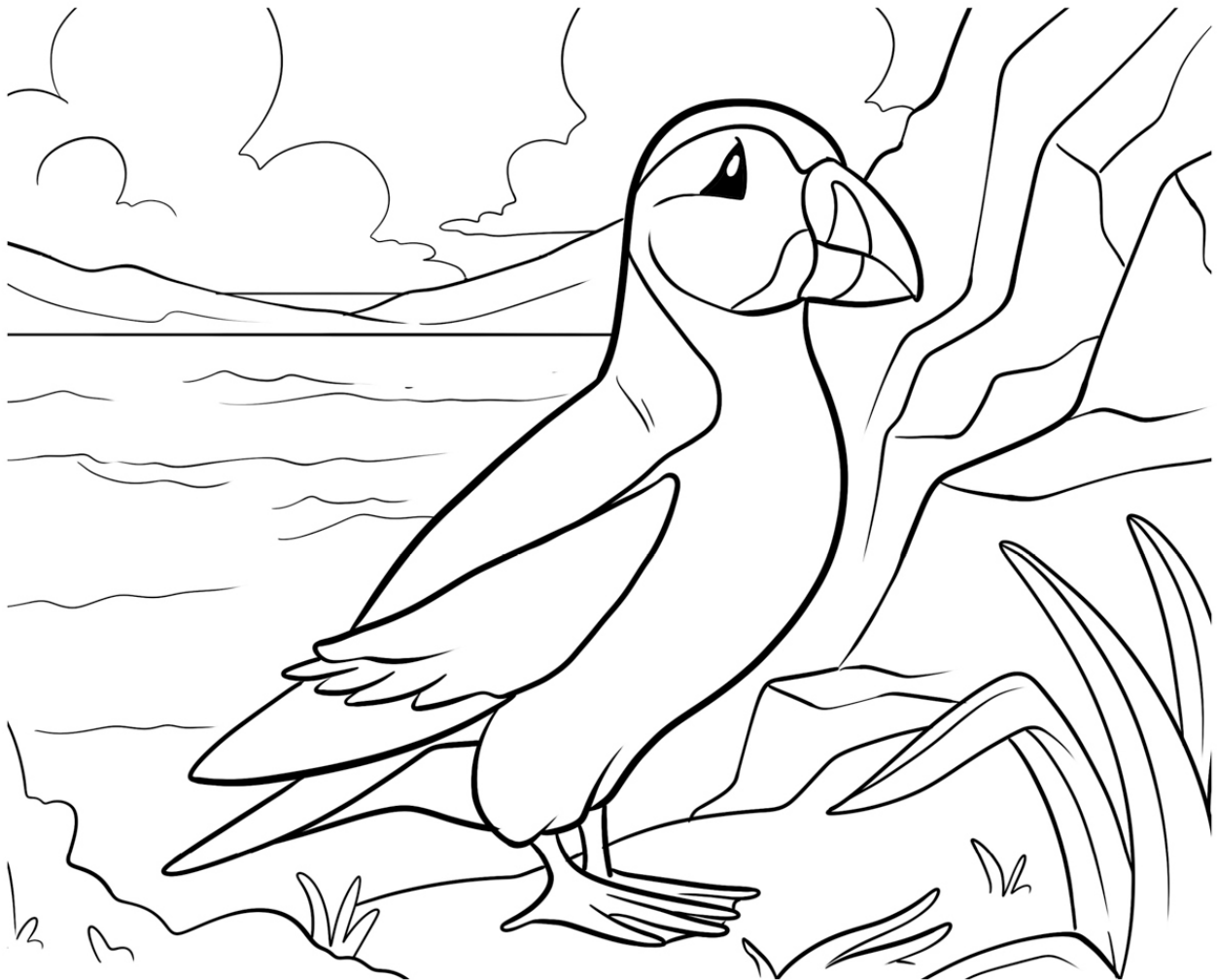


COGNITIVE CROSSWORDS

December 2023



LEG MOVEMENT EXERCISES

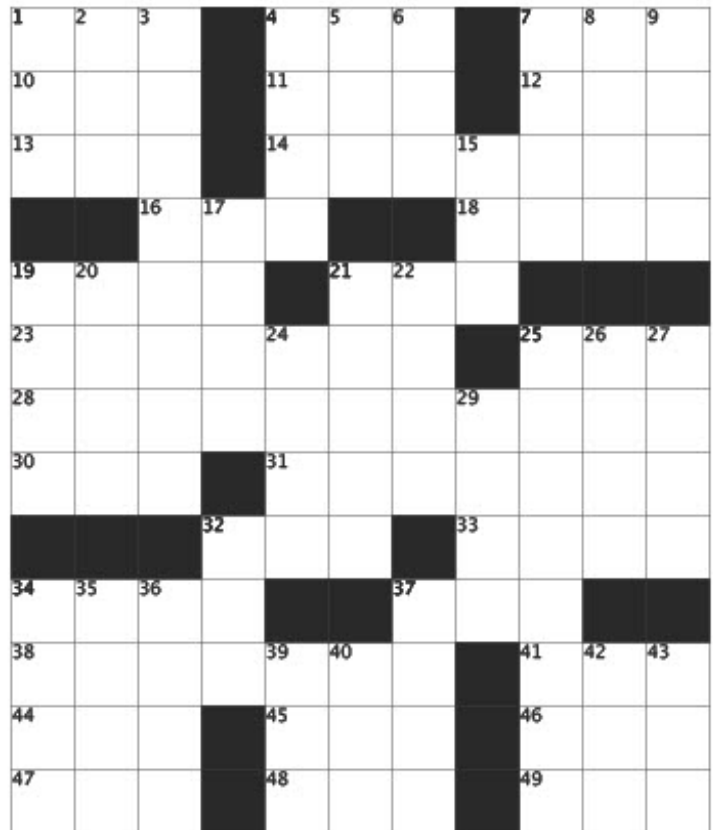
ACROSS

1. Letters between R and V
4. Spider's home
7. Wine-and-cassis drink
10. Pelvic joint
11. "Well, ___ be!"
12. Opposite of SSW
13. Corn serving
14. Well-toned condition
16. 3 on a clock
18. Small paving stone (TEST anagram)
19. Lower limbs
21. ___ Na Na
23. Sports competitor
25. ___ Vegas
28. Work out at the gym
30. Snake sound
31. Like running or dancing
32. Increase, with "up"
33. Landlord's due

34. "Stat!"
37. Apop
38. Limber up
41. Tummy muscles
44. Deli sandwich meat
45. Fish eggs
46. ___ chi (gentle martial art)
47. Hospital triage sites, briefly
48. "That hurts!"
49. Unit of work

DOWN

1. That woman
2. ___ Maria (coffee alcohol)
3. Goalposts
4. Internet connection option
5. Inventor Whitney
6. Crunchy sandwich, for short
7. Leg joint
8. "Meet Me ___ Louis"



9. Recover, as from a workout
15. Code-breaking org.
17. ___ of Capri
19. Trails behind
20. Summers, in French
21. Tough to climb
22. Frau's mister
24. Test
25. Set free
26. Z ___ zebra
27. Religious offshoot
29. Central workout target
32. Gorilla
34. Arthur of tennis
35. Celebrity
36. Upper limbs
37. "That's a relief"
39. Attempt
40. Dove's call
42. Tavern
43. Name on the dotted line: Abbr.

VOLCANOES

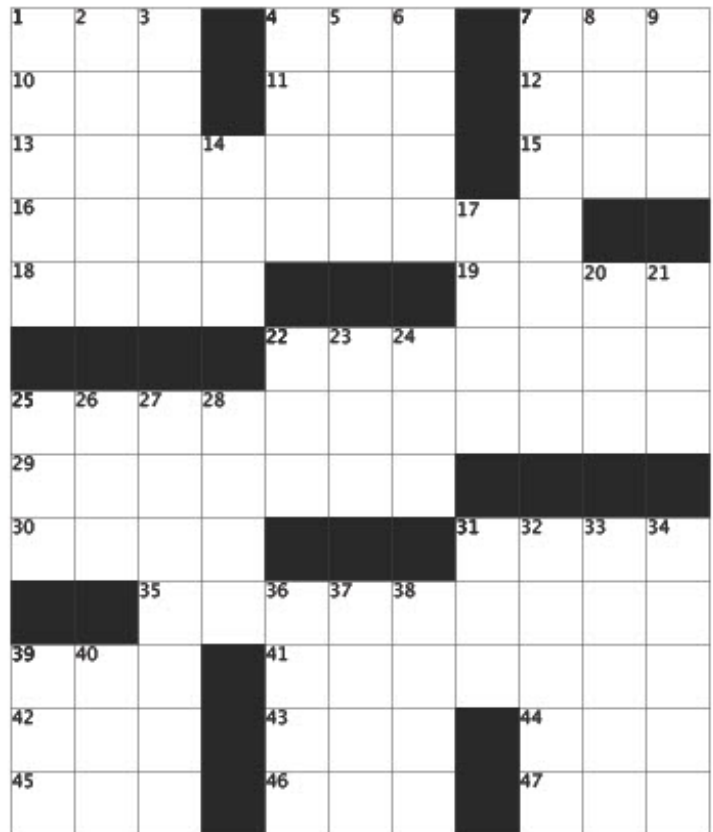
ACROSS

1. Stadium cheer
4. Call ___ day
7. Droop
10. "How was ___ know?"
11. Saloon
12. Spy org.
13. Good for farming, as volcanic land
15. Passports or driver's licenses, for short
16. Expanse of scenery
18. Summers, in French
19. Poker stake
22. Funnel shape
25. 1980 erupter Mount ___
29. Sicilian city near Etna
30. "Hey, sailor!"
31. Science magazine or Hilton rival
35. Rainier and 25-Across

39. Actor Vigod
41. Fine spray, as from an eruption
42. ___ Lanka
43. Animal doc
44. Opposite of WSW
45. Chapeau
46. Fit ___ fiddle
47. Former speedy plane, e.g.

DOWN

1. Hunter's weapon
2. Patronized, as a diner
3. Singer Lena
4. Marsh bird
5. Bath powder
6. Region
7. Geology or physics
8. Help
9. Vapor that causes eruptions
14. NFL scores
17. Beach toy
20. Beige
21. Letters before EMs

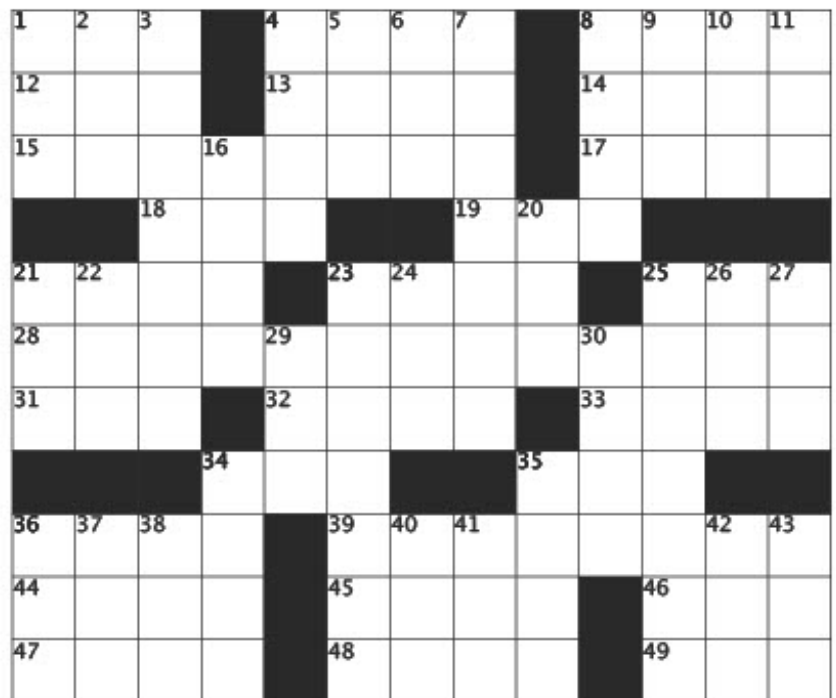


22. Middle: Abbr.
23. Elec. unit
24. Prefix meaning "new"
25. Pampering place
26. Sound heard at 25-Down
27. "This is a perfect gift!"
28. "So Sick" singer (hidden in STONE YOU)
31. Yoko ___
32. Ten Commandments recipient
33. Vegas lights
34. Small island
36. Molten rock
37. Letters after BEEs
38. "Thou ___ lady": King Lear (TARA anagram)
39. Etna output
40. Bikini top

MOUNT ST. HELENS

ACROSS

1. 747, e.g.
4. Small mountain
8. Civil rights pioneer Parks
12. Gold, in Spanish
13. For ___ (require payment)
14. Greek god of love
15. Volcanic burst
17. Aquatic animal
18. Have regrets about
19. Family MDs
21. Severely injure
23. "That's all there ___ it!"
25. "Norma ___" (Sally Field film)
28. Washington st. volcano that exploded in 1980
31. Bon ___ (witticism)
32. Egyptian cobras
33. Performs in a play
34. Single
35. Prefix meaning "bird"
36. Erupt
39. Come crashing down
44. Lounge around
45. Roman robe
46. Historic period
47. Very small amounts
48. Eject, as 30-Down
49. Take a chair



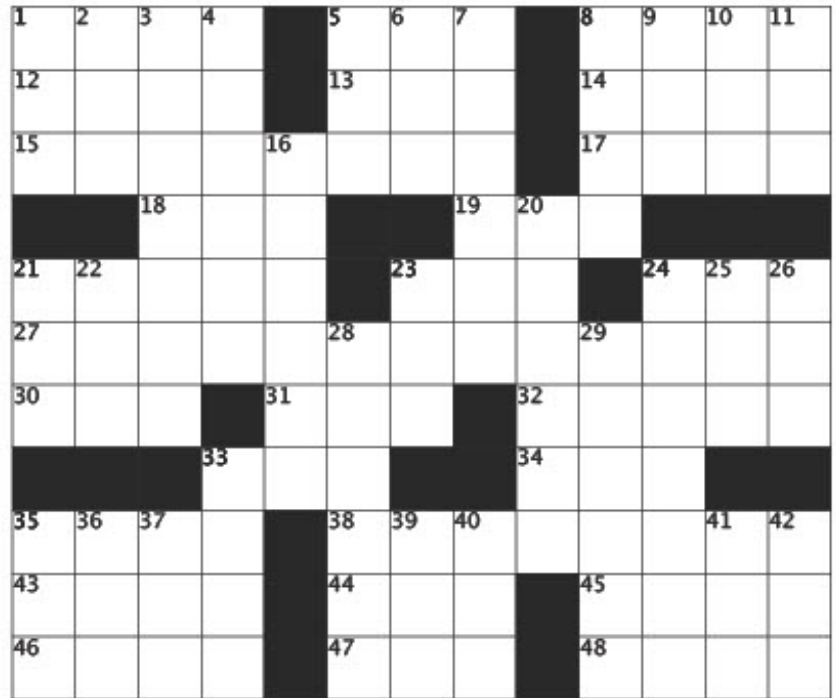
DOWN

1. Coffee, in slang
2. Make a Mistake
3. Sightseer traveler
4. Abhor
5. "___ Were a Rich Man"
6. Summer zodiac sign
7. Distance unit
8. Umps
9. "Either he goes ___ do"
10. "Mayday!"
11. Volcanic output
16. Cougar
20. "The Raven" writer
21. "Yum!"
22. From ___ Z
23. Bugs
24. Fuel additive brand
25. Cookbook directions
26. Picnic pest
27. Letter after ARR
29. Bond creator Fleming
30. Volcanic flow
34. Wise birds
35. "There oughta be ___!"
36. Crunchy sandwich, for short
37. Mauna ___
38. Ancient
40. Alley ___
41. Bigger than MED
42. ___ Lanka
43. Dine

SALMON FISHING

ACROSS

1. Trail
5. Place for pampering
8. Salmon variety & color
12. Film-rating grp. (A PAM anagram)
13. Not neg.
14. "...that'll be the day when ___..." (Buddy Holly lyric)
15. Some Pacific salmon
17. Royal salmon type?
18. 5+5
19. "Rocks" in a drink
21. Town's announcer
23. "Rose ___ rose..."
24. Opposite of masc.
27. Rod & reel sport in Washington
30. Mature
31. ___-relief
32. Top 40 deejay Casey
33. "Are we there ___?"
34. Biblical suffix
35. Salmon type also called "blue jack"
38. Spawning salmon's course
43. ___, line and sinker
44. Salmon ___ (spawning event)
45. Make a Mistake
46. "Good heavens!"
47. Bilingual subj.
48. Colors, as hair



DOWN

1. Evening hrs.
2. GI address
3. Of the sense of touch
4. NBA great ___ Olajuwon (HE MAKE anagram)
5. Secret agent
6. Edgar Allan ___
7. Home of St. Francis
8. Voracious fish
9. Uganda's Amin
10. Writer Anais ___
11. Large beer vessel
16. Dress like a justice
20. Vampire's bed?
21. Civil War org.
22. Joplin tune
23. "No ___, ands or buts"
24. Place for raising salmon
25. Opposite of WSW
26. "The Wizard of Oz" studio
28. Mother ___
29. Strong dislike
33. ___ Ono
35. ___ Chang (Harry Potter's first love interest)
36. ___-la-la
37. Darling
39. Sign of infection
40. NBC sketch show
41. "___ we there yet?"
42. Submissions to eds.

LITERATURE

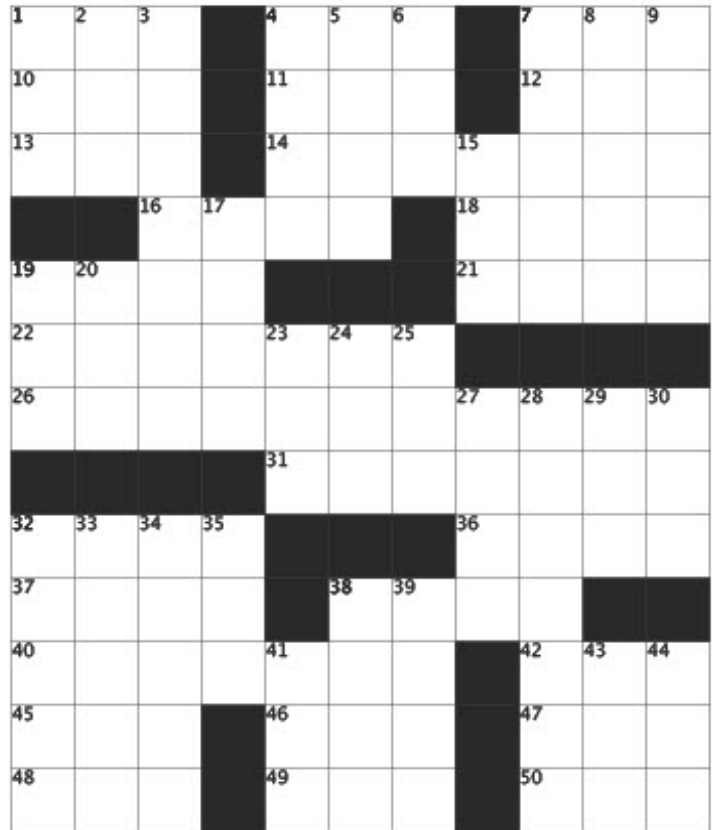
ACROSS

1. Umps
4. "Red Storm Rising" by ___ Clancy
7. "The ___ Luck Club" by Amy 48-Across
10. Actress Hagen of Broadway
11. Wall St. launch
12. Amazement
13. Fellow
14. "The ___ of the Day" by Kazuo Ishiguro
16. Three-___ sloth
18. Skid sharply
19. Cries of discovery
21. Egyptian snakes
22. "The Satanic Verses" by Salman ___
26. "I Know Why the Caged Bird Sings" by ___
31. "The only true wisdom is in ___ you know nothing"
32. 40-Across is by ___ Morrison
36. Solemn vow

37. Apple MP3 player
38. Norse god of mischief
40. Pulitzer Prize-winning novel by 32-Across
42. ___ Shepard playwright and actor
45. Bambi's aunt (hidden in RENAL)
46. Night before
47. Raw rock
48. Author of "The Hundred Secret Senses" and "The 7-Across Luck Club"
49. "___ the season to be jolly"
50. Butterfly catcher

DOWN

1. Liquor in a daiquiri
2. Greek H
3. "The Vampire Lestat" genre
4. Wheel
5. Newspaper opinion piece
6. Dad's partner
7. Imprisons



8. Come clean
9. Affirmative votes
15. Cool ___ cucumber
17. Workplace safety org.
19. Upper limb
20. Mao's successor (hidden in OAHUAN)
23. N. ___ (Fargo's state, for short)
24. Tavern
25. Swelled head
27. Furry "Star Wars" creature
28. Intermediary
29. Toronto's province: Abbr.
30. "Ick!"
32. Neighbor of Nepal
33. ___ can of worms
34. Hall of Fame pitcher Ryan
35. Wedding vow
38. ___ Strauss & Co.
39. Tributes in verse
41. Ret. soldier
43. "Be Happy - You ___ Loved!"
44. Came together

GOSPEL MUSIC

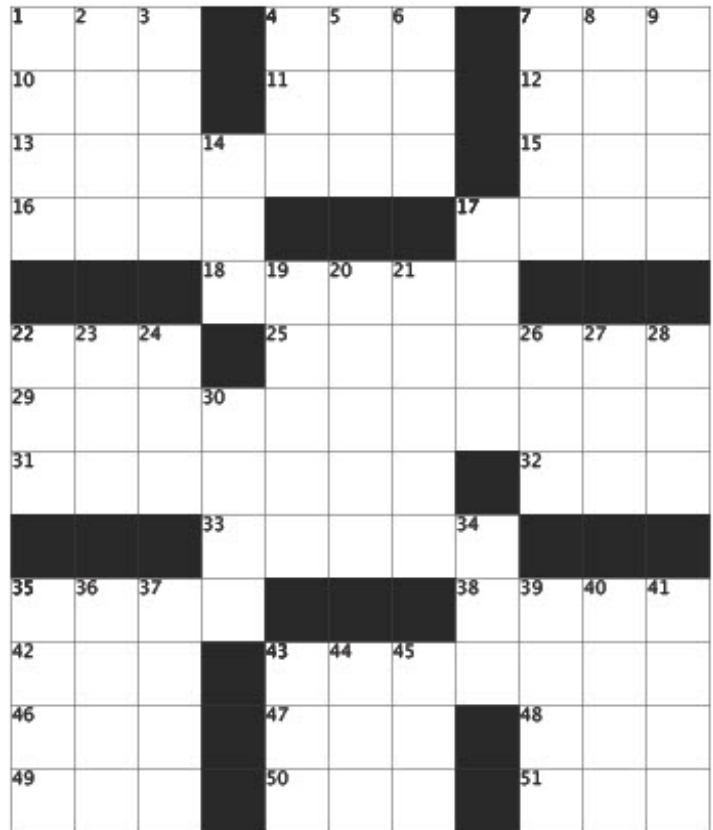
ACROSS

1. List-ending abbr.
4. ___-la-la
7. Volcanic output
10. Half a Latin dance
11. Pasty
12. Horse feed
13. Vocal part to create chords
15. Stately tree
16. ___ von Bismarck
17. Prayer ending
18. Philippine president Fidel (AMORS anagram)
22. Small rug at the door
25. Olive center
29. Church music master
31. Choral practice
32. Picnic spoiler
33. Sparkle
35. Rock back and forth
38. On the topic of
42. Snaky fish

43. Praise
46. Dine
47. Historical period
48. "Able was I ___ I saw Elba"
49. In favor of
50. Label
51. Burrow

DOWN

1. Reverberation
2. "All ___ Jazz"
3. Shopping buggy
4. Duo
5. Sprinted
6. At least one
7. Throat-clearing sound
8. Bargain hunter's delight
9. Church song
14. Casablanca's country: Abbr.
17. On the briny
19. March follower
20. Winnie-the-Pooh creator

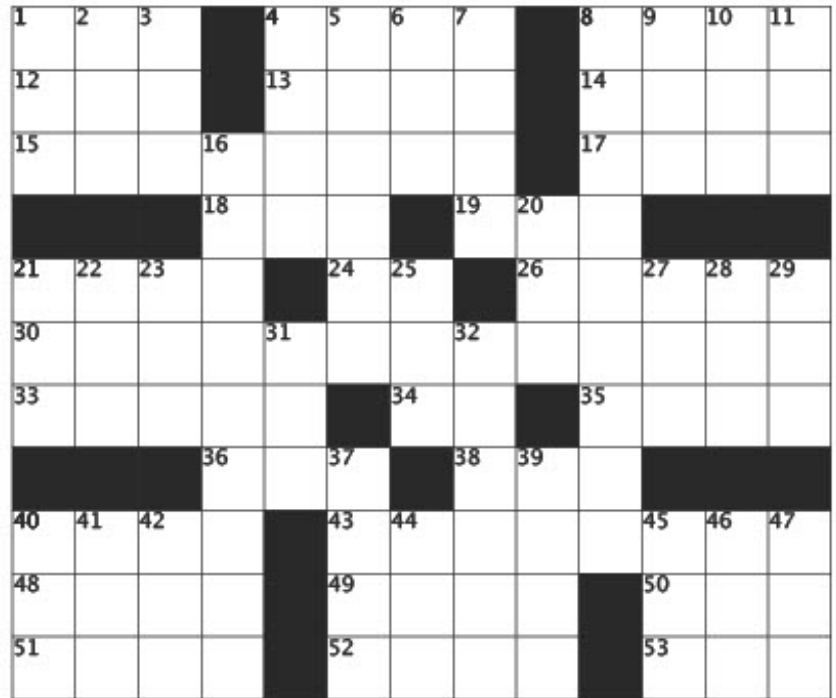


21. End of the Greek alphabet
22. TV hosts: Abbr.
23. Yellowfin tuna
24. 2,000 pounds
26. Secrecy contract, for short
27. 5+5
28. Tiny morsel
30. Ignatius nickname
34. Pas' mates
35. Ooze
36. Erode
37. Voice below soprano
39. Storage building
40. Fatigue
41. Ready for business
43. Moist
44. "Are you a man ___ mouse?"
45. Dusting cloth

BASKETBALL

ACROSS

1. Number of gold medals Magic Johnson won
4. Put this in the basket
8. "Pick and ___": basketball maneuver
12. Blazing
13. Roman 57
14. ___ fixe: Notion (EDIE anagram)
15. Tiebreaker period in a game
17. Kill a bill
18. "This ___ test!"
19. Genetic initials
21. Doe's mate
24. ___ and fro
26. Dream team
30. Chicago Bulls NBA legend #23
33. Courtside bleachers
34. Opposite of nyet
35. "___, said the blind man as he picked up his hammer and saw."
36. Smartphone download
38. Robert E. ___
40. Winter accumulation
43. Kareem or Magic, slangily
48. Verdi opera set in Egypt
49. Defraud
50. Actress Gardner of "The Barefoot Contessa"
51. Get in the game
52. Eyelid woe
53. "Nothing but ___": Shot that swishes



DOWN

1. "So that's your game!"
2. Month after OCT
3. Summer, in French
4. Crunchy sandwiches, for short
5. Take to the skies
6. Calculus abbr. (hidden in SLIME)
7. Told a fib
8. Conference teams often have them
9. "___ to Joy"
10. Allow
11. Zodiac lion
16. At once
20. New: Prefix
21. Not LGs or MEDs
22. Neckwear
23. Obamacare, for short
25. Not new
27. Passports or licenses, e.g.
28. ___ kwon do
29. Opposite of WSW
31. Egyptian viper
32. Shoddy car
37. Profs' degrees
39. Fencing sword
40. Syrup source
41. Zilch
42. "Ghost" psychic ___
44. Not home
45. Get some sun
46. Night before a big date
47. Rodent

SPACE & EXPLORATION

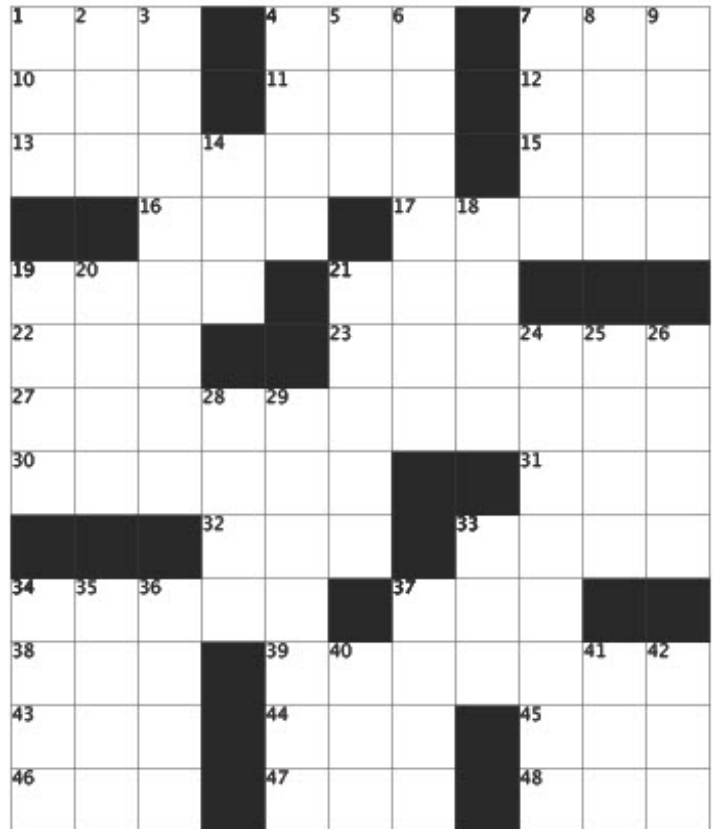
ACROSS

1. Carry-___ (some luggage)
4. Pop's wife
7. Bear's lair
10. Fib
11. A feast ___ famine
12. Gorilla
13. Search, as new worlds
15. Pewter component
16. Got an ___ a test: aced
17. The heavens
19. Natural hairstyle
21. USPS delivery
22. Actress Farrow
23. Seventh planet from the sun
27. Scientists that look to the heavens
30. Bundle, as wheat
31. Once more: Abbr.

32. Month, in Madrid
33. Salt Lake City athletes
34. From the sun
37. Trident-shaped Greek letter
38. "Love ___ neighbor"
39. Liberty
43. Broadcast
44. Caustic stuff
45. Female sheep
46. Fish eggs
47. "Of course!"
48. Advice columnist Landers

DOWN

1. Grand ___ Opry
2. Put an end to
3. Break apart
4. Earth's satellite
5. NHL legend Bobby
6. Orchestra conductor
7. Facts and figures

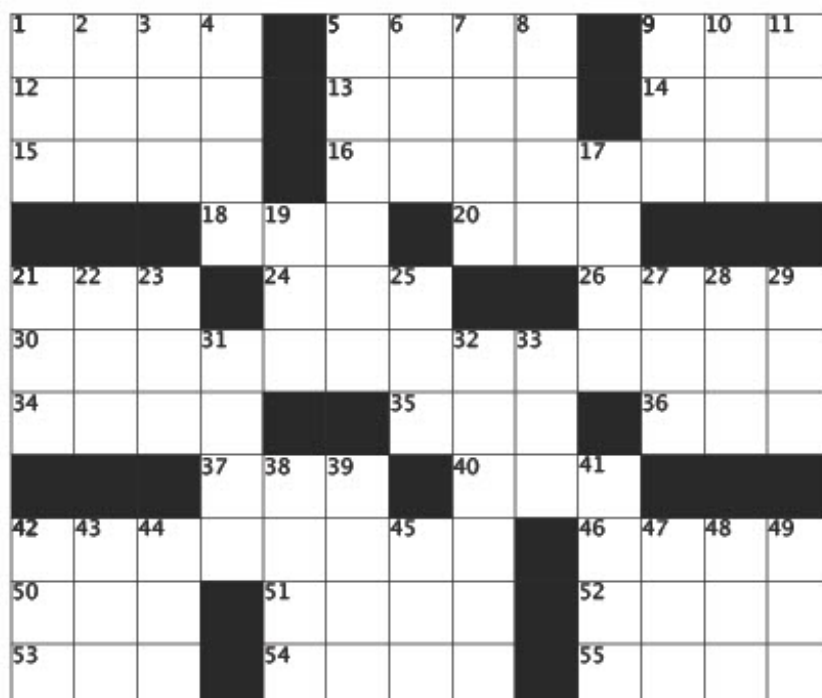


8. Long tale
9. Hawaiian goose
14. Lav
18. Brit's baby buggy
19. Amo, ___, amat
20. Aquatic animal
21. Monday, in Mexico
24. "Clever thought"
25. Push forward
26. Tax form IDs
28. "___ Lama Ding Dong": doo-wop hit
29. Soar beyond
33. Put to work
34. Celestial night light
35. River that starts in Pittsburgh
36. Harp-like instrument
37. Letters before CUEs
40. Reuben bread
41. Have
42. Fellas

EDINBURGH

ACROSS

1. Township
5. St. Andrews game
9. Piece in the National Galleries of Scotland
12. China's continent
13. Assessment, for short
14. Bit of wordplay
15. Wee drink
16. Tribute to Nelson or Burns, in Edinburgh
18. Hit the slopes
20. Ceremonial weapon of the town guard of Edinburgh
21. Mas' partners
24. One ___ million
26. ___ Queen of Scots
30. Stuart or Jacobite bloodline
34. Skye or Iona
35. Garden tool
36. Finish
37. Letter before TEE
40. "My Heart's in the Highlands," e.g.
42. Edinburgh Castle or St. Giles' Cathedral, in Edinburgh
46. Cináed mac Ailpín was the first, in 843
50. Astound
51. Ye ___ Tea Shopp
52. Fencing blade
53. ___-pitch softball
54. Equipment
55. Previously cut, as lumber



DOWN

1. Scoundrel
2. Neighbor of Syr.
3. ___ Maria (coffee liqueur)
4. Sweet potatoes
5. Zodiac twins
6. Egg: Prefix
7. Actress Turner of "Peyton Place"
8. State of flow and charge
9. Gorilla
10. Trot
11. Explosive initials
17. Office note
19. Baby fox
21. Trident-shaped Greek letter
22. Apt. coolers
23. Costa del ___
25. Stately tree
27. "Yes captain"
28. Sprinted
29. Investment info.
31. Set up a golf ball
32. Golfer who can't drive straight?
33. Crimson
38. Air pollution
39. Bargain
41. ___ out a living
42. ___ Vegas
43. Hole-making tool
44. New: Prefix
45. Nutritional fig.
47. Bitter beer
48. Novel
49. ___-X (demographic group)

ISLE OF MAN

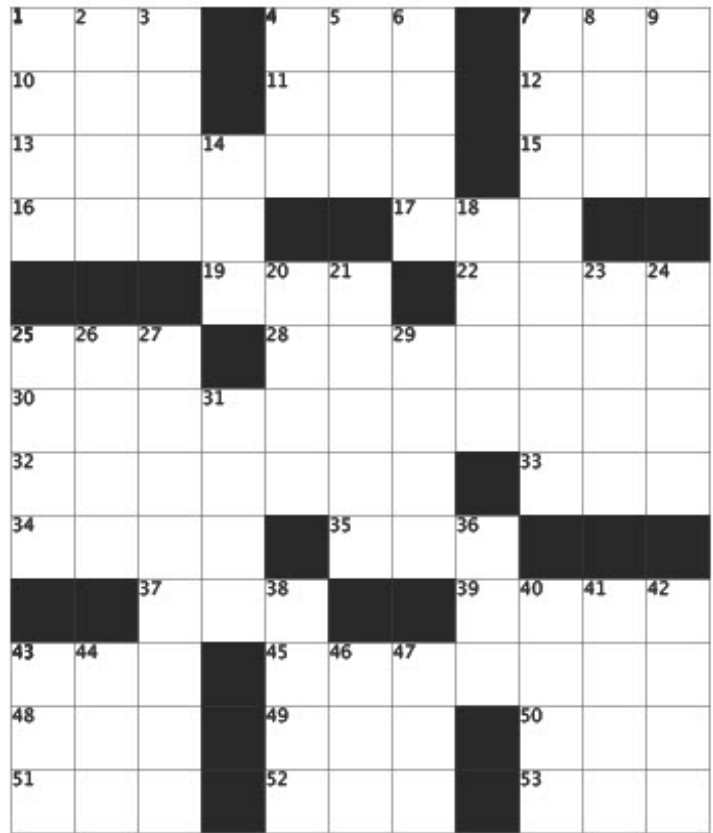
ACROSS

1. ___ Angeles
4. Had a meal
7. In the past
10. Choose
11. Water around the Isle of Man, Irish ___
12. Cozy hotel
13. Beautiful shores
15. Regret
16. Therefore
17. "___ the season to be jolly..."
19. Petrol
22. "Beetle Bailey" dog
25. Wedding words
28. Undeveloped
30. Rural vista, as on the Isle of Man
32. Craftsperson
33. Ltr. afterthoughts
34. Nothing, in Spanish
35. Skirt edge
37. Bear, in Spanish

39. Jacob's twin, in Genesis
43. Dos, in English
45. Norse settlers on the Isle of Man
48. "___ the ramparts we watched..."
49. Night before
50. "We ___ Family"
51. "You bet!"
52. Marina del ___
53. Tablet

DOWN

1. Earring site
2. Letters on a phone's "0"
3. Male deer
4. Fire remnant
5. Golf peg
6. Direction from the Isle of Man to England
7. Simple runway
8. Wildebeest
9. Single
14. Gear tooth
18. Debtor's notes

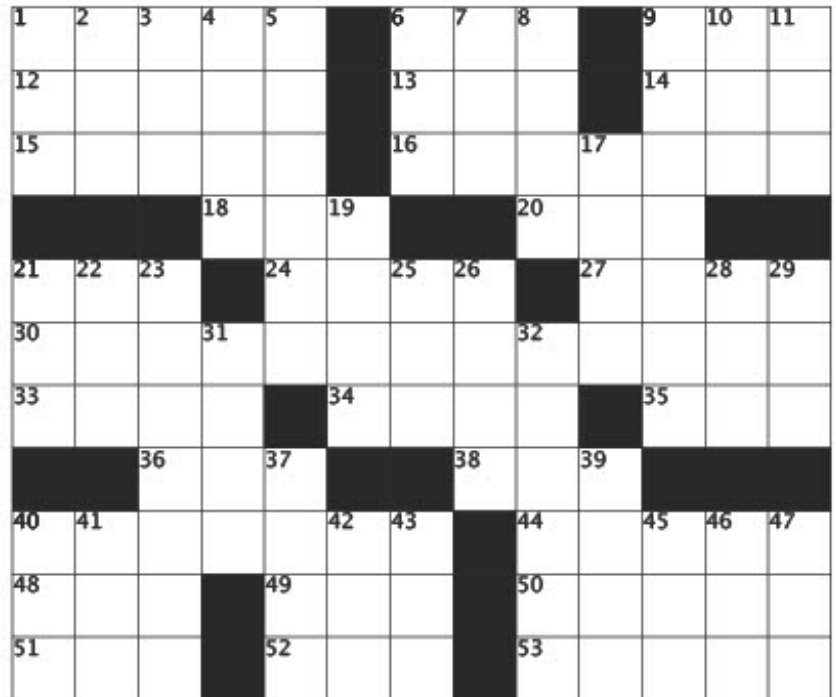


20. Picnic pests
21. Fergie's first name
23. Little amounts
24. Bullfight cheers
25. "Not if ___ help it"
26. "___ the Explorer" (kids' show)
27. Where to spend a sunny day on the Isle of Man
29. Newcastle upon ___, England (NYET anagram)
31. Vardalos and Peeples
36. "Don't tell ___ can't!"
38. Above
40. Ginger ____
41. Taj Mahal's locale
42. Utilized
43. Plaything
44. Like Willie Winkie
46. "___ Got a Secret"
47. Lock opener

PUFFINS & WILDLIFE

ACROSS

1. Hue
6. "For ___ a jolly good..."
9. Unused
12. Worship
13. Dazzle
14. "We ___ the champions..."
15. Sire, in the Bible
16. Puffin
18. Bro's sib
20. Loo
21. Give ___ whirl
24. A puffin's might be in a burrow
27. A puffin's is multicolored
30. Northern state where you can see a puffin
33. A puffin eats mostly these
34. Shore bird
35. Ostrich's cousin
36. "Got it!"
38. "There's ___ in team"
40. Puffins' sound
44. Where puffins prefer to rest
48. Olive ___
49. Puffin's cousin (KAU anagram)
50. Striped equine
51. Asner and McMahon
52. Part of a bk.
53. Funny bone location



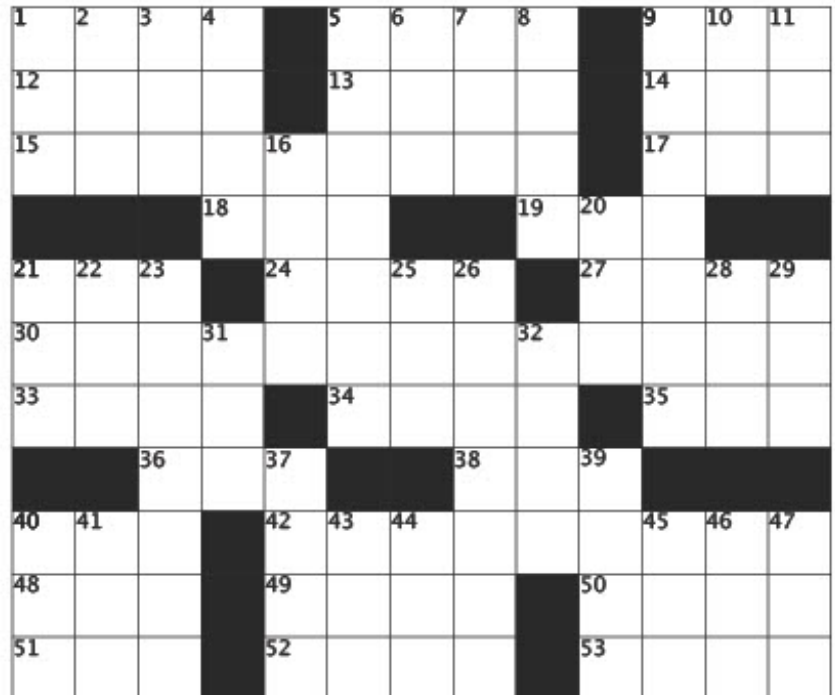
DOWN

1. Taxi
2. "___ on a Grecian Urn"
3. "Put Another ___ on the Fire"
4. Raw minerals
5. Eye part with rods and cones
6. Owns
7. Ram's mate
8. Aquatic mammal
9. Innocence
10. "To ___ is human"
11. Tied the knot
17. Paul Bunyan's blue ox
19. Breakaway group
21. World finance org
22. Mai ___
23. Lashes out at
25. "Thar ___ blows!"
26. Veer
28. Money mach.
29. The Golden Flashes of the MAC (hidden in STACKS UP)
31. Librarian's admonitions
32. Nap
37. Give ___ on the shoulder
39. Northern isl. where you can see puffin
40. Misery
41. Concealed
42. Drag along
43. ___ out a living
45. Wane
46. Orinoco tributary (OAR anagram)
47. Slangy denial

BAGPIPES & SCOTTISH INSTRUMENTS

ACROSS

1. Instrument like a flute or oboe
5. Flute or tube
9. Feline
12. Region
13. "The wolf ___ the door"
14. Egg cell
15. Custom, like playing bagpipes
17. Sleuth Spade
18. One ___ time
19. Suitable
21. "Yo te ___" (I love you)
24. Celery, in Spanish (A POI anagram)
27. Melody
30. Events including the caber toss and playing bagpipes
33. Many-stringed instrument
34. "Time and ___ waits for none"
35. Ram's mate
36. "C'___ la vie"
38. ___ Paolo
40. ___ alai
42. Squeezebox
48. ___ and outs
49. Gator's kin
50. Gas brand in Canada
51. Cry of frustration
52. Goose's sound
53. Rhythm instrument



DOWN

1. Cambodia's Angkor ___
2. Flawed, as mdse
3. Educational org.
4. Mama's mate
5. Rhythmic sound
6. "It ___" (reply to "Who's there?")
7. Kung ___ chicken
8. Sicilian volcano
9. Halloween wear
10. Actress Gardner
11. Scottish cap
16. Slanted type: Abbr.
20. Sch. support group
21. Sigh of relief
22. Actress Farrow
23. Beastly, like Shrek
25. Common pasta suffix
26. Result of an unsatisfying wash day
28. Just out
29. Opposite of WNW
31. Some printers: Abbr.
32. Equipment
37. Auto gauge
39. Took too much of a drug, briefly
40. Lively Scottish dance
41. Santa ___, California
43. ___-Magnon man
44. Opposed to
45. Tel Aviv's country: Abbr.
46. Columbus coll.
47. ___ de plume

CROSSWORD ANSWERS

LEG MOVEMENT EXERCISES

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

VOLCANOES

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

MOUNT ST. HELENS

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

SALMON FISHING

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

CROSSWORD ANSWERS

LITERATURE

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

GOSPEL MUSIC

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

BASKETBALL

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

SPACE & EXPLORATION

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

CROSSWORD ANSWERS

EDINBURGH

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

ISLE OF MAN

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

PUFFINS & WILDLIFE

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

BAGPIPES & SCOTTISH INSTRUMENTS

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



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.