

COGNITIVE CROSSWORDS

November 2023



SKIING & GLUTES

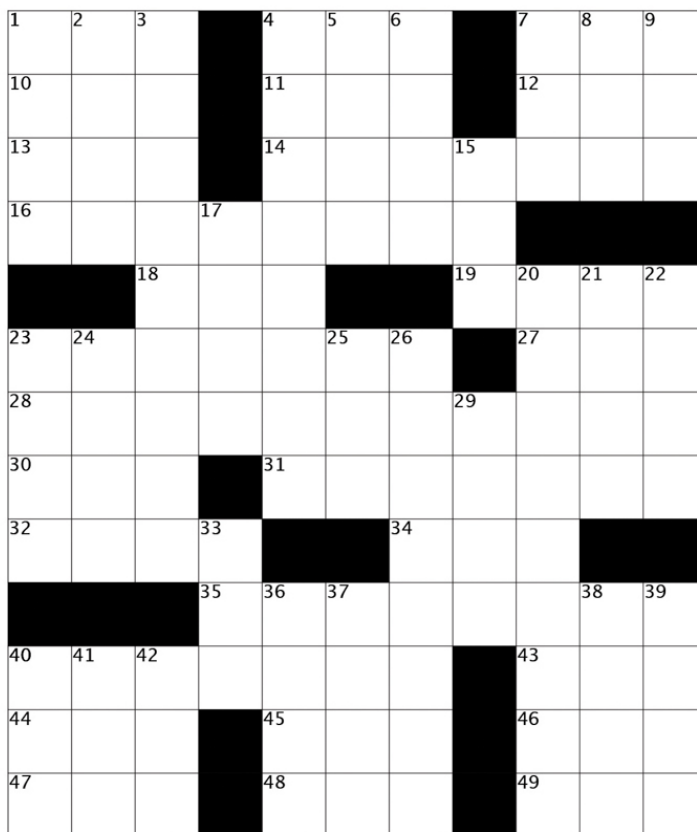
ACROSS

1. Top leg joint
4. English TV channel
7. Jazz music genre be-___
10. "Lord, is ___?": (Last Supper question)
11. Former NBA star ___ Ming
12. Wedding vow
13. Persona ___ grata
14. Ascended
16. Skier's direction
18. "Yoo-___!"
19. Skier's footwear
23. Location of Aspen and Tahoe
27. Letters between L and P
28. Fast-food side or parallel skis to kids
30. ___ canto
31. Bothered, as a bad thought
32. Skiing or leaky balloon sound

34. Paul Anka's "___ Beso"
35. Flip or reverse
40. Skis a zigzag course
43. ___ Paulo, Brazil
44. Barbie's beau
45. 951, in Roman numerals
46. Old Ford model
47. Give ___ whirl
48. April 15 payment
49. "You betcha!"

DOWN

1. Rear, or outdoor clothing brand
2. "Am ___ late?"
3. Sticks with vanes that twirl in the wind
4. On purpose
5. Island between Java and Komodo
6. Spring shape
7. Ski pant that protects the chest
8. "___ to Joy": Beethoven song
9. Group of whales



15. World Series org.
17. Norse goddess (hidden in MANOR NET)
20. In a foreboding manner
21. ___ Day vitamin
22. "As I was going ___ lves, I met..."
23. Where fighter jets are found: Abbr.
24. G.I. chow
25. When doubled, a Latin dance
26. When to wear a cocktail dress, traditionally
29. Siesta
33. Costa del ___
36. Nine-___ battery
37. Mrs. Peel of "The Avengers"
38. Pace, as of speed
39. Drifts off to sleep
40. Hit the slopes
41. Allow
42. Santa ___ winds

GRIZZLY BEARS

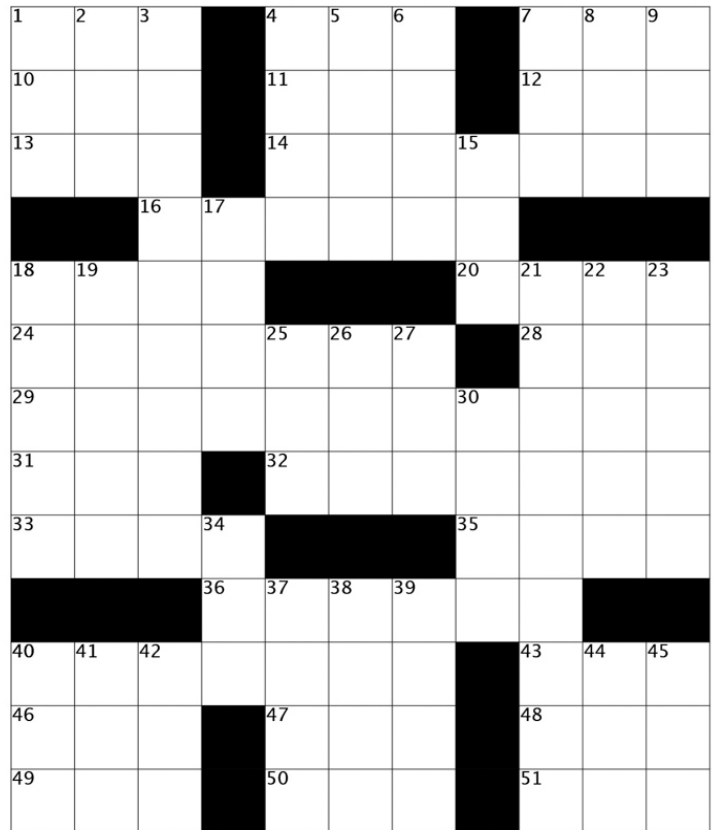
ACROSS

1. Hearing organ
4. Female grizzly
7. Bear's foot
10. Ripen
11. "Get thee ___ nunnery"
12. One ___ million
13. How-___ (instruction books)
14. Bugs that are a part of a bear's diet
16. Get away from
18. Green Hornet's sidekick (hidden in SKA TOP)
20. Swimmer's workout
24. Draws in
28. Compete for
29. The world's first national park, home of many bears
31. Anger
32. Small fruits that are part of a bear's diet
33. Space agency
35. Icelandic saga (DEAD anagram)
36. Rid a dog of insects

40. North American bear
43. Forget-me-___
46. Very long time
47. Male bighorn
48. Baby bear
49. Hibernation spot
50. Gorilla
51. UFO pilots

DOWN

1. Consume
2. Years ___ (in the past)
3. Finds a new home for, as a problem bear
4. Bic Clic-___ pen (CIST anagram)
5. Chaplin of 'Game of Thrones' (hidden in TOON ACT)
6. Stinging insect
7. Photo, for short
8. Hill-building insect that is part of a bear's diet
9. "How ___ I to know?"
15. Snaky fish
17. Dirt



18. Enter your PIN at the ATM
19. "It's the end of ___"
21. Act of evasion
22. Longed
23. ___ problem with (finds fault)
25. Corn on the ___
26. Female bighorn
27. Belarus or Estonia, once: Abbr.
30. Cottonwood or Cedar

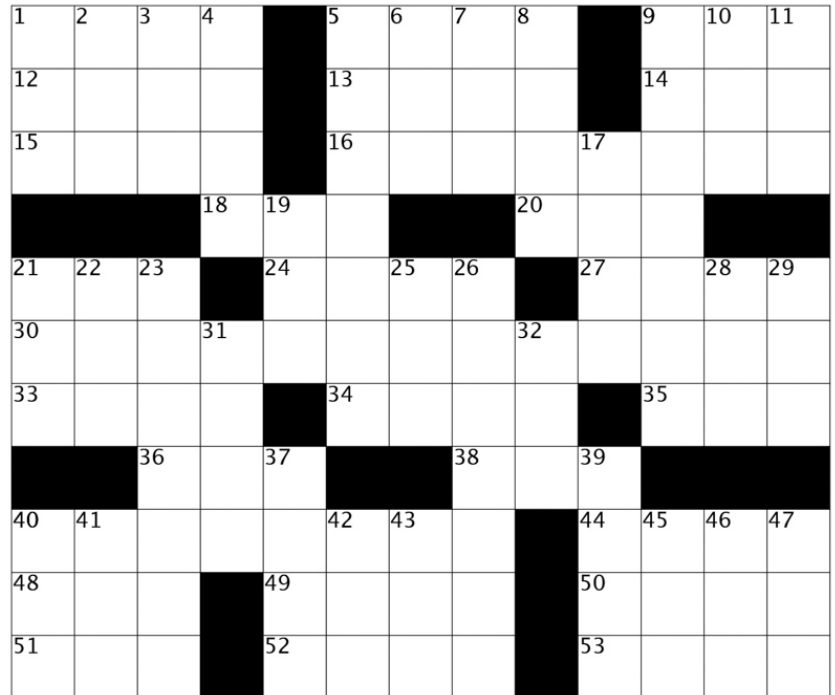
34. Wood-shaping tool
37. Poet ___ Pound
38. Fly like a bird
39. Tick-borne disease named for a town in Connecticut
40. H.S. equivalency test
41. Fish eggs
42. Tavern
44. Ump's call at the plate
45. Small recipe amt.

GLACIER NATIONAL PARK

ACROSS

1. Accumulation and compaction of this creates 40-Across
5. At the summit of
9. Tissue thickness
12. Biblical ark builder
13. Medicine amount
14. Outdoor gear retailer
15. Saint Mary, McDonald or Two Medicine
16. Going-to-the-Sun or Bearhat
18. Mai ____ (rum drink)
20. You, in French
21. Boxer Muhammed ____
24. Ensnare
27. Egg on
30. Small fruits found in Glacier NP
33. Golden ____ (senior citizen)
34. Wise, or a blue-gray plant
35. Summer, in French
36. Downside
38. Colorado's NHL team, for short
40. Ice formations
44. Pitch a tent
48. Month before DEC
49. In ____ of (instead)
50. Suit to ____ (is perfect for)
51. Utilize
52. Finishes
53. Grizzly

DOWN



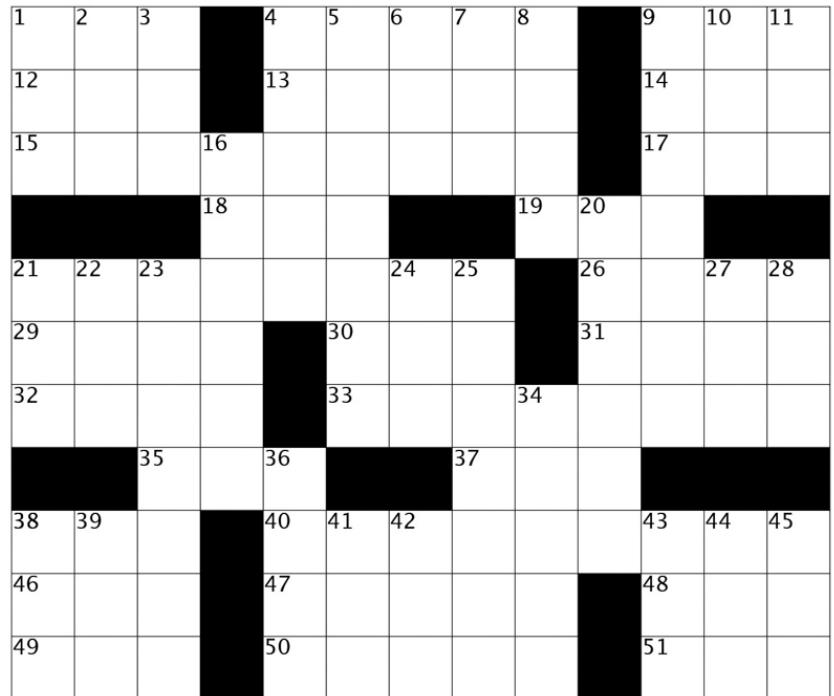
1. Sketch show on NBC, briefly
2. "I told you ____ thousand times!"
3. Acorn bearer
4. Stimulate, as an appetite
5. Looks up to
6. Also
7. Buckeye's sch.
8. ____-up energy
9. Grassland
10. Flowery necklace
11. Yang's counterpart
17. Go on a road trip
19. The Braves, on scoreboards
21. "I've got it!"
22. Schlep

23. Chamber within 40-Across
25. Org. for lawyer
26. Mythical winged horse
28. Acquire
29. Opposite of WNW
31. Ray ____, founder of McDonald's
32. Gun, as an engine
37. "Death on the ____"
39. Nature's bandage
40. Wildebeest
41. ____ Angeles
42. "Ich bin ____ Berliner"
43. Crimson
45. Consumed
46. "____ culpa"
47. Apop

LEWIS & CLARK

ACROSS

1. Chart
4. Sharp, as an angle
9. Snoopy's alter ego: WWI Flying ____
12. "Eureka!"
13. ____-Dixon line
14. Louse egg
15. Expedition finding
17. Petrol
18. Single
19. Honest ____ Lincoln
21. Plot a course, as for an expedition
26. Gymnast ____ Korbut
29. Uncover
30. Sprinted
31. Neighborhood of SWED.
32. Lewis & Clark recruited this number of men for their expedition
33. Pirate's hoard
35. Anger
37. "Mamma ____!"
38. Owns
40. ____ Purchase, territory bought by the U.S. for \$15m
46. Wedding words
47. Famous Ford flop
48. Opposite of yeses
49. Fellow
50. Largest deer
51. To the ____ degree



DOWN

1. Angry
2. Tuna variety
3. Mas' partner
4. In the thick of
5. Prehistoric paintings, like in Lascaux
6. Employ
7. Rocky hill
8. Irish New Age singer (ANY E anagram)
9. Poet Maya ____
10. Spy org.
11. UFO drivers
16. Mint operator
20. Japanese ornamental tree
21. "Smoking or ____?"
22. Bee: Prefix (PIA anagram)
23. Deer meat
24. Sticky road goo
25. Foes
27. Dog's warning
28. Astound
34. Plane seating choice
36. K-6 sch.
38. That guy
39. Palindromic Oklahoma city
41. Prefix with meter, found on a dashboard
42. GI show sponsor
43. ____ Arbor, Mich.
44. Forget-me-____
45. Fire residue

TOWERS & ARCHITECTURE

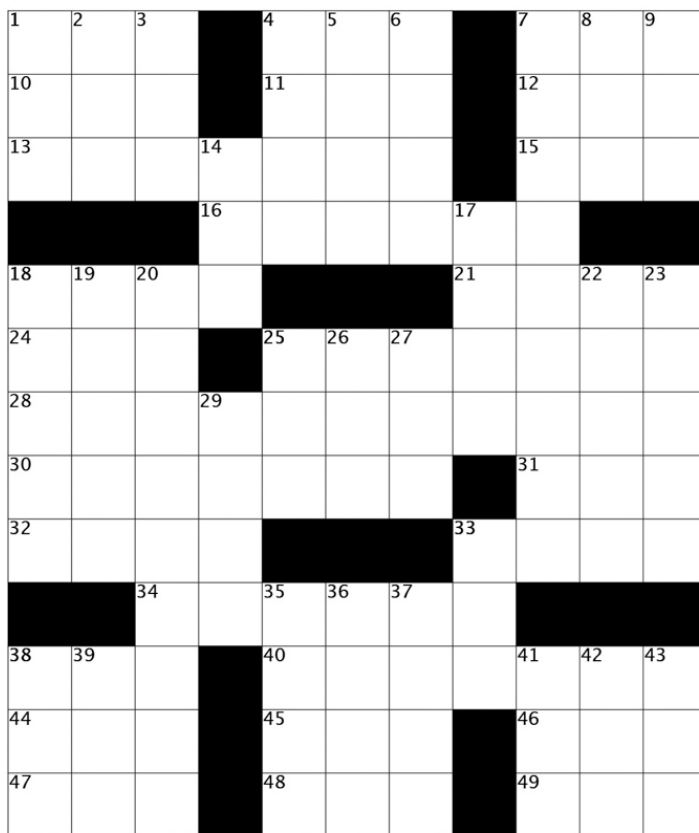
ACROSS

1. That man's
4. "I ___ Rock"
7. "...like peas ___ carrots"
10. Santa ___, California
11. Took a chair
12. Reimburse
13. City silhouette
15. Chimp
16. Pennant
18. Grabs
21. Prefix for sphere (MOAT anagram)
24. Cool ___ cucumber
25. Barn___: political traveler to many small towns
28. Tall buildings
30. 80s GOP strategist Lee
31. Private aid grp.
32. Cut of pork
33. British WWII gun (NEST anagram)
34. Tailor's tool
38. Morose

40. Cause to grow, as a building
44. Swelled head
45. Moo goo ___ pan
46. "That's the spot!"
47. "Holy cow!"
48. Quarterback Manning
49. Glide on snow

DOWN

1. Owns
2. Pen filler
3. Speak
4. Korea's continent
5. "Death in Venice" author Thomas
6. Two fives for ___
7. Rental unit in a building
8. Quick snooze
9. Tint
14. Scale units (abbr.)
17. Lawman Wyatt
18. Of the nose



19. Invite for
20. Alcove from which to watch the street
22. On-ramp sign
23. "Citizen Kane" director Welles
25. Girl, Eagle or Cub: Abbr.
26. Uno + du
27. Paddle
29. Of sound mind
33. Glimpse
35. Brink
36. "What's the big ___?"
37. 57, in Roman numerals
38. Use a 34-Across
39. Years ___ (in the past)
41. ___ Vegas
42. Acorn source
43. ___ Beta Kappa (college honor society)

COUNTRY MUSIC

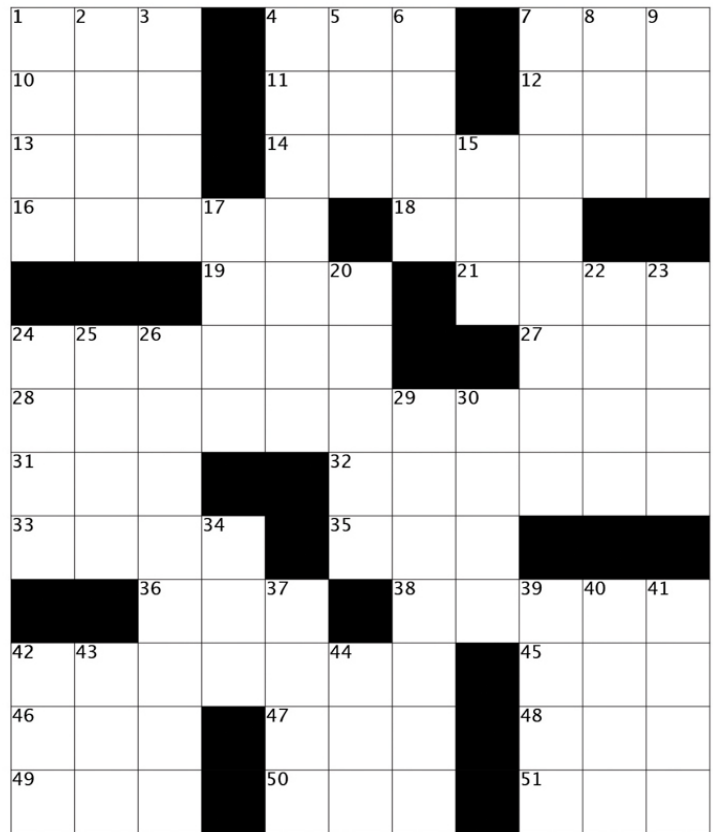
ACROSS

1. Good musical talent
4. Country singer Tillis
7. A deer, a female deer
10. "Islands in the stream, that is what we ____"
11. "One day ____ Time"
12. Bond writer Fleming
13. River inlet
14. Country singer Merle
16. Key ____, Florida
18. "My Gal ____"
19. ____ and outs
21. Compass direction
24. Record player
27. Guerilla Guevara
28. "9 to 5" singer
31. Get ____ for effort
32. In ____ (all together)
33. ____ sabe (friend, to Tonto)

35. "Harper Valley ____": Jeannie C. Riley song
36. Golfer Ernie
38. Concert sites
42. "Stand By Your Man" singer Tammy
45. Yes, in French
46. Trendy
47. Target
48. ____ Diego
49. Offs' opposites
50. ____ in rabbit
51. Yank

DOWN

1. "Duke, Duke, Duke of ____"
2. Diva's song
3. Keister
4. Paul Winchell's dummy sidekick
5. LAX board listing
6. Falls behind
7. Southern and Cockney, e.g.
8. Paddle
9. Finish
15. Gew____ (showy trinket)



17. "The Most Beautiful ____": Charlie Rich song
20. Absorb, as gravy
22. "Scat!"
23. Home of Nashville, briefly
24. Home of Rushmore, briefly
25. Musical quality
26. Hydrogen and gold
29. Country songs

30. Anti-piracy org. (anagram of 2-Down)
34. "Your ____ Handy Man": 28-Across singer
37. Headliner
39. Puzzled
40. Maui feast
41. Harmonize
42. What person?
43. Hither and ____
44. ____ Maria (coffee liqueur)

MARTIAL ARTS

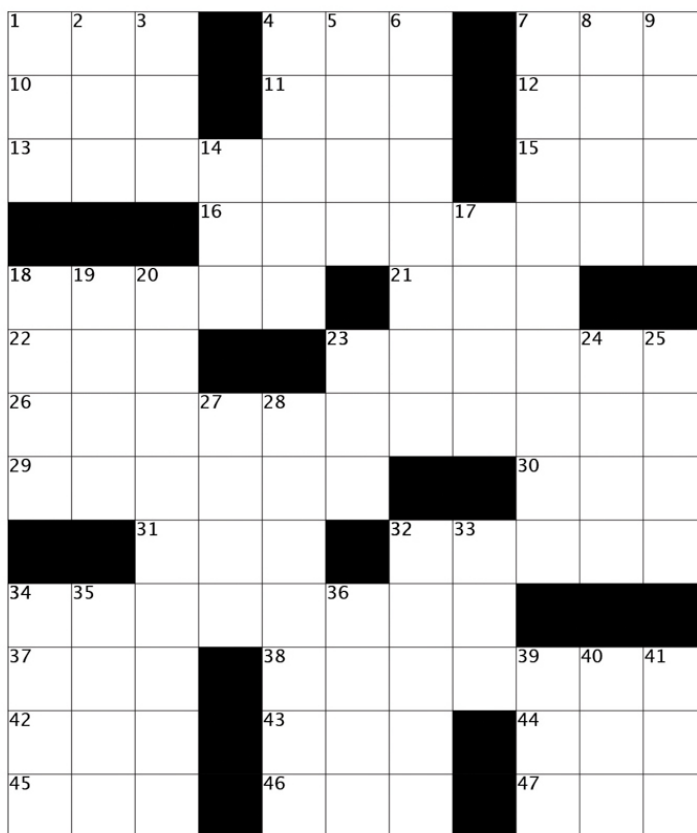
ACROSS

1. Label
4. Anger
7. Hoppy brew, briefly
10. Tavern
11. Sprinted
12. Chart
13. Pupil
15. "___ now or never!"
16. "___ Dragon": 34-Across film
18. Struck down, in the Bible
21. Actor Stephen of "The Crying Game" (ARE anagram)
22. Rooster's mate
23. Last innings in baseball, usually
26. Teaching
29. Cafe ___ ("with milk")
30. Egg: Prefix
31. The whole shebang
32. Guiding principle

34. Star who founded the Jeet Kune Do martial arts
37. Equip
38. Martial arts masters (SEEN SIS anagram)
42. Fireplace debris
43. Young ___ (tots)
44. Acquired
45. Movie filming location
46. Edgar Allan ___
47. Fellow

DOWN

1. "___ the season to be jolly"
2. Picnic spoiler
3. Wildebeest
4. Actress Dunn
5. ___ and rave
6. Of the intestine (same 1st 5 letters as 16-Across)
7. Replica
8. Hiker's route

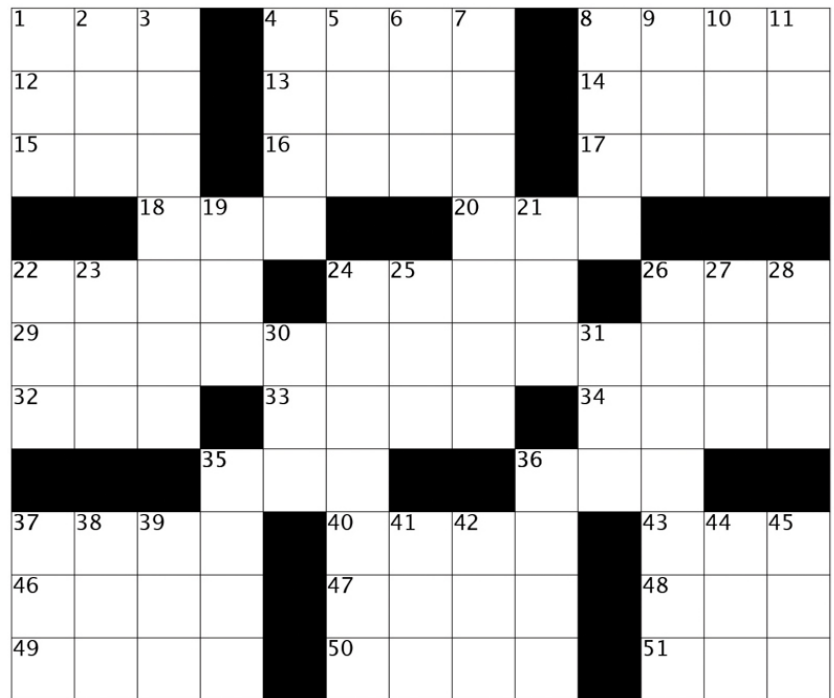


9. Church recess
14. Police dept. rank
17. Landlord's income
18. Actor LaBeouf of "Transformers"
19. Bill of fare
20. Vigorous attack
23. Squirrel snack
24. Stopped at sea, with "to"
25. ___-nosed kid
27. Bath powder
28. Agitates
32. Taut
33. Plural suffix with "employ"
34. Bikini tops
35. Elevate
36. Jay of late-night
39. Omelet ingredient
40. Debtor's letter
41. Pigpen

ENJOYING NATURE

ACROSS

1. Headwear
4. Stroll in the woods
8. Trail
12. "___ the ramparts..."
13. Out in the ___ (no longer hidden)
14. Notion
15. Bard's "before"
16. Fly like an eagle
17. Dutch cheese
18. Krazy ___ of the comic
20. Hosp. areas
22. Queries
24. Hint
26. Helpful hint
29. Place for enjoying nature, reverently
32. Help
33. Formerly
34. Jogs
35. Put on, as 1-Across
36. 5+5
37. Mint family herb
40. Sicilian volcano
43. "We ___ People..."
46. Pub brews
47. Penny or dime
48. Sleep phase
49. Stroll
50. Chat
51. "You bet!"



DOWN

1. Garden tool
2. ___ Lingus
3. Took a long tramp in the woods
4. Party giver
5. Wall St. debut
6. Mauna ___
7. Between travel points
8. Crusty desserts
9. Tack on
10. Earl Grey, e.g.
11. Sandwich meat
19. Blind ___ bat
21. Crimson
22. ___ Khan
23. ___ Lanka
24. Join together
25. Jean-___ Picard of "Star Trek"
26. "Town & ___"
27. Coffee vessel
28. Letter before TEE
30. Also
31. Raw rock
35. Cubicle furniture
36. Armored vehicle
37. Lumberjack's tool
38. Chicken ___ king
39. Toothpaste type
41. One ___ customer
42. None
44. "___-Haw"
45. Letters before ENS

BELIZE ANIMALS

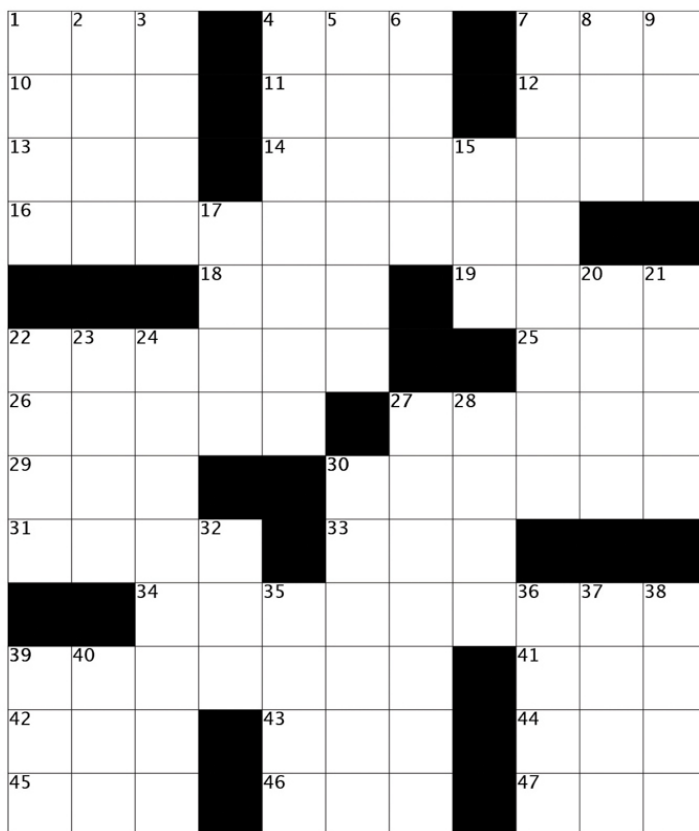
ACROSS

1. ___ constrictor
4. Bride's answer
7. Lower limb
10. Fond du ___, Wisconsin
11. 1958 song, "___ Blu dipinto di Blu" (hidden in KNELT)
12. "___ Gotta Be Me"
13. "Now I get it!"
14. ___ macaw, large colorful parrot
16. Blue Morpho or Anna's Eighty-eight
18. Frost
19. ___ and Span (cleaner brand)
22. Buccaneer
25. Fit ___ fiddle
26. Make ___ of (botch)
27. "Sorry to say..."
29. Biz. abbr., kin of ltd.
30. Becomes aware of
31. Tofu bean

33. Andean root vegetable (hidden in VOCAL)
34. Caiman
39. Porpoise
41. Day after FRI
42. Low digit
43. Angry
44. Leaf-cutter ___, tiny pest
45. Tiny amount
46. Golfer Ernie
47. Yes vote

DOWN

1. Let the cat out of the bag
2. Honolulu's island
3. More than one way to skin
4. Beetles or moths
5. Command
6. One of five Norwegian kings
7. Perches for frogs
8. Adam's mate



9. Obtain
15. "Treasure Island" monogram
17. Aunts, in Spanish
20. ___ of Capri
21. Low coral islands
22. Country, in Spanish
23. Mae West's "___ Angel"
24. Used again, as a jar
27. Another helping
28. Place ___ in the paper
30. Part of SSN
32. French painter Jean
35. Aretha Franklin's "___ Oh My"
36. "___ old chap!"
37. Thoroughfare
38. Jazz singer James
39. Bit of Morse code
40. Stop ___ dime

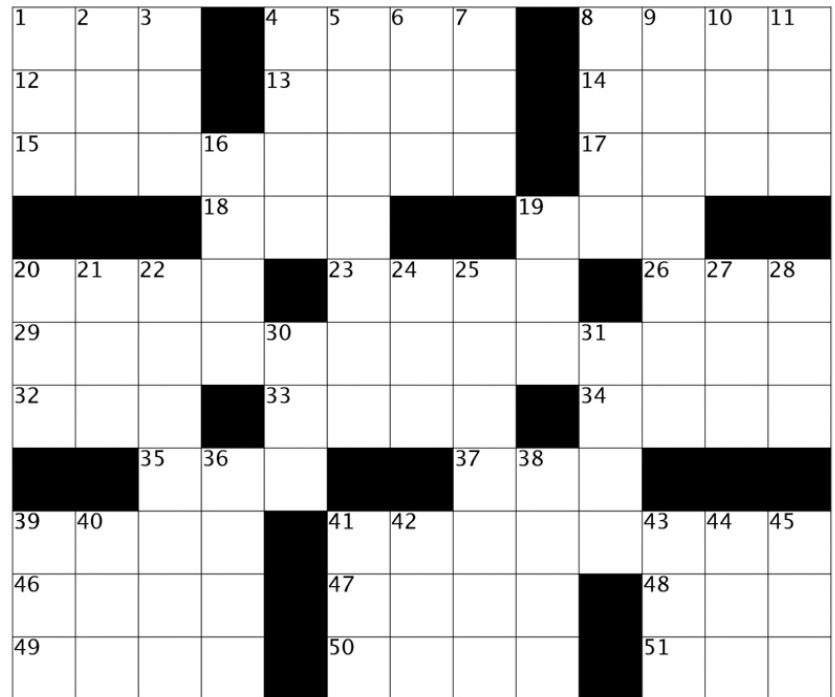
CATHOLICISM

ACROSS

1. Bygone days
4. Quick look over
8. Catholic church leader
12. Female bear
13. "Good heavens!"
14. Church area
15. Church celebration times
17. Bride's face cover
18. Young woman
19. "Gentle ____"
20. Promote big-time
23. The Beatles' "Let ____"
26. Stooge with bangs
29. From many different origins, as the population of Belize
32. Suffix with pay or schnozz
33. Parcel out (MEET homophone/anagram)
34. Lass
35. Puppy's bite
37. Actor Mineo
39. Prayer ending
41. Religious celebration event
46. Tiny smidgen
47. Ledger entry (TIME anagram)
48. Wedding vow
49. In need of a map
50. ____ about (gallivants)
51. Asner and Sullivan

DOWN

1. ____ Wednesday, day after Shrove Tuesday



2. Sticky stuff
3. Nocturnal bird
4. Fountain drink
5. Communion cup
6. "____ questions?"
7. Negative answers
8. Apply asphalt
9. Med. scanner for the claustrophobic
10. Trident-shaped Greek letter
11. Slimy fish
16. "____ a Kick Out of You"
19. Wager
20. Medical plan option: Abbr.
21. Brynner of "The King and I"
22. Mars, Venus and Saturn
24. Boy king of Egypt
25. Sanctified by 8-Across
27. Rowing need
28. Letter before EM
30. Little scamp
31. Wrinkly fruit with a misspelled name
36. "For those listening ____ home..."
38. 24-hr. cash dispenser
39. Have a bug
40. Cow's comment
41. ____ leaf - Adam's cover in Eden
42. Greek letter H
43. Strive for
44. Tack on
45. ____ Angeles, California

TACOS & TORTILLAS

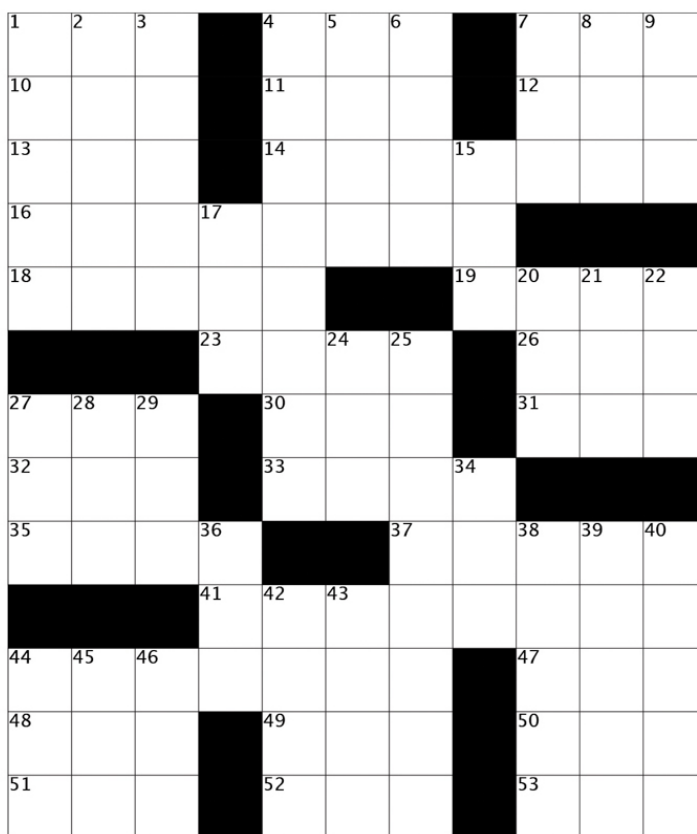
ACROSS

1. Beaded shoe, for short
4. UFO drivers
7. "Much ___ About Nothing"
10. A feast ___ famine
11. "I told you ___ thousand times..."
12. Tear apart
13. Bit of advice
14. Lover of fine food
16. Belizean flatbread
18. Pungent root vegetable
19. Green citrus fruit
23. Classic food of Belize, with 33-Across
26. Extinct bird related to the emu
27. Spicy
30. Comic Philips (MOE anagram)
31. Stew cooking vessel
32. One, in Spanish
33. Food grain staple that goes with 23-Across

35. Red meat
37. Has over for dinner
41. Herb used in Belizean cuisine, sometimes called Chinese parsley
44. Stewed poultry of Belizean cuisine
47. Always, in poetry
48. Cut of pork
49. List-ending abbr.
50. Picnic pest
51. One ___ time
52. Had a meal
53. Physicians, for short

DOWN

1. Slogan
2. Hunter in the stars
3. Isle near Naples
4. Train driver
5. Hammer or screwdriver
6. "Better Call ___" ("Breaking Bad" spinoff)
7. Upper limb
8. Game cube
9. Choose



15. "Too-Ra-Loo-Ra-Loo-___"
17. Get from A ___ (Advance slowly)
20. Little rascal
21. Cow's comment
22. Sup
24. "...pulled out a plum and said, 'What a good boy ___'"
25. "Out of the question!"
27. Wheel center
28. 32-Across meaning
29. Foot digit
34. Very, very long time
36. Org. that oversees TV and radio
38. Heat over boiling water
39. Style
40. Arranges in piles
42. Swedish furniture store
43. Native of Latvia (hidden in OMELET TASTE)
44. When doubled, a dance
45. Sombrero
46. "___ Little Teapot"

CORAL REEF

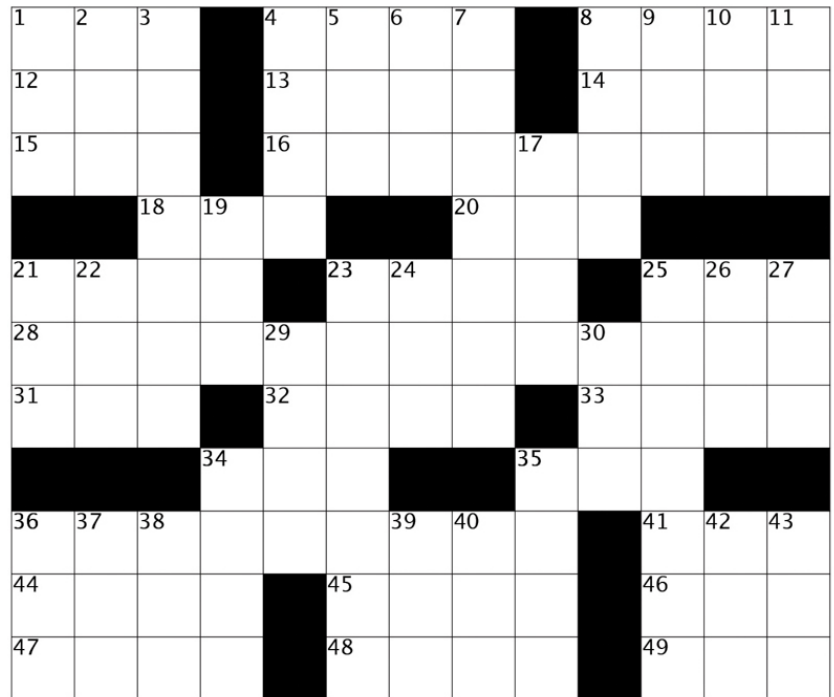
ACROSS

1. Fish eggs
4. Charity for the poor
8. Scuba
12. Pie ___ mode
13. Lima's land
14. Prayer ending
15. "Fantastic Mr. Fox"
director Anderson
16. Kite-shaped flat fish
18. Letter after ESS
20. Complete collection
21. Coral formation
23. Look intently
25. Greek letter H
28. Striped fish or senior
army officer
31. Finger count
32. Performs in a play
33. Tennis star Sampras
34. Day before SAT
35. Rainbow shape
36. Heavenly coral denizen?
41. Get some sun
44. Homeowner's document
45. Tiny amount
46. Inventor Whitney
47. Morays
48. Tropical crustacean
49. Costa ___ Sol

DOWN

1. Uncooked

2. Spanish bullring cheer
3. From the Orient
4. Church area
5. Allow
6. X-ray alternative
7. Evening views in the
western sky
8. Pub missile
9. "...___ Yankee Doodle
Dandy"
10. "Oy ___!" (Yiddish
phrase of dismay)
11. Letters before OHs
17. Bacterium
19. Letters between D
and H
21. Letters between Q
and U
22. Very wide shoe size
23. World's largest ocean
24. Sinus doc.
25. Kicked out of the
game
26. Little child
27. "___ we there yet?"
29. James ___ Jones
30. Month after MAR
34. FBI agents
35. Moby-Dick's
pursuer
36. Lemon or lime
drink suffix
37. Maiden name
preceder
38. Hair goop
39. "Should ___
shouldn't...?"
40. RR stop
42. Pub pint
43. Zilch



CROSSWORD ANSWERS

SKIING & GLUTES

H	I	P		B	B	C		B	O	P
I	T	I		Y	A	O		I	D	O
N	O	N		C	L	I	M	B	E	D
D	O	W	N	H	I	L	L			
		H	O	O			B	O	O	T
A	M	E	R	I	C	A		M	N	O
F	R	E	N	C	H	F	R	I	E	S
B	E	L		E	A	T	E	N	A	T
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K	E	N		L	M	I		L	T	D
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GRIZZLY BEARS

E	A	R		S	O	W		P	A	W
A	G	E		T	O	A		I	N	A
T	O	S		I	N	S	E	C	T	S
		E	S	C	A	P	E			
K	A	T	O				L	A	P	S
E	N	T	I	C	E	S		V	I	E
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D	E	N		A	P	E		E	T	S

GLACIER NATIONAL PARK

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

LEWIS & CLARK

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

CROSSWORD ANSWERS

TOWERS & ARCHITECTURE

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

COUNTRY MUSIC

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

MARTIAL ARTS

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

ENJOYING NATURE

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

CROSSWORD ANSWERS

BELIZE ANIMALS

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

CATHOLICISM

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

TACOS & TORTILLAS

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

CORAL REEF

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



Serving Whidbey and Camano islands

Programs and Services

Aging & Disability Resources (ADR)

These programs provide assistance to help clients identify, understand, and access the services they need to live their best life.

Nutrition Programs

Meals on Wheels, Frozen Take-Out Meals, Community Meals, and Liquid Nutritional Supplements for Island County Residents, age 60 and over.

Medicaid In-Home Care and Case Management

Promoting choice, flexibility, and community-based services instead of facility care for those who receive Medicaid and need in-home care services to live safely at home.

Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Or, do you have some to donate?

Private In-Home Providers (PIP)

Our Private In-home Provider (PIP) directory might have the person you need. Each provider on the list has passed a background check, and community members are able to give feedback on their experience.

Statewide Health Insurance Benefits Advisors (SHIBA)

Trained volunteers provide objective information about Medicare through in-person and online classes as well as individual consultations.

Support Groups

Join in conversation with others facing similar challenges.

Call Us!
(360) 321-1600



Serving Whidbey and Camano islands

About Us

We provide essential resources for seniors and adults with disabilities, their families, and caregivers, throughout Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do.

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

Island Senior Resources relies on community financial support.

Only 33% of our funding comes from government grants.

You can sustain our work by donating on our website or by mail at P.O. Box 939 Freeland, WA 98249

We are here for you

Contact us by phone , email, or request assistance on our website.

(360) 321-1600

www.senior-resources.org

reception@islandseniorservices.org.