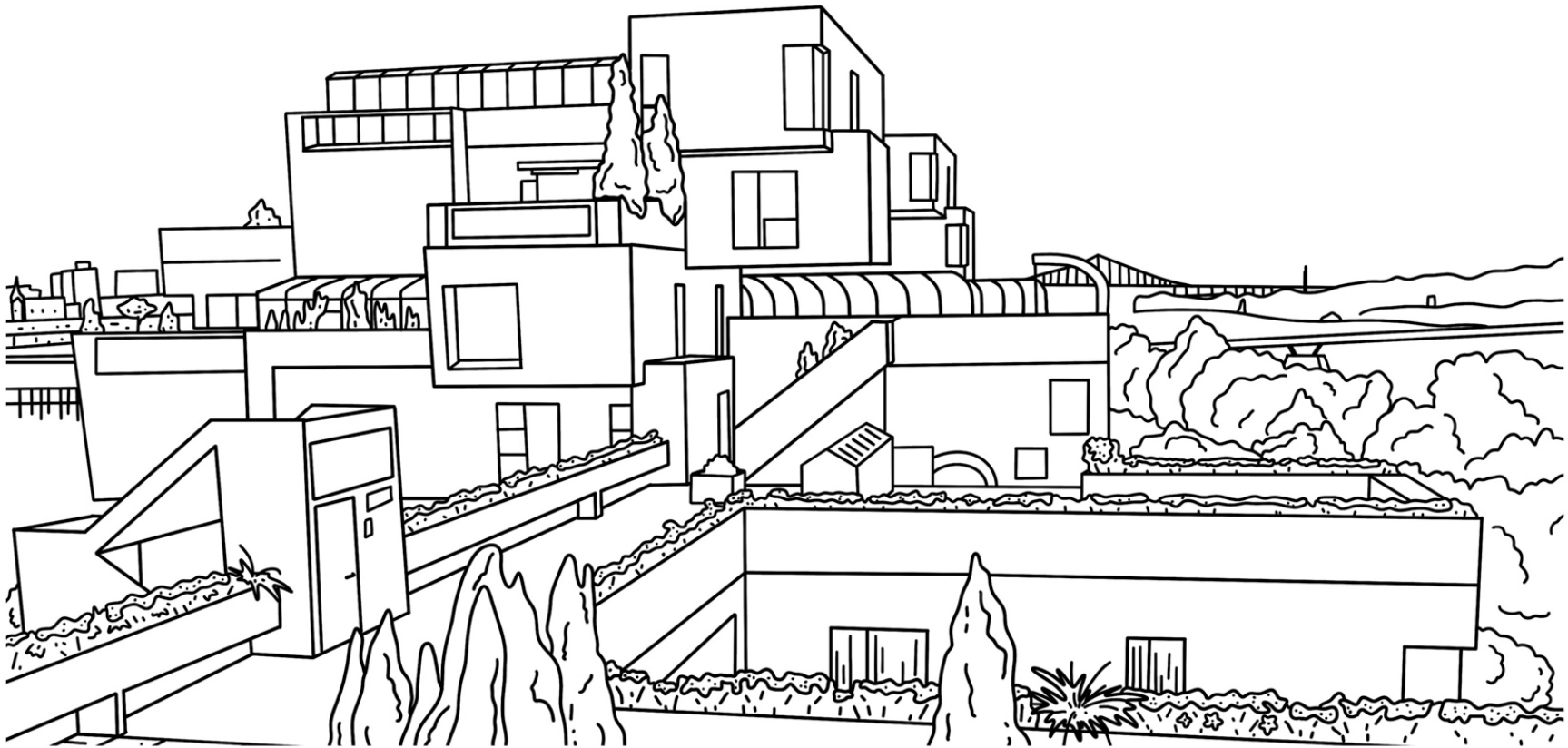


# SIMPLY SEARCH

November 2023



# Skiing for Exercise



Can you find the words below in the box above?

**Abductor**

**Ankle**

**Back**

**Balance**

**Calf**

**Control**

**Feet**

**Flex**

**Glutes**

**Hamstring**

**Hips**

**Knees**

# Grizzly Bears



Can you find the words below in the box above?

Berry  
Cub  
Diet  
Food

Forest  
Grizzly  
Habitat  
Hibernate

Mammal  
Mountain  
Nuts  
Omnivorous

# Glacier National Park

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

Can you find the words below in the box above?

Explore  
Glacier  
Hike  
Lakes

Montana  
Moose  
Park  
Peaks

Pristine  
Rocky  
Scenic  
Sheep

# Lewis & Clark



Can you find the words below in the box above?

Cartographer

Clark

Discover

Expedition

Frontier

History

Land

Lewis

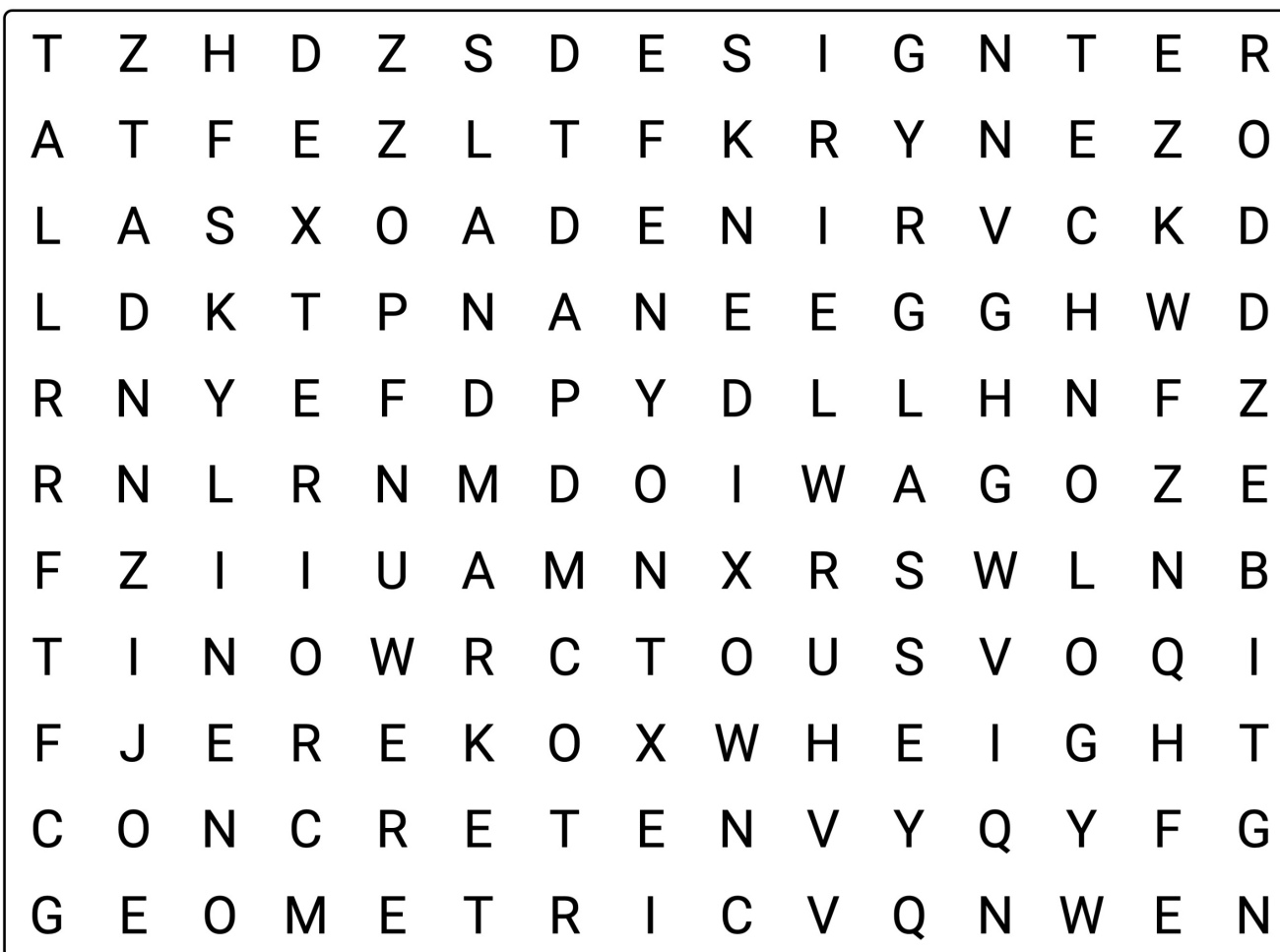
Map

Missouri

Navigate

Settlement

# Towers



Can you find the words below in the box above?

Concrete

Design

Exterior

Geometric

Glass

Height

Landmark

Modern

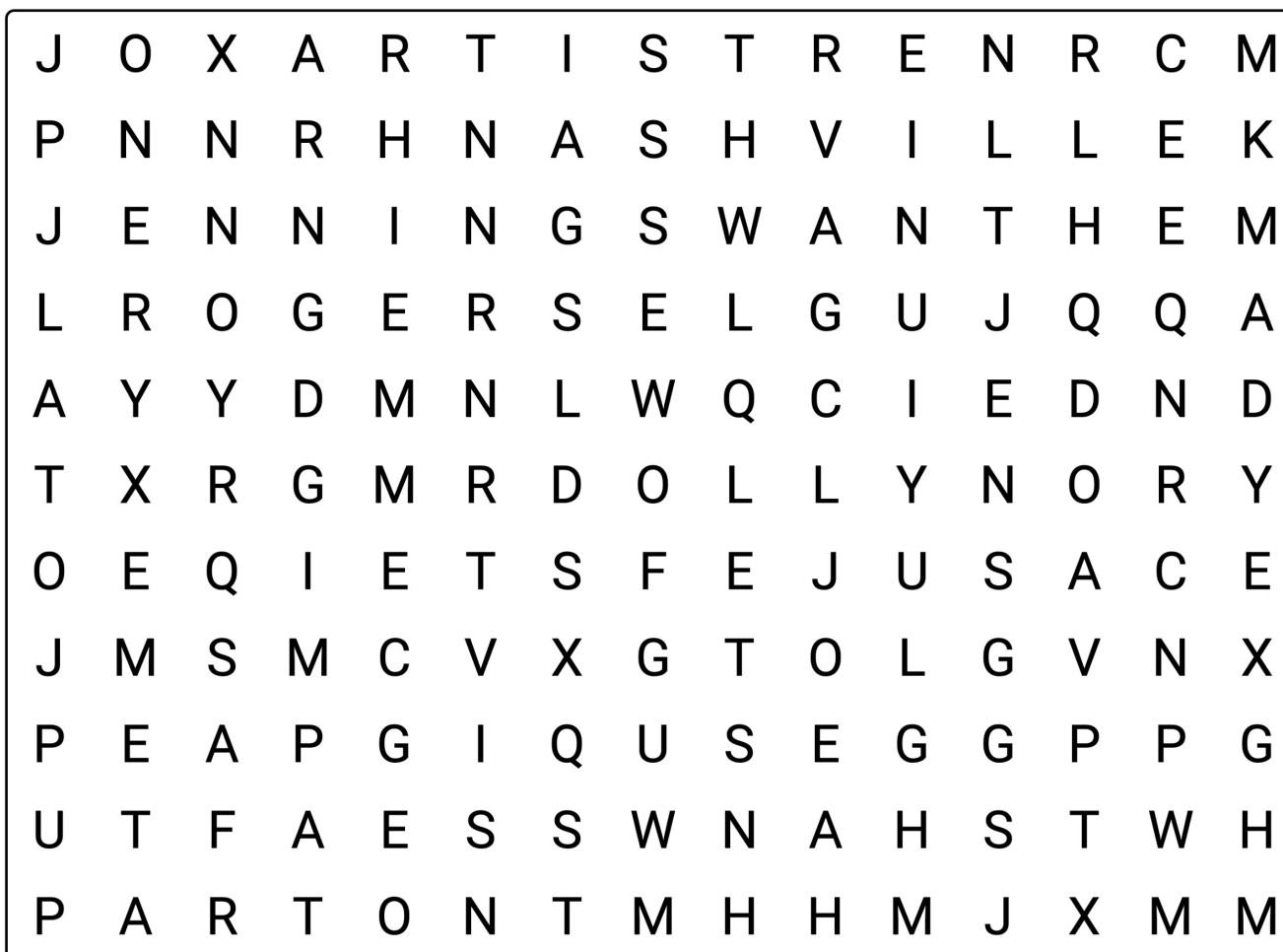
Skyline

Steel

Tall

Technology

# Country Music



Can you find the words below in the box above?

Anthem

Artist

Dolly

Haggard

Jennings

Lyricism

Merle

Nashville

Nelson

Parton

Rogers

Sound

# Martial Arts



Can you find the words below in the box above?

Bruce

Chan

Cinema

Combat

Discipline

Dojo

Dragon

Fist

Karate

Kick

Lee

Li

# Enjoying Nature



Can you find the words below in the box above?

Animals

Appreciate

Beauty

Birdsong

Breeze

Campfire

Canoe

Coastline

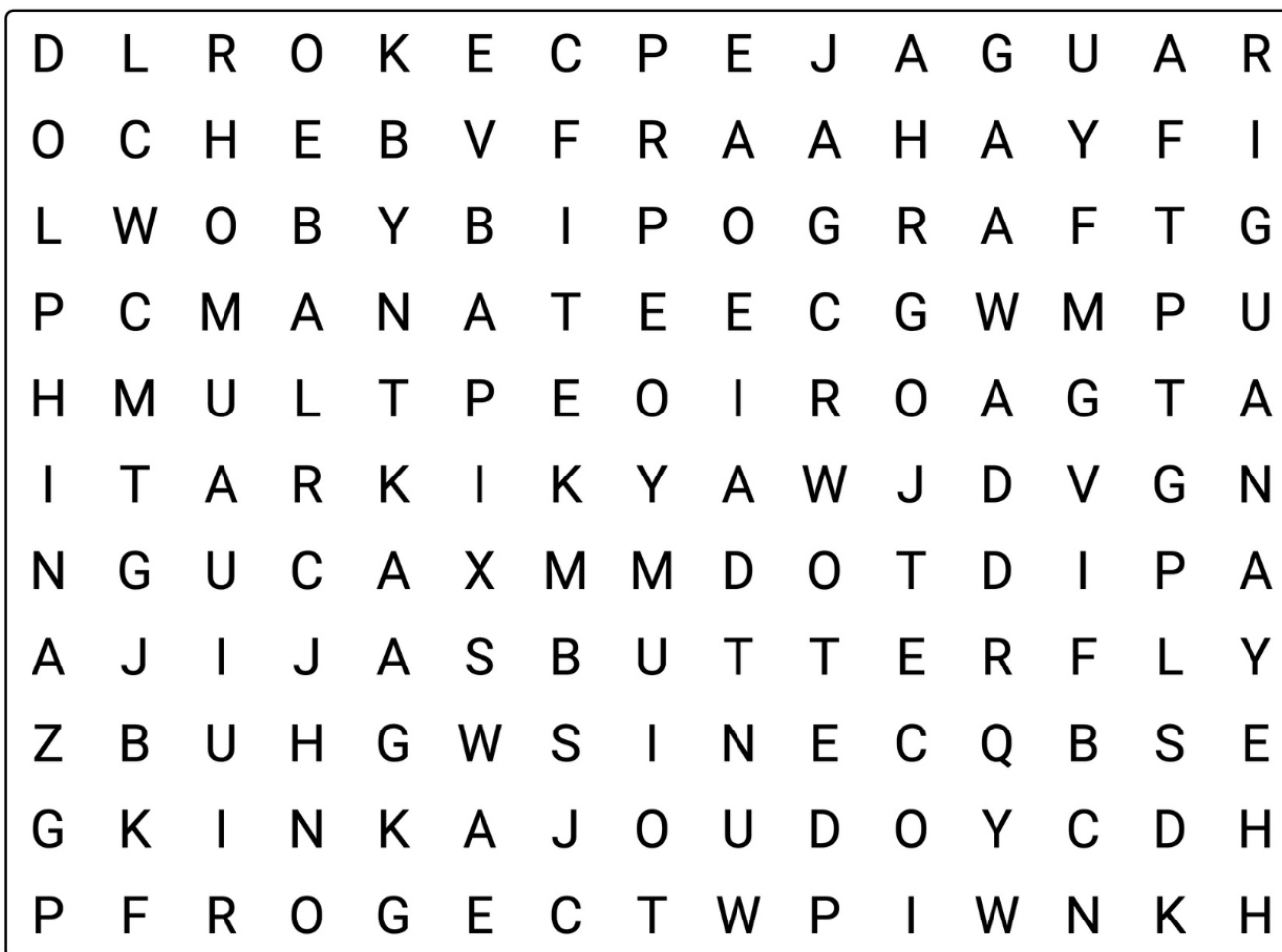
Flora

Lodge

Observe

Outdoor

# Animals in Belize



Can you find the words below in the box above?

Butterfly  
Coatimundi  
Crocodile  
Curassow

Dolphin  
Frog  
Iguana  
Jaguar

Kinkajou  
Macaw  
Manatee  
Margay

# Catholicism in Belize



Can you find the words below in the box above?

Beliefs  
Catholic  
Ceremony  
Charity

Church  
Faith  
Guidance  
Music

Pope  
Prayer  
Religion  
Roman

# Tacos



Can you find the words below in the box above?

Beef

Cheese

Chicken

Cilantro

Corn

Fish

Habanero

Lime

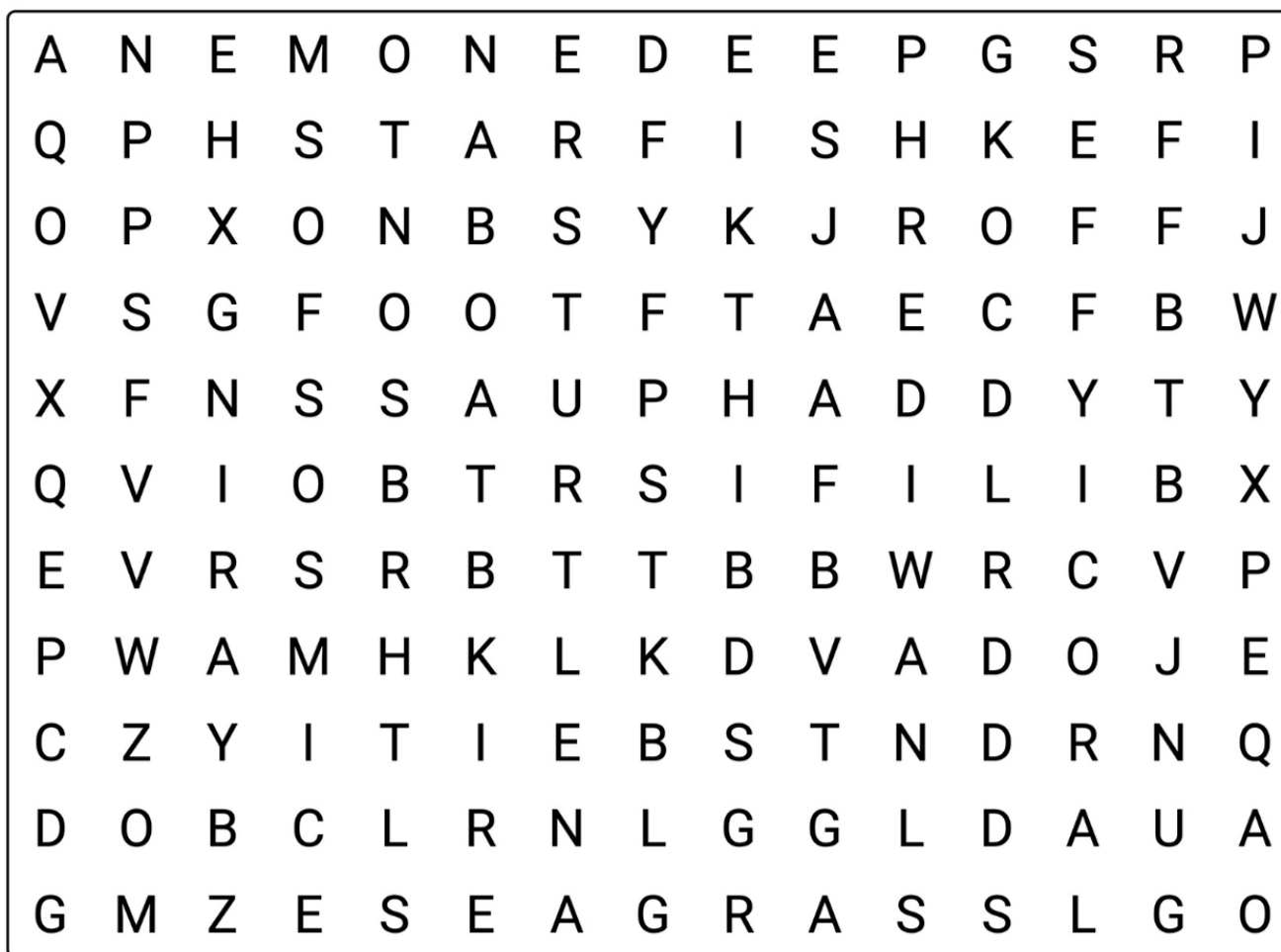
Onion

Salsa

Spicy

Taqueria

# Coral Reef



Can you find the words below in the box above?

Anemone

Boat

Coral

Deep

Dive

Fishing

Ray

Seagrass

Sharks

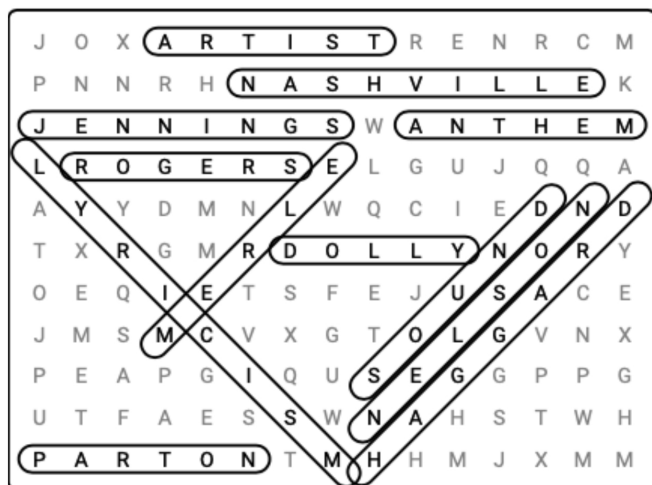
Snorkel

Starfish

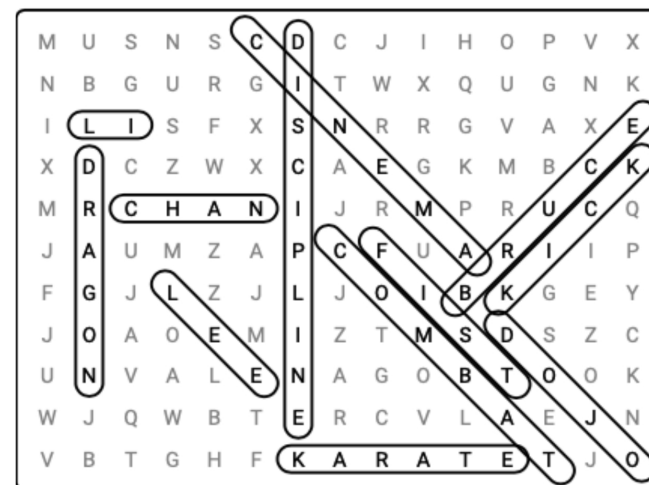
Turtle



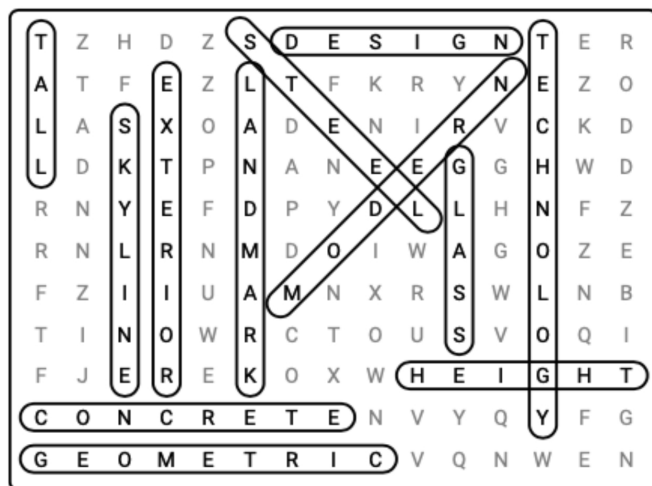
## Country Music



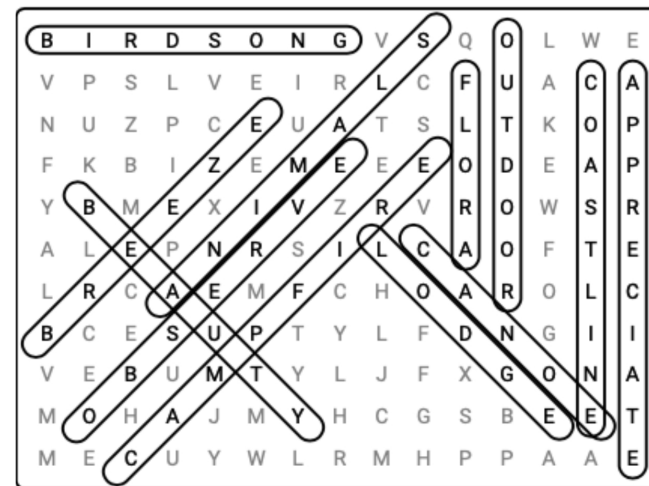
## Martial Arts



## Towers



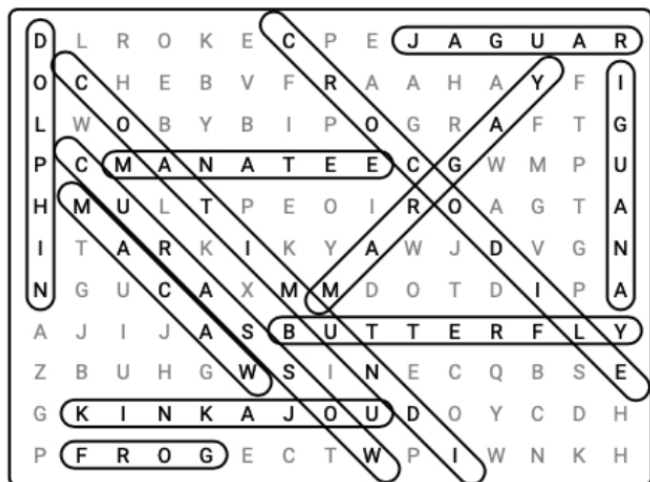
## Enjoying Nature



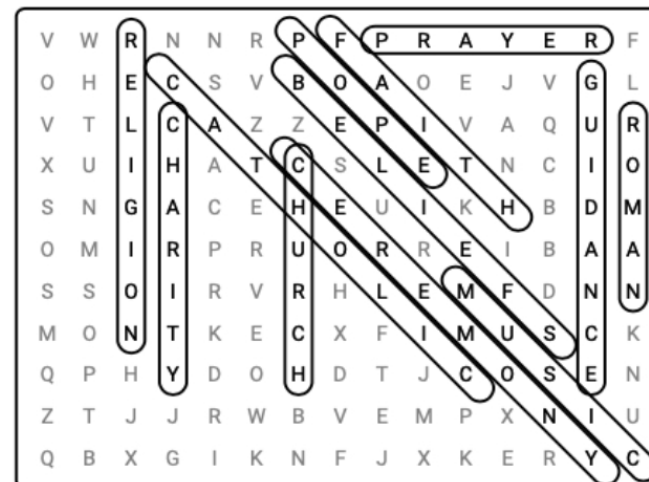
**S  
E  
A  
R  
C  
H**

**A  
N  
S  
W  
E  
R  
S**

## Animals in Belize

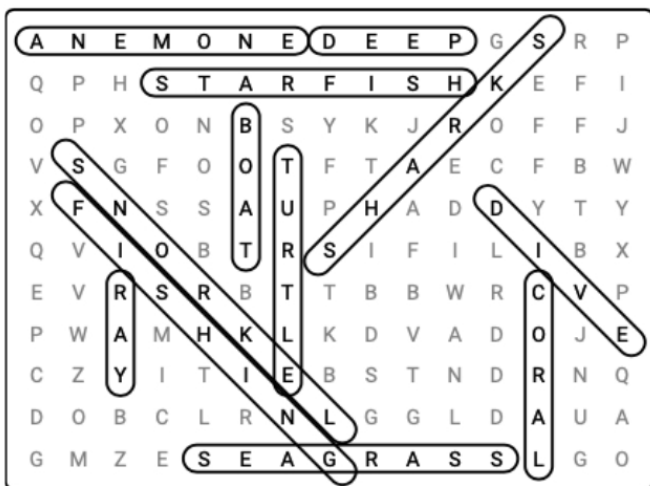


## Catholicism in Belize

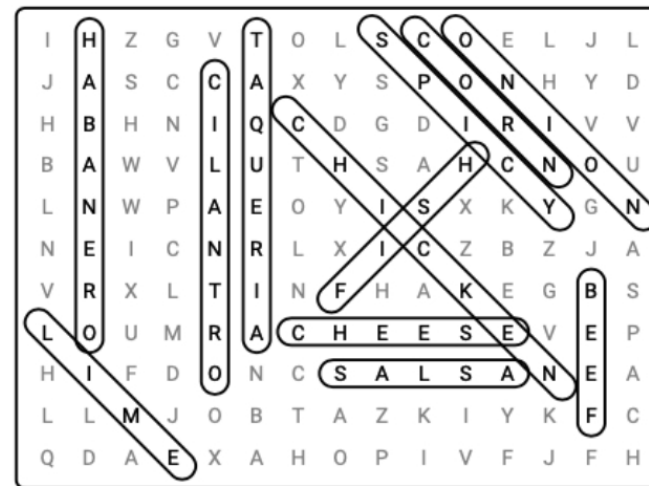


**SEARCH**

## Coral Reef



## Tacos



**ANSWERS**



Serving Whidbey and Camano islands

**Call Us!**  
**(360)**  
**321-1600**

## **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.

#### **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.

#### **Statewide Health Insurance Benefits Advisors (SHIBA)**

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

### **Nutrition Programs**

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

#### **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.

#### **Support Groups**

Join in conversation with others facing similar challenges.



## **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](http://www.senior-resources.org)

[reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).