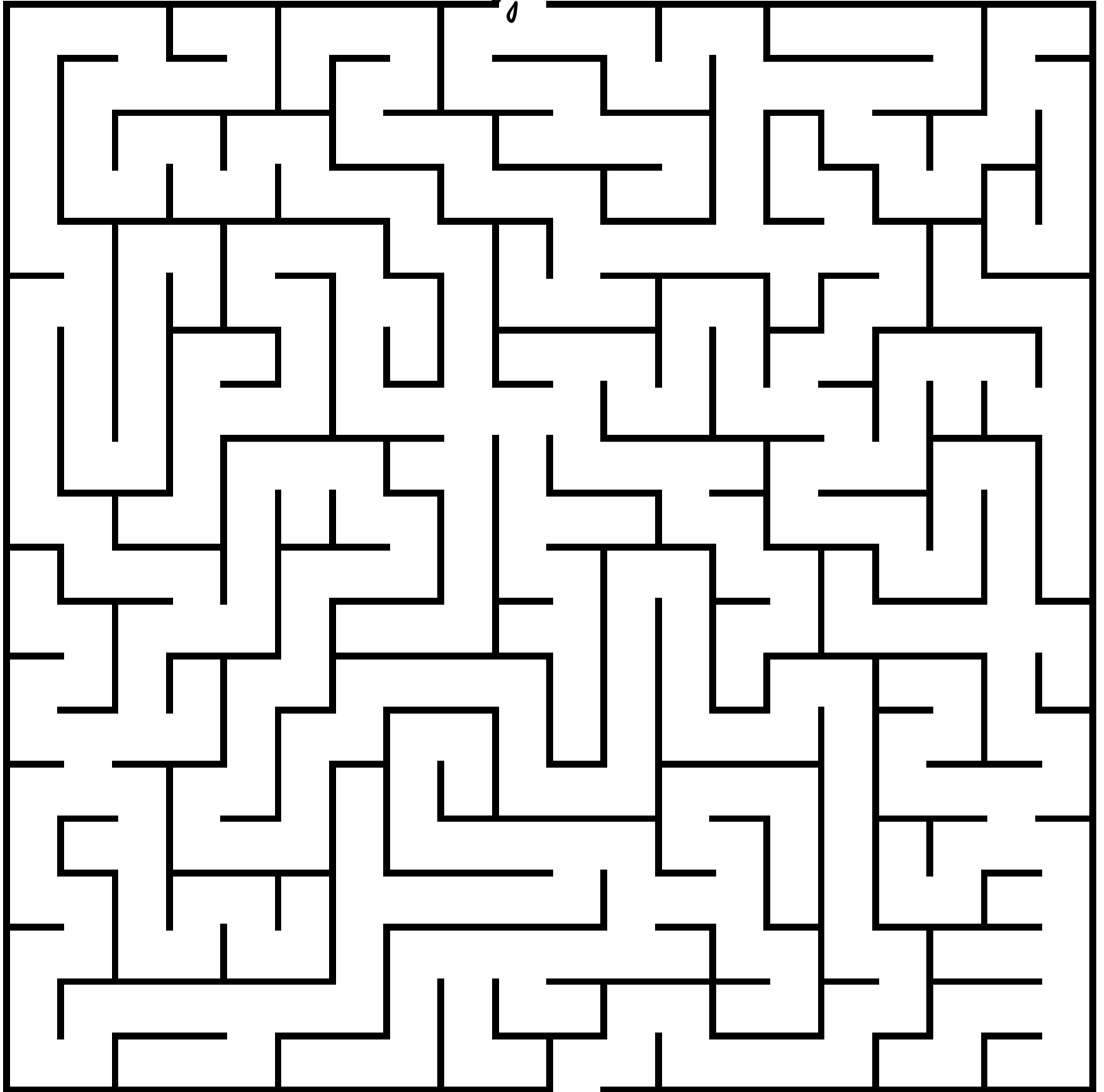
- 1 April \_\_\_\_\_ Day is on April 1st
- 2 Another name for Good Friday in the Jewish religion
- 3 A religious holiday usually in April
- 4 April \_\_\_\_\_ brings May flowers
- 7 \_\_\_\_\_ leaves are used in church on the Sunday before Easter
- 9 We colour these at Easter

## Down

- 1 These begin to bloom in the Spring
- 5 We honour the planet we live on every year on \_\_\_\_\_ Day
- 6 This season is in April
- 8 Next month is \_\_\_\_

# APRIL SHOWERS

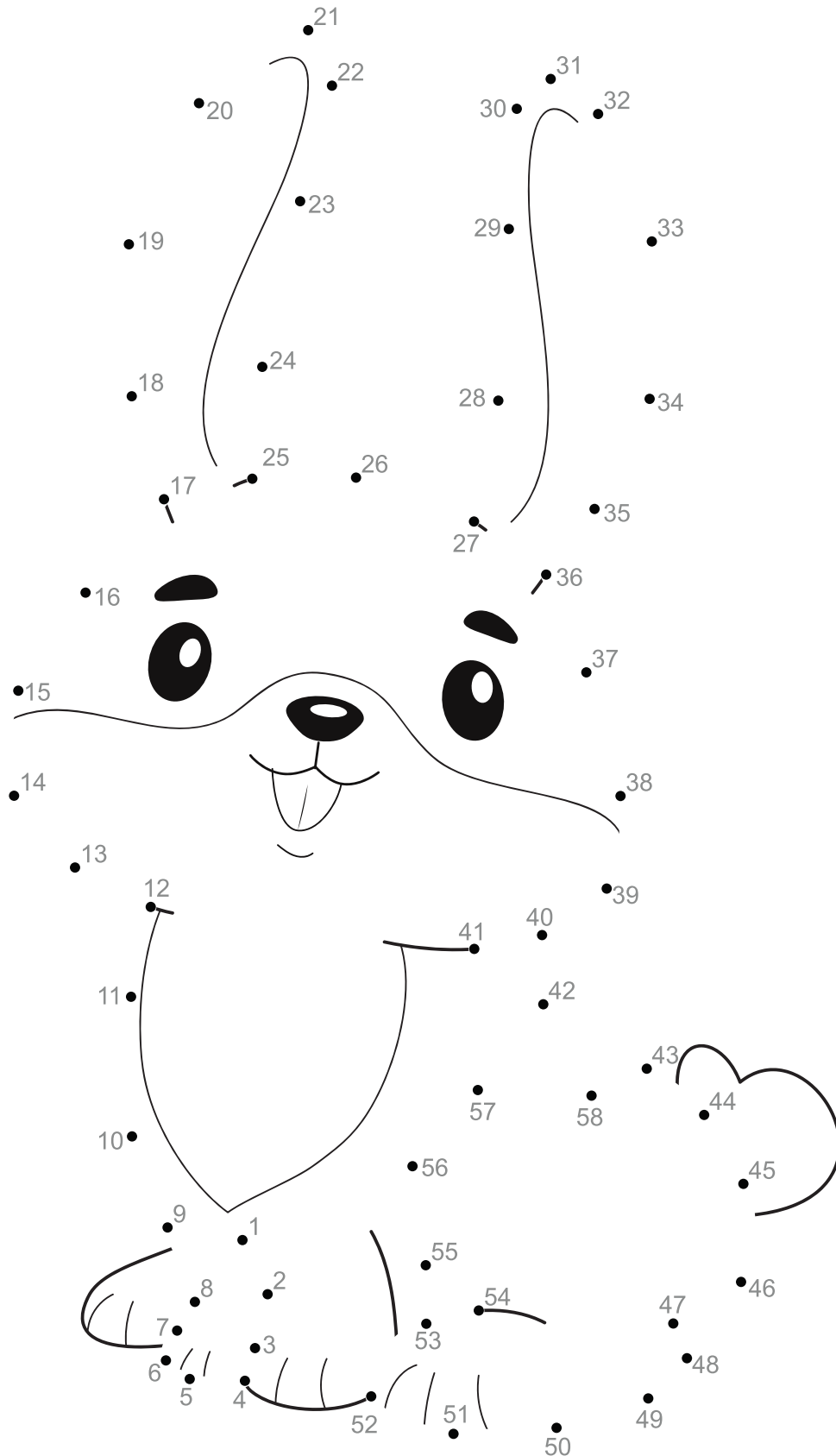
Help the raindrops reach the May flowers!





# HOP INTO SPRING!

Starting at the number 1, draw a line connecting each dot in order.



# SING-A-LONG

## *This Little Light of Mine*

This little light of mine  
I'm going to let it shine  
Oh, this little light of mine  
I'm going to let it shine

This little light of mine  
I'm going to let it shine  
Let it shine, all the time, let it shine

All around the neighbourhood  
I'm going to let it shine  
All around the neighbourhood  
I'm going to let it shine  
All around the neighbourhood

I'm going to let it shine  
Let it shine, all the time, let it shine.  
Hide it under a bushel? No!  
I'm going to let it shine

Hide it under a bushel? No!  
I'm going to let it shine  
Hide it under a bushel? No!  
I'm going to let it shine  
Let it shine, all the time, let it shine.



# HAPPY EARTH DAY!



# HAPPY EARTH DAY!





# TRIVIA

Using the clue, answer the questions below. The first letter in each answer is given.



What comes out of a bottle and grants 3 wishes?



What is the name of a Scottish skirt?



What do you call a group of cattle?



How many legs do spiders have?



What chess piece can only move diagonally?



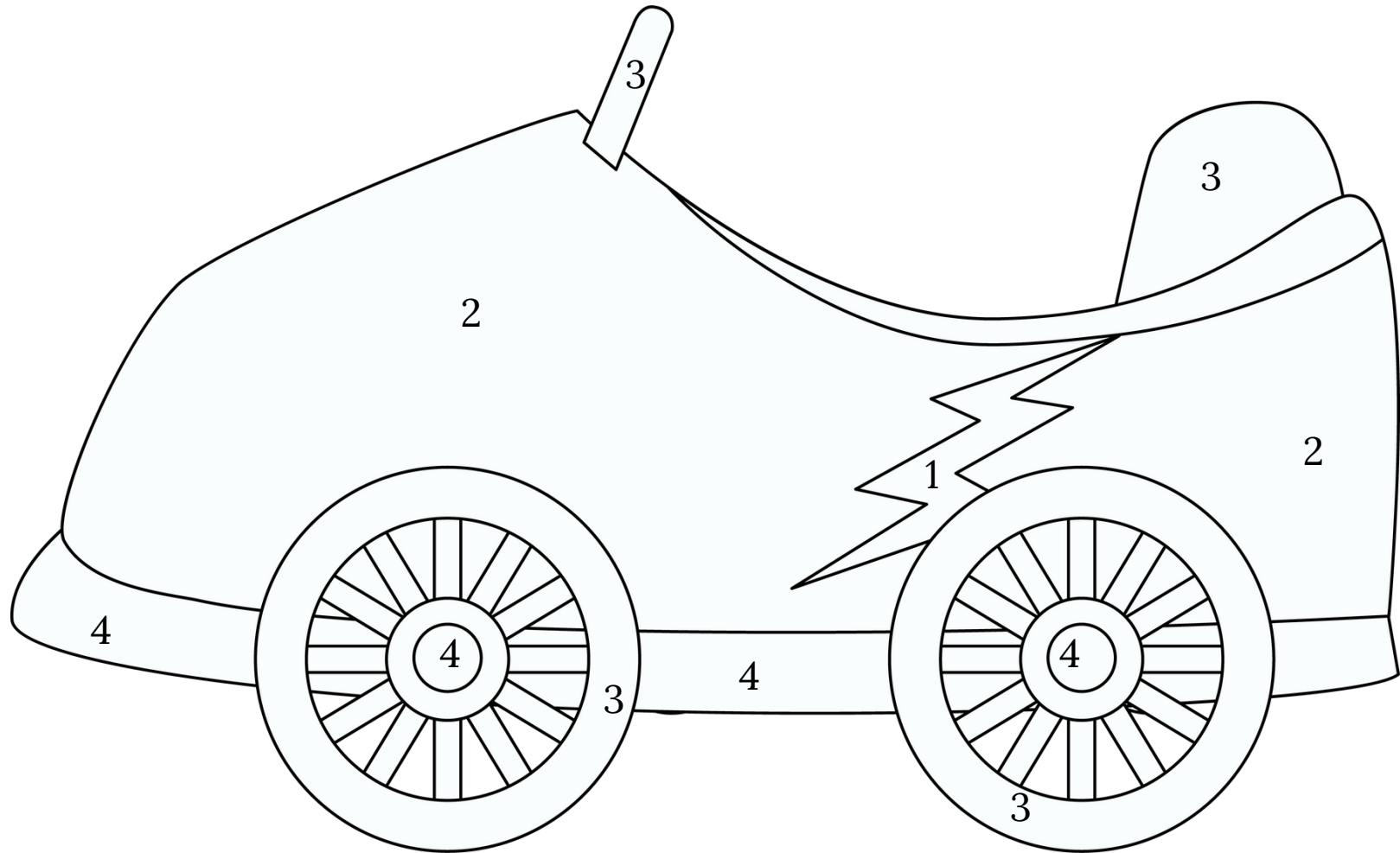
Known as a cute, cuddly and furry animal with long ears and a puffy tail.



A noise made by a duck.

# COLOUR BY NUMBER

Follow the instructions to colour the celebrating gnome below.



1 - Yellow

2 - Red

3 - Blue

4 - Orange

# SPRINGTIME BUNNY CRAFT

Create your own Spring bunny characters!



## Here's what you need:

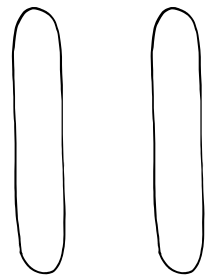
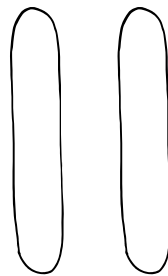
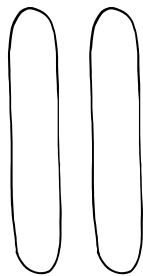
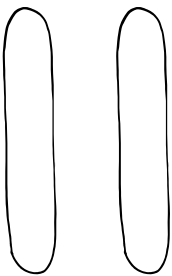
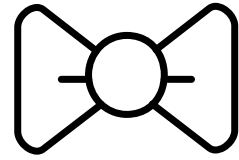
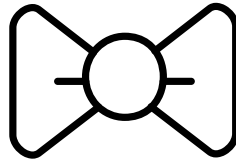
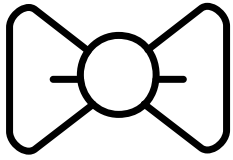
- Cardboard Rolls (paper towel or toilet paper rolls)
- Craft glue
- Scissors
- Decor Paper\* or paint
- Pencil Crayons or Markers
- Design template

## Instructions:

1. Cover each cardboard roll with decor paper (adhere with glue) or use paint to cover the outside of each roll. Let dry.
2. Using the template, colour and then cut out each shape you want to use (bowtie, carrot, nose, ears) for your design.
3. Using the glue, carefully paste each shape onto the covered cardboard roll to create a springtime bunny face and body.
4. Colour the grass outline green and secure in place in front of your characters.

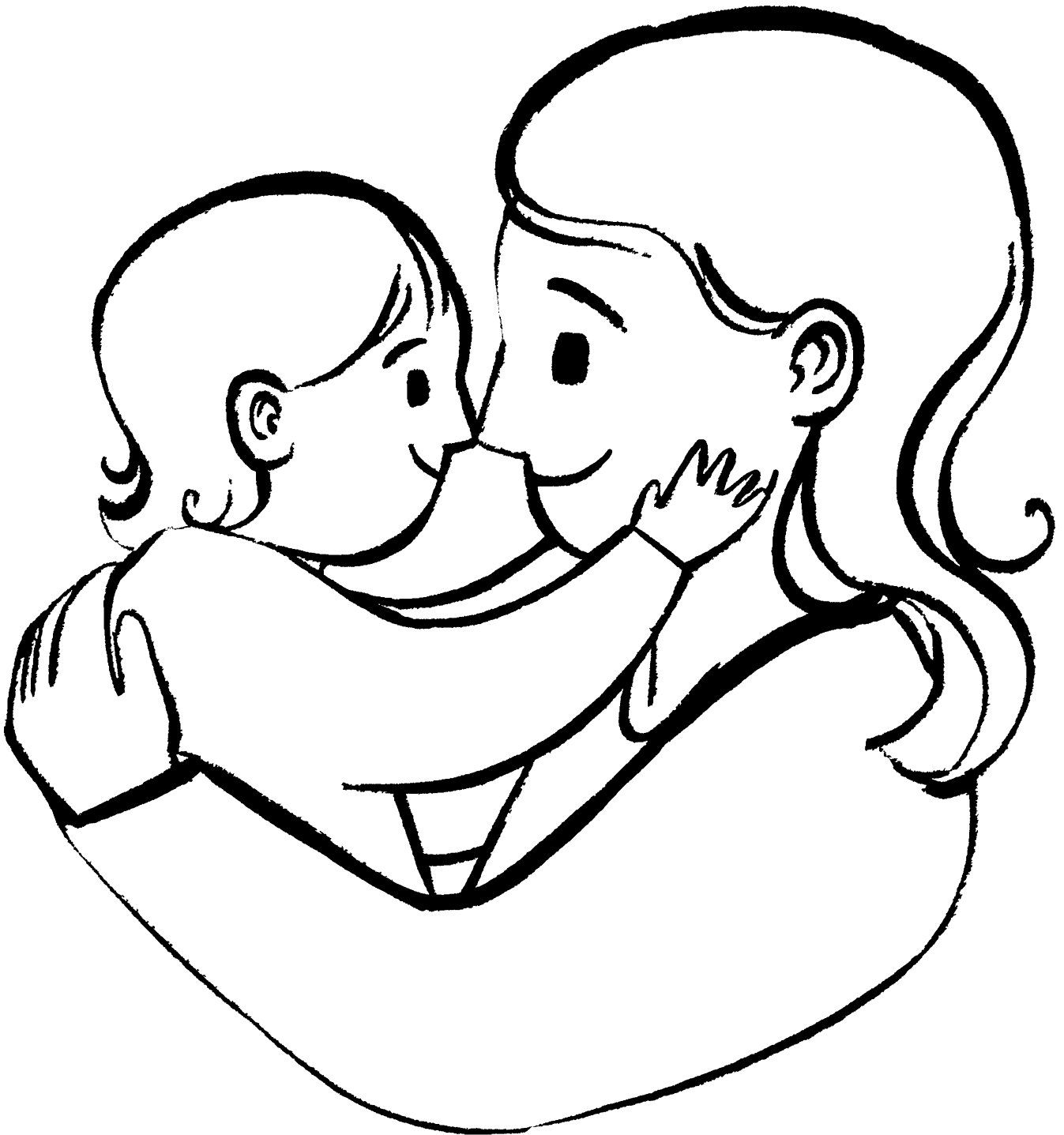


*\*optional - feel free to use leftover wrapping paper, corrugated paper, craft/construction paper of various spring colours like orange, green, pink, etc. or paint/markers to decorate the cardboard roll.*



# WHAT'S NEXT?

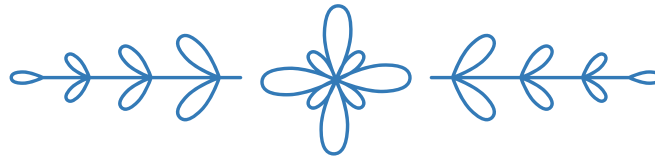
Can you guess what special holiday is coming up next month?



Guess: \_\_\_\_\_

# WE HOPE YOU ENJOYED APRIL'S SENIOR ACTIVITY BOOKLET!

*Be sure to visit our online store to purchase your May Senior Activity Booklet! We continue the Spring season by celebrating Mother's Day, Cinco de Mayo, and nature's blooms with themed activities you're sure to enjoy!*



Follow us on:



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Monthly Activity Booklets are intended for people with Dementia, Alzheimer's Disease and/or memory loss.