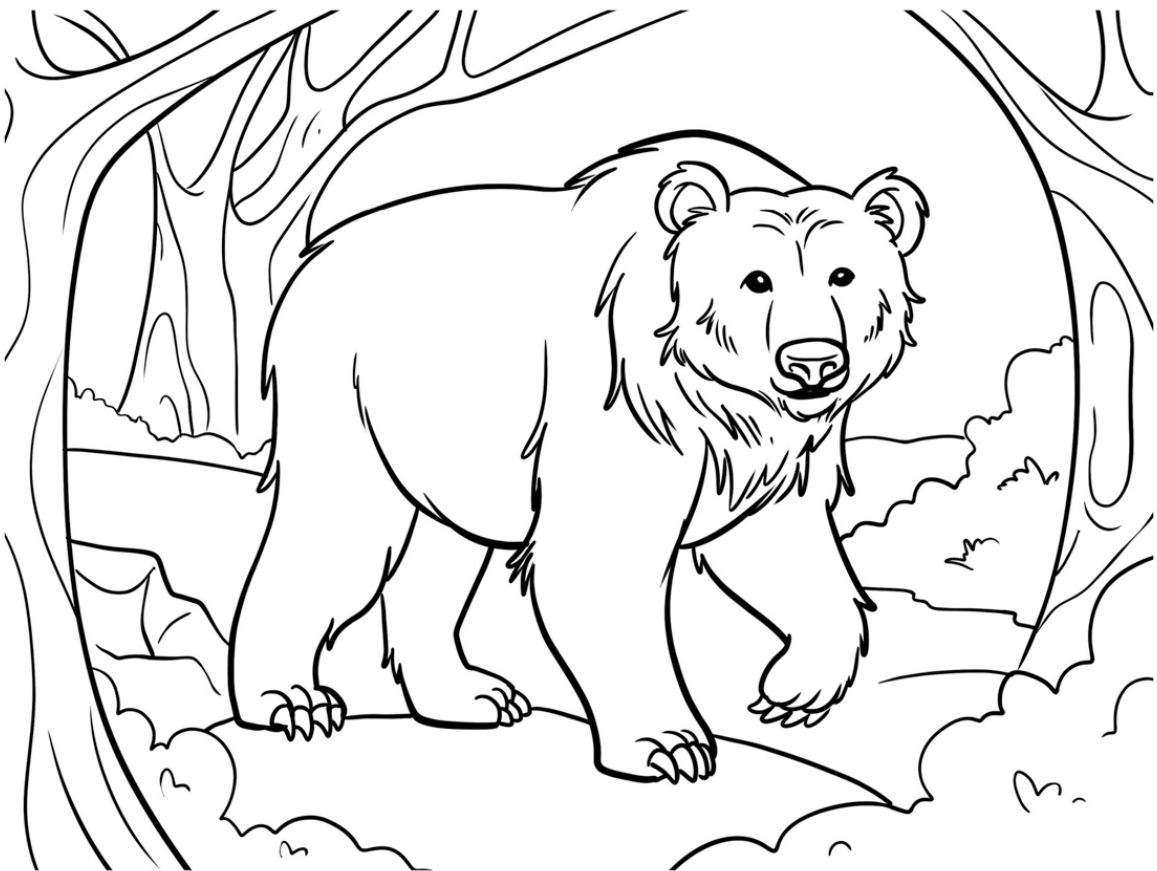

THE PUZZLE EXPERIENCE

CROSSWORD, WORDSEARCH, SUDOKU, WORDOKU, & MAZES

November 2023 • Trail Travel



MISSION

To provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

2023 - EDITION #11

TRAIL TRAVEL

CONTINENTAL DIVIDE TRAIL - NORTH

The northern section of the Continental Divide Trail traverses the Rocky Mountains from Montana to Canada. Skiers and hikers enthusiasts can enjoy this challenging trail, but should take precautions due to the rugged terrain and unpredictable weather. The trail passes through grizzly bear habitat, and hikers and skiers should carry bear spray and follow safety guidelines. The section also includes Glacier National Park, home to stunning mountain scenery, glaciers, and diverse wildlife. Finally, the trail follows in the footsteps of the Lewis and Clark expedition, providing a unique historical perspective for those who explore this section of the trail.

CHECK OUT OUR OTHER ACTIVITY BOOKS FOR SENIORS

- *WORD WIZARD*
- *SUDOKU NINJA*
- *SIMPLY SEARCH*
- *MAZINGLY EASY*
- *AMAZING MINDS*
- *MIGHTY MANDALAS*
- *ARTISTIC ACTIVITIES*
- *STIMULATING SEARCH*
- *COGNITIVE CROSSWORDS*

SKIING & GLUTES

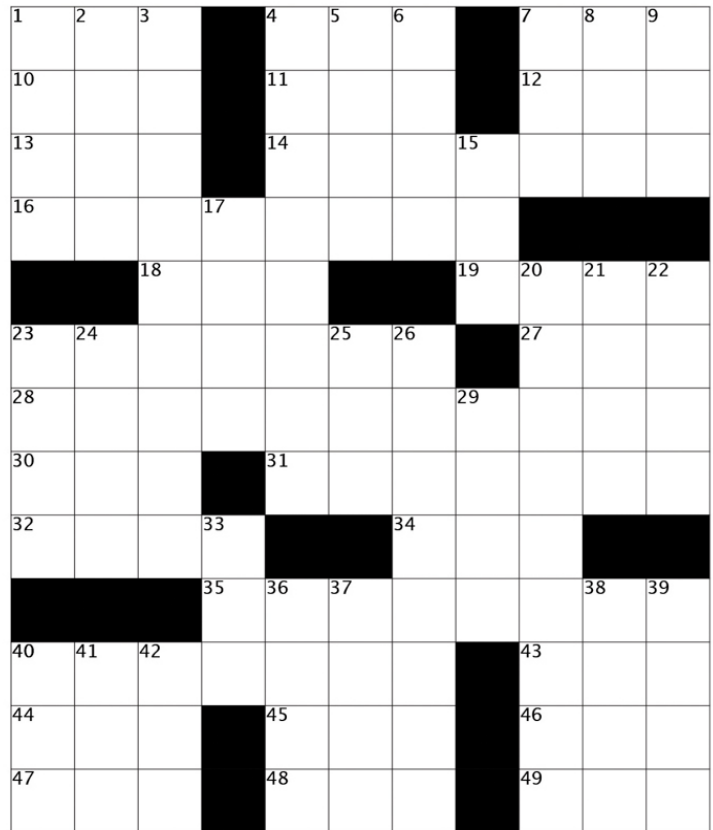
ACROSS

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

SUDOKU #1-4

Each column, row, and box contains the numbers 1-4 without repeating. Use logic to figure out the missing numbers in blank boxes.

1

2			
	1		
		4	
	4		3

2

		4	
4	2		1
	1		

3

	4	2	1
		4	2

4

	1		
			3
			2
4		3	

Wordoku - Northern CDT

Each column, row, and box contains the letters in the puzzle word without repeating. Like sudoku, use logic to figure out the missing letters in blank boxes.

R			C
			O
K		O	

Word Used in Puzzle: ROCK

			P
		A	
A			E
	P		

Word Used in Puzzle: PEAK

I		W	
W		E	
	I		

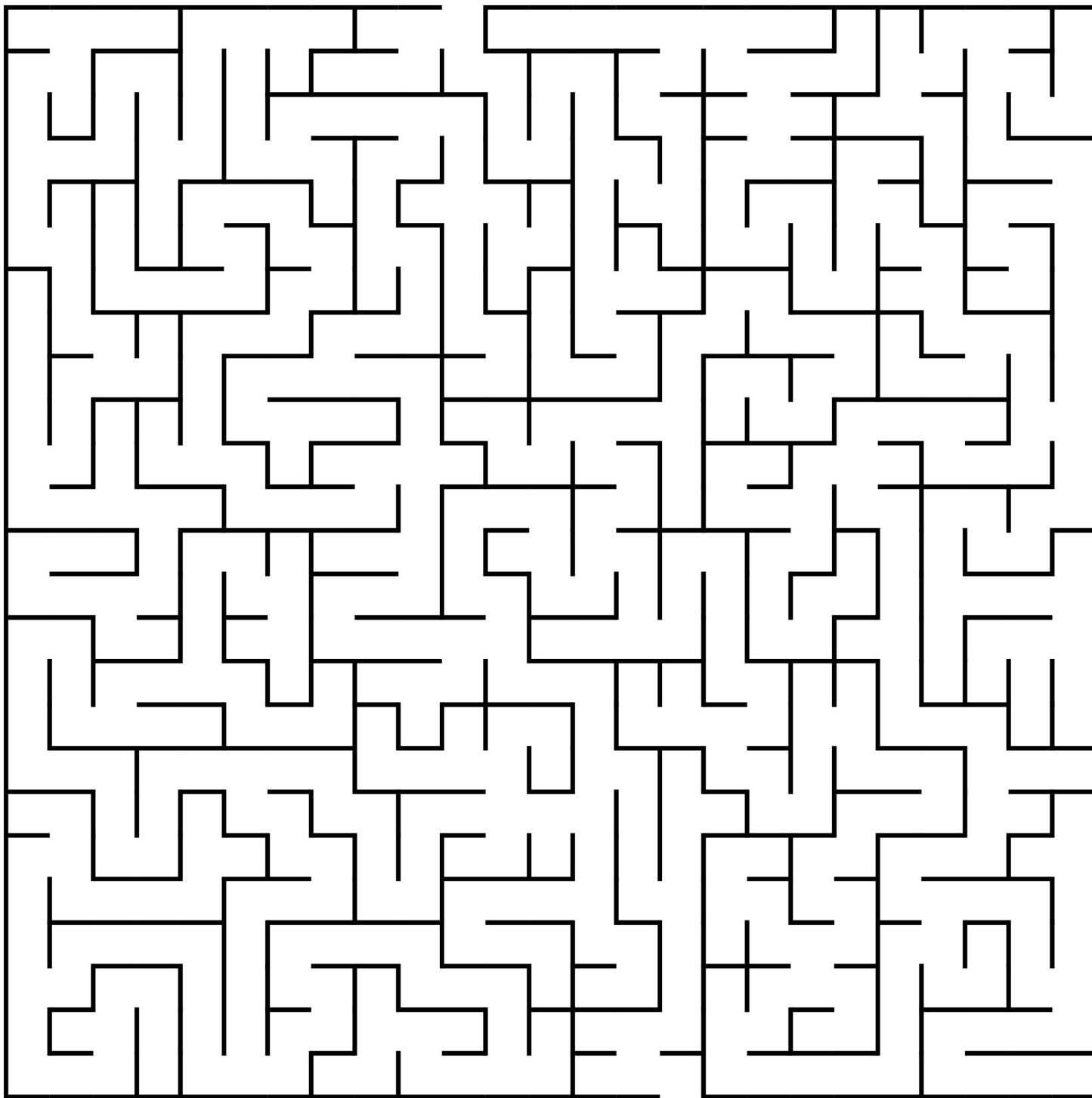
Word Used in Puzzle: VIEW

	A		
		E	
	K		E
L			

Word Used in Puzzle: LAKE

Maze 1

Start



End

Leg and Glute Strength

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

Can you find the words below in the box above?

Abductor	Calf	Hamstring	Oblique	Shoulder
Alpine	Control	Hip	Perform	Spine
Ankle	Feet	Knee	Posture	Stable
Back	Flex	Leg	Power	Thigh
Balance	Glute	Muscle	Quadricep	Upright

SUDOKU #5-8

Each column, row, and box contains the numbers 1-6 without repeating. Use logic to figure out the missing numbers in blank boxes.

5

	1	6			
4					1
2	5	4	3		
6				4	
1	6	3			5

6

		2			6
3		5		1	
		3	4		
4	5				2
6		1	5		
		4			

7

5			1		
		1		5	
		6			5
	2		3	4	
6		2			1
		4		6	

8

6			2	3	
2	1			6	
		6	4		2
5		4			
		1			3
				4	

Northern CDT Grizzly Bears

Unscramble the words on the left using the spaces provided to correctly spell common words.

YRREB = _____

BUC = _____

TIED = _____

FODO = _____

EFORTS = _____

GZRLZYI = _____

EETRBINHA = _____

SCTSENI = _____

LMAMMA = _____

MIATNNUO = _____

NTIAEV = _____

TNUS = _____

PWA = _____

EDOPTRAR = _____

RVIRE = _____

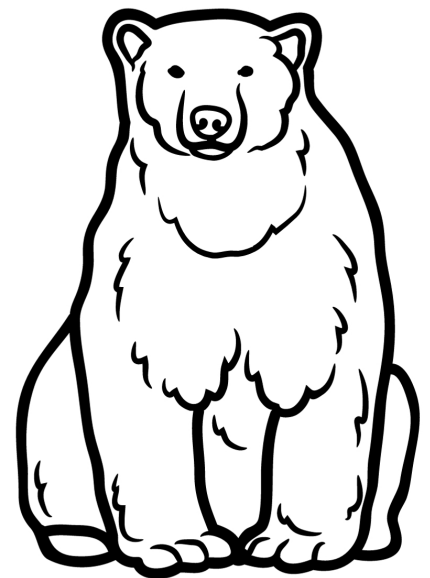
CSNEAEGV = _____

MNLSAO = _____

RMEAST = _____

ADRTUN = _____

IWDL = _____



GRIZZLY BEARS

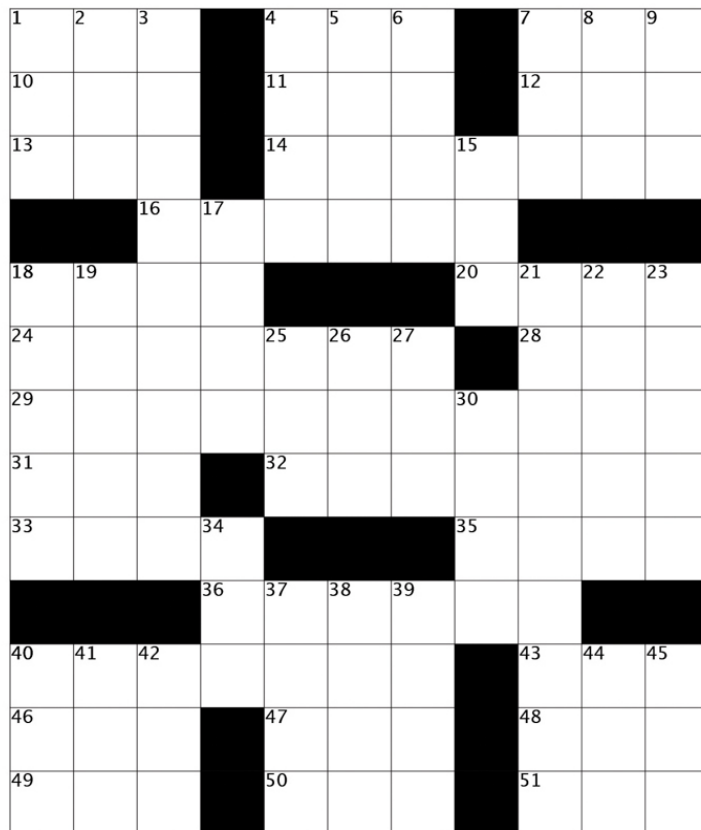
ACROSS

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

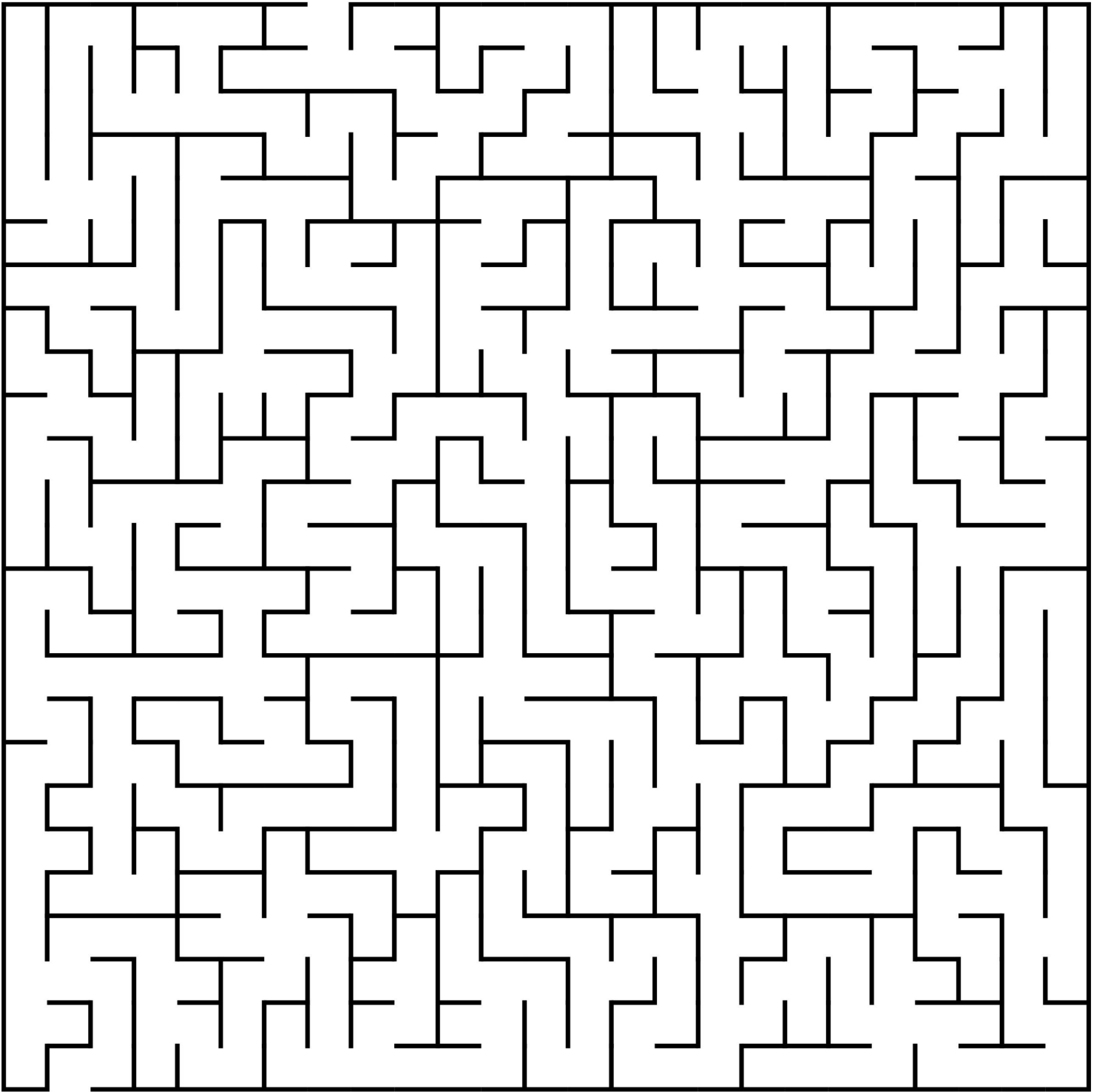


18. Enter your PIN at the ATM
19. "It's the end of ___"
21. Act of evasion
22. Longed
23. ___ problem with (finds fault)
25. Corn on the ___
26. Female bighorn
27. Belarus or Estonia, once: Abbr.
30. Cottonwood or Cedar

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.

Maze 2

Start



End

Grizzly Bears



Can you find the words below in the box above?

Berry	Forest	Mammal	Paw	Seasonal
Conserve	Grizzly	Mountain	Predator	Stream
Cub	Habitat	Native	River	Tundra
Diet	Hibernate	Nuts	Salmon	Wild
Food	Insects	Park	Scavenge	Yellowstone

SUDOKU #9-12

Each column, row, and box contains the numbers 1-9 without repeating. Use logic to figure out the missing numbers in blank boxes.

9

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

10

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

11

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

12

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

Northern CDT

Glacier National Park

Unscramble the words on the left using the spaces provided to correctly spell common words.

ABRE = _____

IDBR = _____

OATB = _____

CMPA = _____

ECCADSA = _____

PLXOERE = _____

ECRIALG = _____

KHEI = _____

EALK = _____

ATNMAON = _____

EOOMS = _____

RKAP = _____

PAEK = _____

CROYK = _____

SINECC = _____

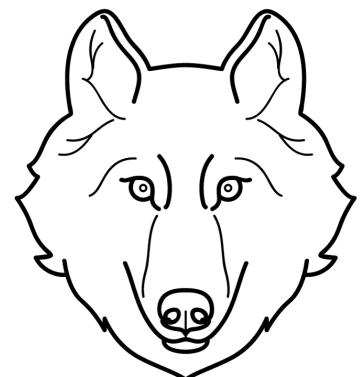
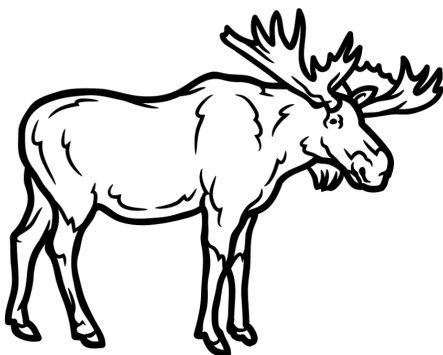
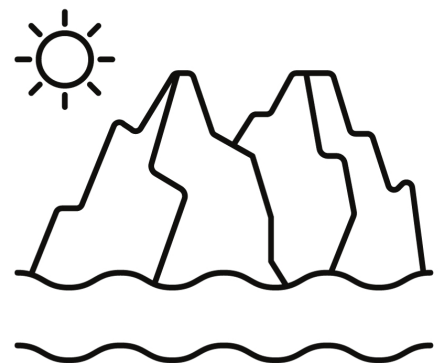
EPEHS = _____

KETR = _____

WVIE = _____

LEFALRAWT = _____

LEWOS = _____



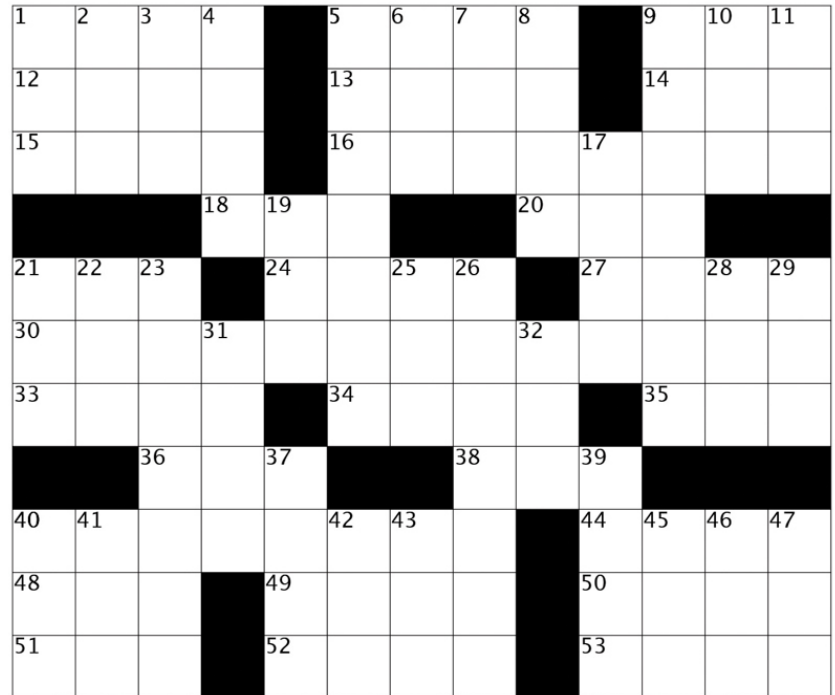
GLACIER NATIONAL PARK

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

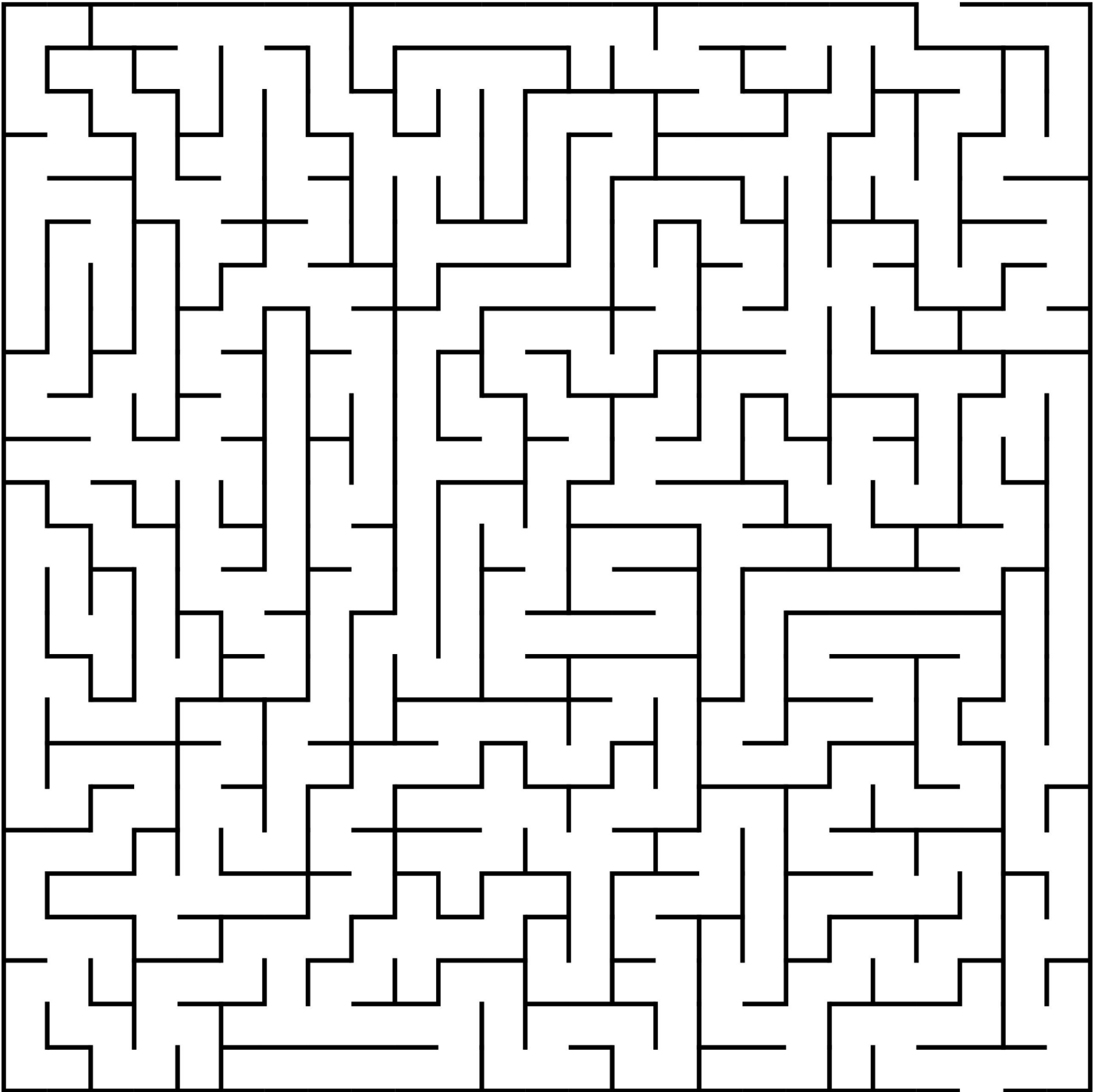


1. Sketch show on NBC, briefly
2. "I told you ____ thousand times!"
3. Acorn bearer
4. Stimulate, as an appetite
5. Looks up to
6. Also
7. Buckeye's sch.
8. ____-up energy
9. Grassland
10. Flowery necklace
11. Yang's counterpart
17. Go on a road trip
19. The Braves, on scoreboards
21. "I've got it!"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

Maze 3

Start



End

Glacier National Park



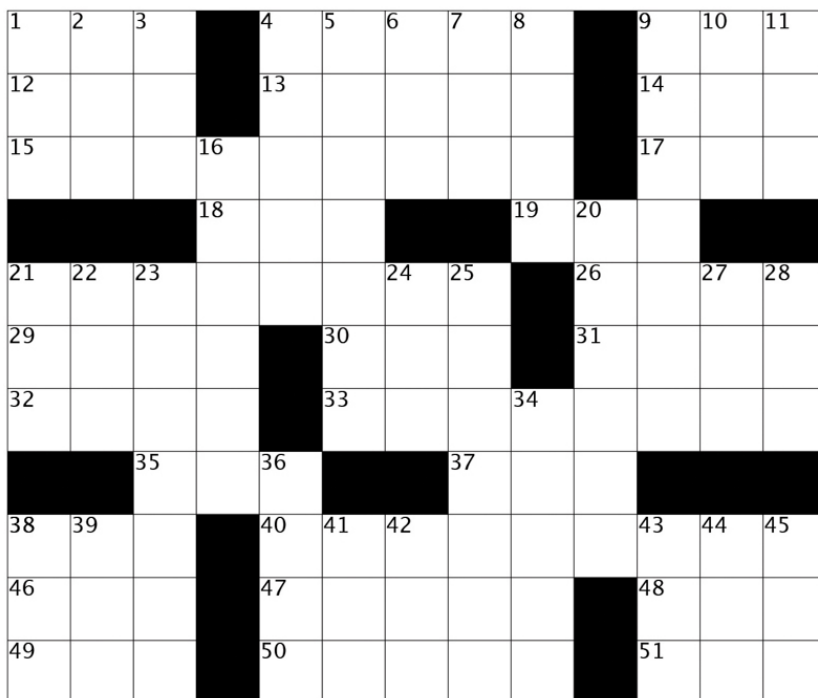
Can you find the words below in the box above?

Acre	Cascade	Lake	Peak	Trek
Bear	Explore	Montana	Pristine	View
Bird	Glacier	Moose	Rocky	Waterfall
Boat	Goat	Mountain	Scenic	Waterton
Camp	Hike	Park	Sheep	Wolves

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

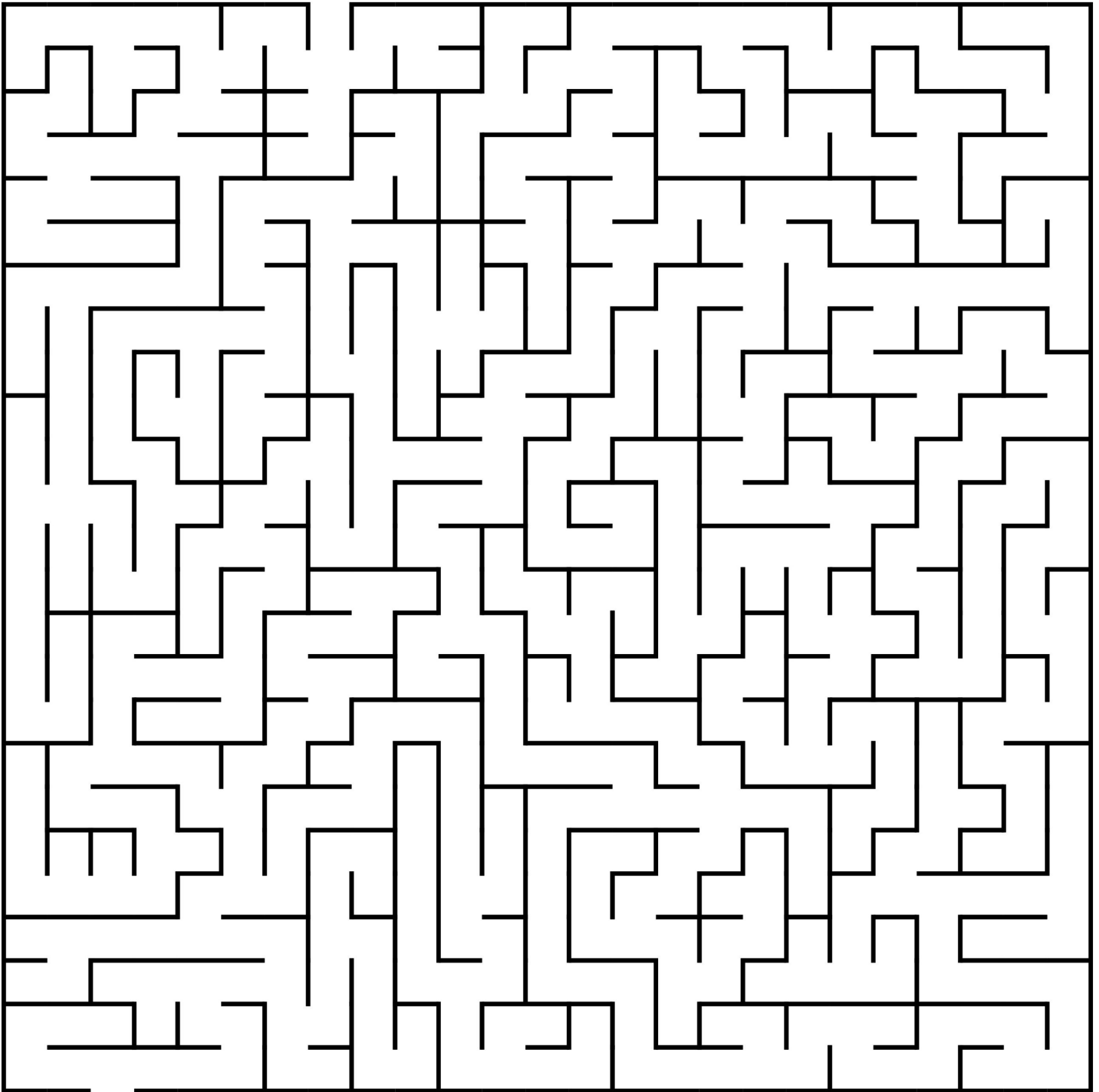


DOWN

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

Maze 4

Start



End

Lewis & Clark



Can you find the words below in the box above?

Clark	History	Lead	Navigate	Territory
Discover	Indians	Learn	Settlement	Trade
Expand	Jefferson	Lewis	Shoshone	Tribes
Explore	Journey	Map	Spirit	Weather
Frontier	Land	Missouri	Survive	West

Northern CDT Trivia

1. Grizzly bears are a symbol of which American state?
2. What is the period of inactivity that grizzly bears go through during the winter?
3. How many times better is a grizzly bear's sense of smell compared to humans?
4. Name the Canadian park that shares the border with Glacier National Park.
5. What road in Glacier National Park, is known for its numerous hairpin turns?
6. What long-horned mammal is seen in Glacier National Park?
7. What are the two main activities that Glacier National Park is famous for?
8. Which muscle group is primarily targeted by glute exercises?
9. Name the exercise that involves lying face down and lifting the legs against resistance.
10. What is the term for skiing off marked trails and into open terrain?

ANSWERS:

10. Backcountry skiing
9. Leg lifts
8. Gluteus maximus
7. Hiking & Scenic drives
6. Mountain Goats
5. Going-to-the-Sun Road
- National Park
4. Waterton Lakes
3. 2,000
2. Hibernation
1. Alaska



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
S	S	S	S			E	S	O		
			O	V	E	R	T	U	R	N
S	L	A	L	O	M	S		S	A	O
K	E	N		L	M	I		L	T	D
I	T	A		T	A	X		Y	E	S

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

Wordoku Answers

R	O	K	C
C	K	R	O
K	C	O	R
O	R	C	K

ROCK

K	A	E	P
P	E	A	K
A	K	P	E
E	P	K	A

PEAK

V	W	I	E
I	E	W	V
W	V	E	I
E	I	V	W

VIEW

E	A	K	L
K	L	E	A
A	K	L	E
L	E	A	K

LAKE

Word Scramble Answers

Grizzly Bears

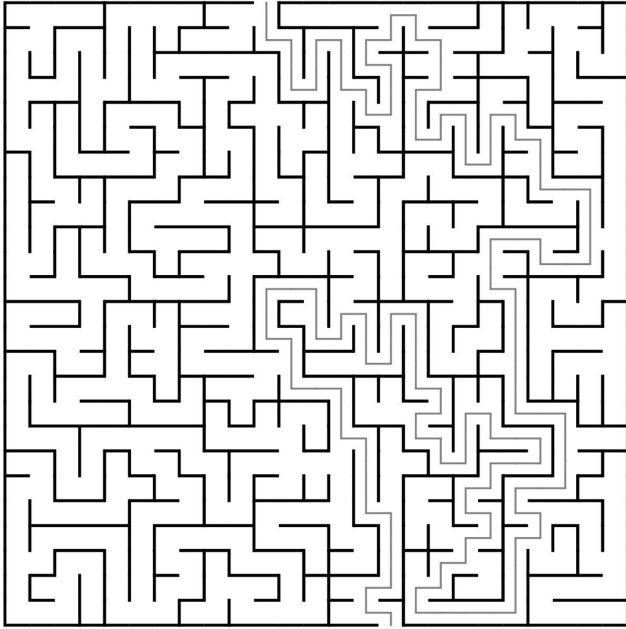
YRREB = BERRY
BUC = CUB
TIED = DIET
FODO = FOOD
EFORTS = FOREST
GZRLZYI = GRIZZLY
EETRBINHA = HIBERNATE
SCTSENI = INSECTS
LMAMMA = MAMMAL
MIATNNUO = MOUNTAIN
NTIAEV = NATIVE
TNUS = NUTS
PWA = PAW
EDOPTRAR = PREDATOR
RVIRE = RIVER
CSNEAEGV = SCAVENGE
MNLSAO = SALMON
RMEAST = STREAM
ADRTUN = TUNDRA
IWDL = WILD

Glacier

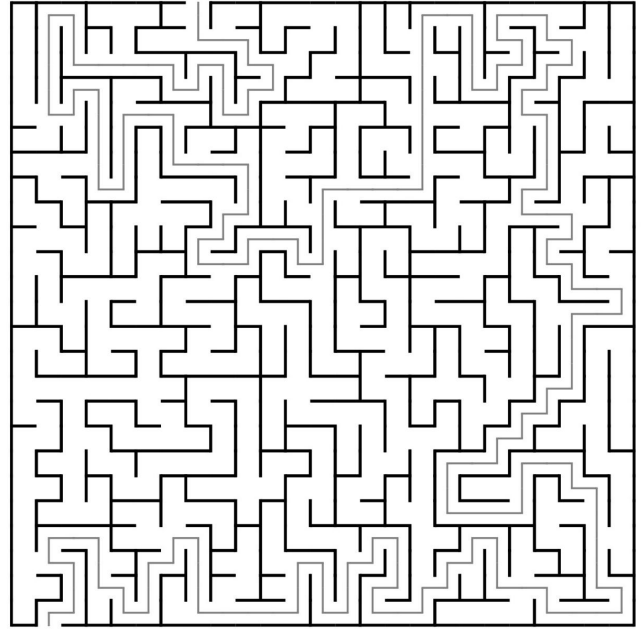
ABRE = BEAR
IDBR = BIRD
OATB = BOAT
CMPA = CAMP
ECCADSA = CASCADE
PLXOERE = EXPLORE
ECRIALG = GLACIER
KHEI = HIKE
EALK = LAKE
ATNMAON = MONTANA
EOOMS = MOOSE
RKAP = PARK
PAEK = PEAK
CROYK = ROCKY
SINECC = SCENIC
EPEHS = SHEEP
KETR = TREK
WVIE = VIEW
LEFALRAWT = WATERFALL
LEVWOS = WOLVES

Maze 1 - 4 Answers

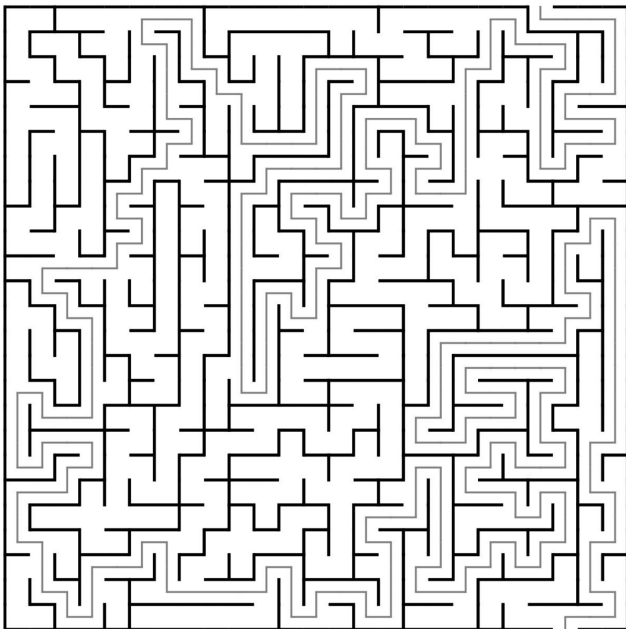
1



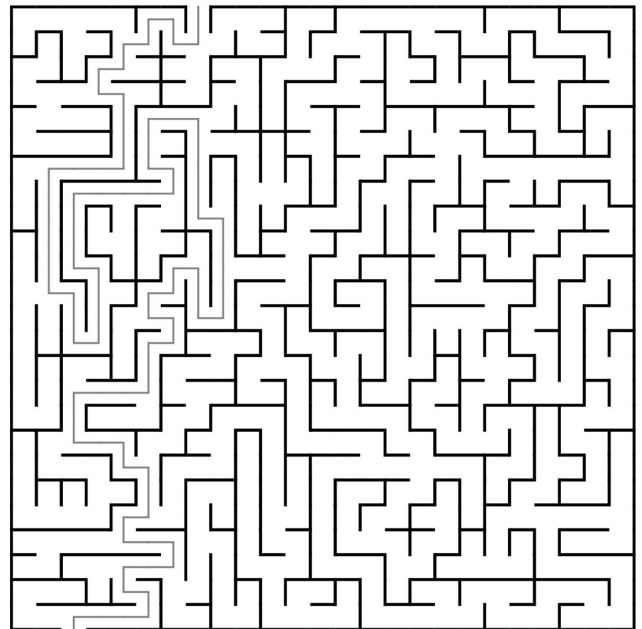
2



3



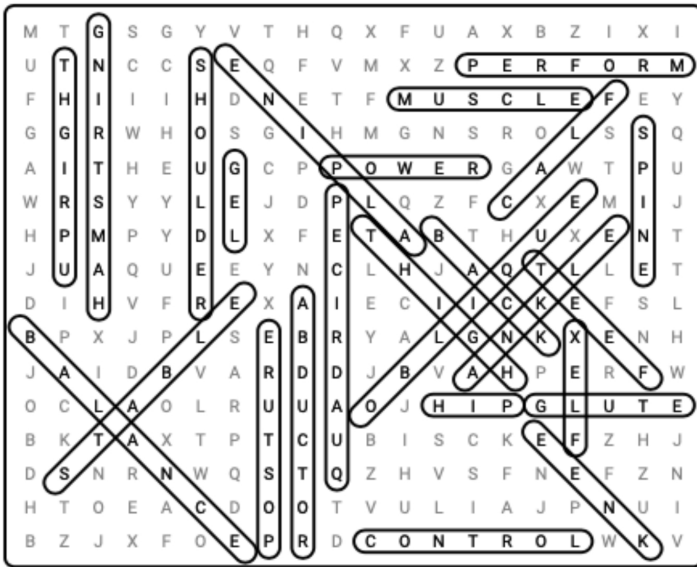
4



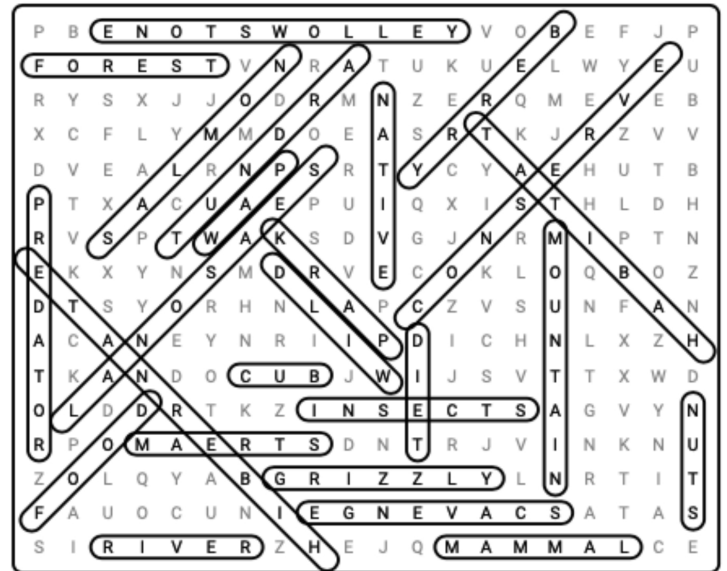
CDT Northern States

Search Answers

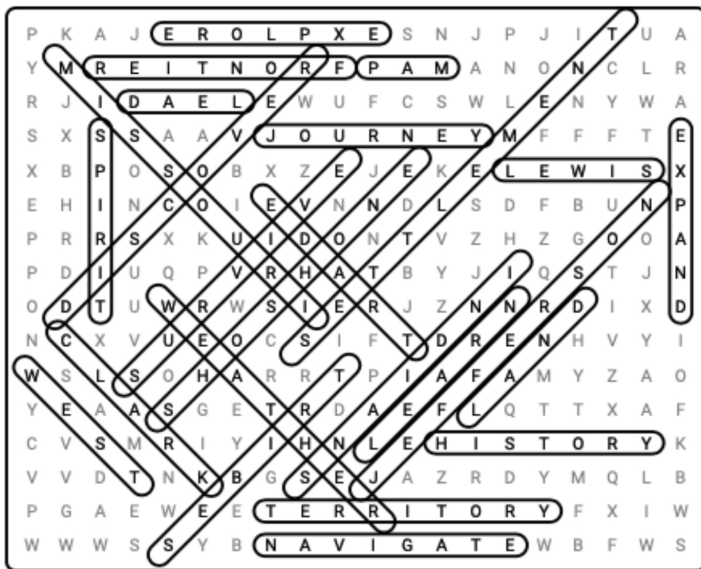
Leg and Glute Strength



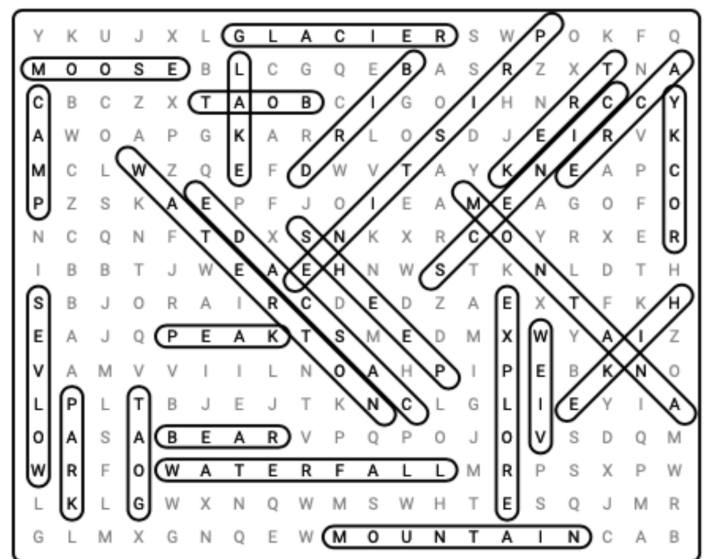
Grizzly Bears



Lewis & Clark



Glacier National Park



SUDOKU #1-4 ANSWERS

1

2	3	1	4
4	1	3	2
3	2	4	1
1	4	2	3

2

1	3	4	2
4	2	3	1
2	4	1	3
3	1	2	4

3

2	1	3	4
3	4	2	1
1	3	4	2
4	2	1	3

4

3	1	2	4
2	4	1	3
1	3	4	2
4	2	3	1

SUDOKU #5-8 ANSWERS

5

3	1	6	2	5	4
4	2	5	6	3	1
2	5	4	3	1	6
6	3	1	5	4	2
1	6	3	4	2	5
5	4	2	1	6	3

6

1	4	2	3	5	6
3	6	5	2	1	4
2	1	3	4	6	5
4	5	6	1	3	2
6	2	1	5	4	3
5	3	4	6	2	1

7

5	6	3	1	2	4
2	4	1	6	5	3
4	3	6	2	1	5
1	2	5	3	4	6
6	5	2	4	3	1
3	1	4	5	6	2

8

6	4	5	2	3	1
2	1	3	5	6	4
1	3	6	4	5	2
5	2	4	3	1	6
4	5	1	6	2	3
3	6	2	1	4	5

SUDOKU #9-12 ANSWERS

9

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

10

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

11

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

12

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



Cross Off Incorrect Guesses

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

Make the blanks for your words here:



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.