

COLORFUL FUN!

ART, MAZES, & WORD SEARCH

December 2023 • **Global Travel**





Serving Whidbey and Camano islands

MISSION

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

(360) 321-1600

www.senior-resources.org

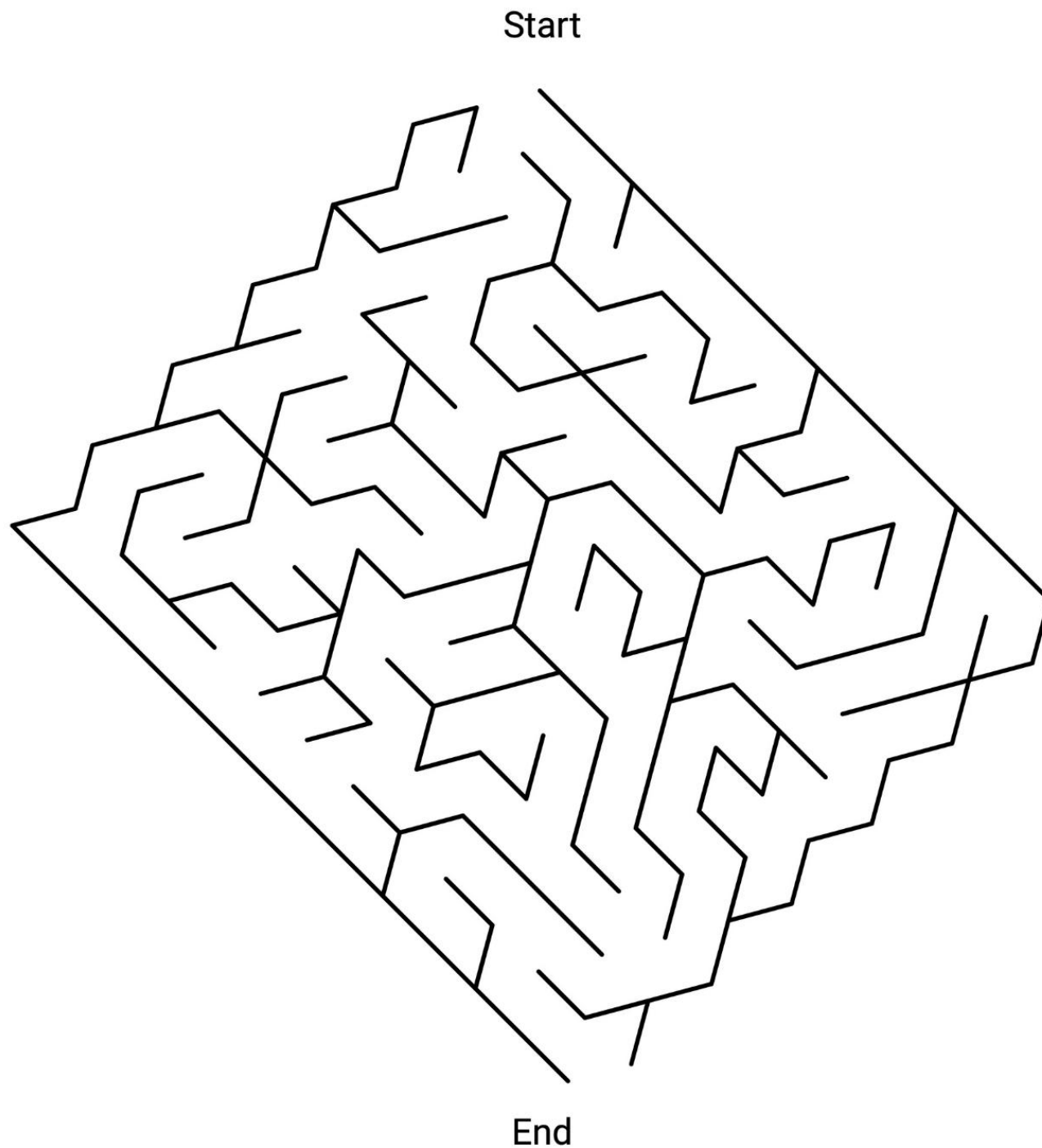
2023 - EDITION #12
GLOBAL TRAVEL
SCOTLAND

Scotland is a beautiful country with a rich history and culture, and its capital city of Edinburgh is a popular destination for visitors. Edinburgh is home to many historic landmarks, including Edinburgh Castle, which sits atop a hill overlooking the city. The city is also known for its annual Fringe Festival, which celebrates the arts and draws performers and visitors from around the world. The Isle of Man is a nearby island, also part of the British Isles, offering visitors stunning natural beauty and unique cultural experiences. Puffins and other wildlife can be spotted along Scotland's coastlines, and visitors can take guided tours to see these creatures up close. Scotland is also famous for its traditional music, including bagpipes and other instruments like the fiddle and the accordion, which are played in pubs and at festivals throughout the country.

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*

Maze 9



Scotland



Can you find the words below in the box above?

Castle
Cathedral
City
Cranachan

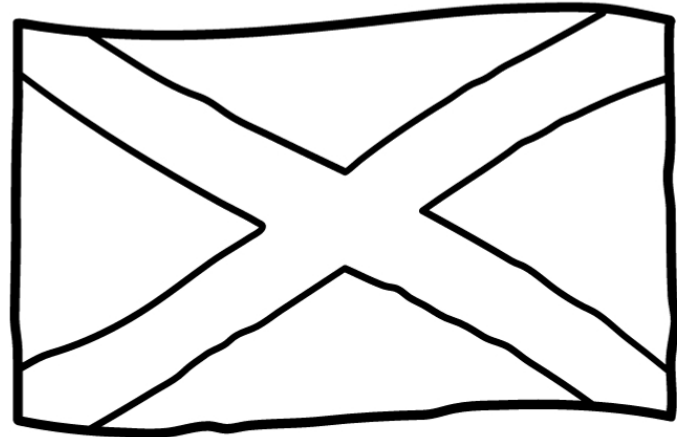
Fortress
Galleries
Garden
Haddock

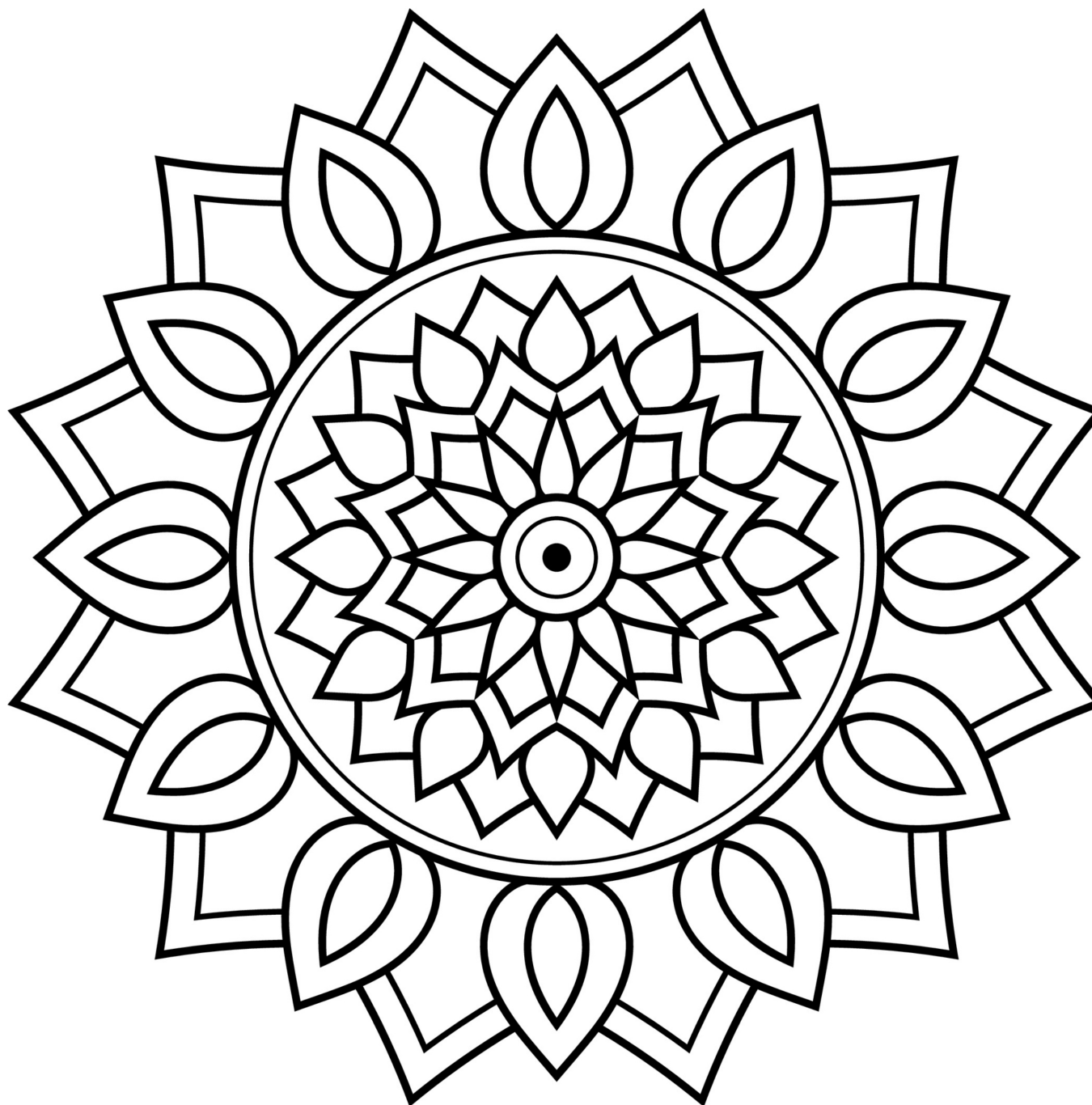
Haggis
Historic
Holyrood
Landmark



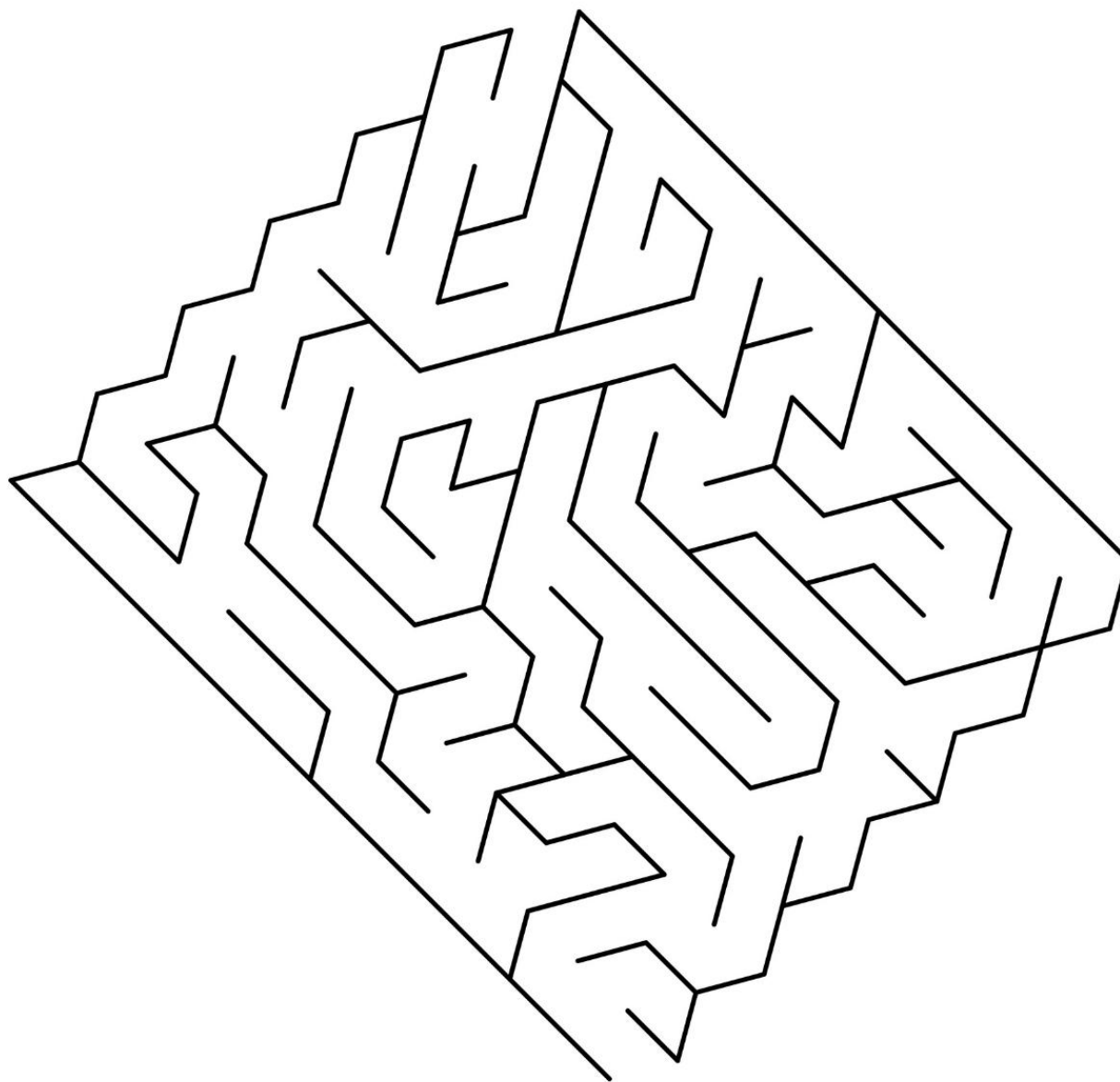
Have you ever traveled to Scotland?

**Do you know anybody who has been there or
is from Scotland?**





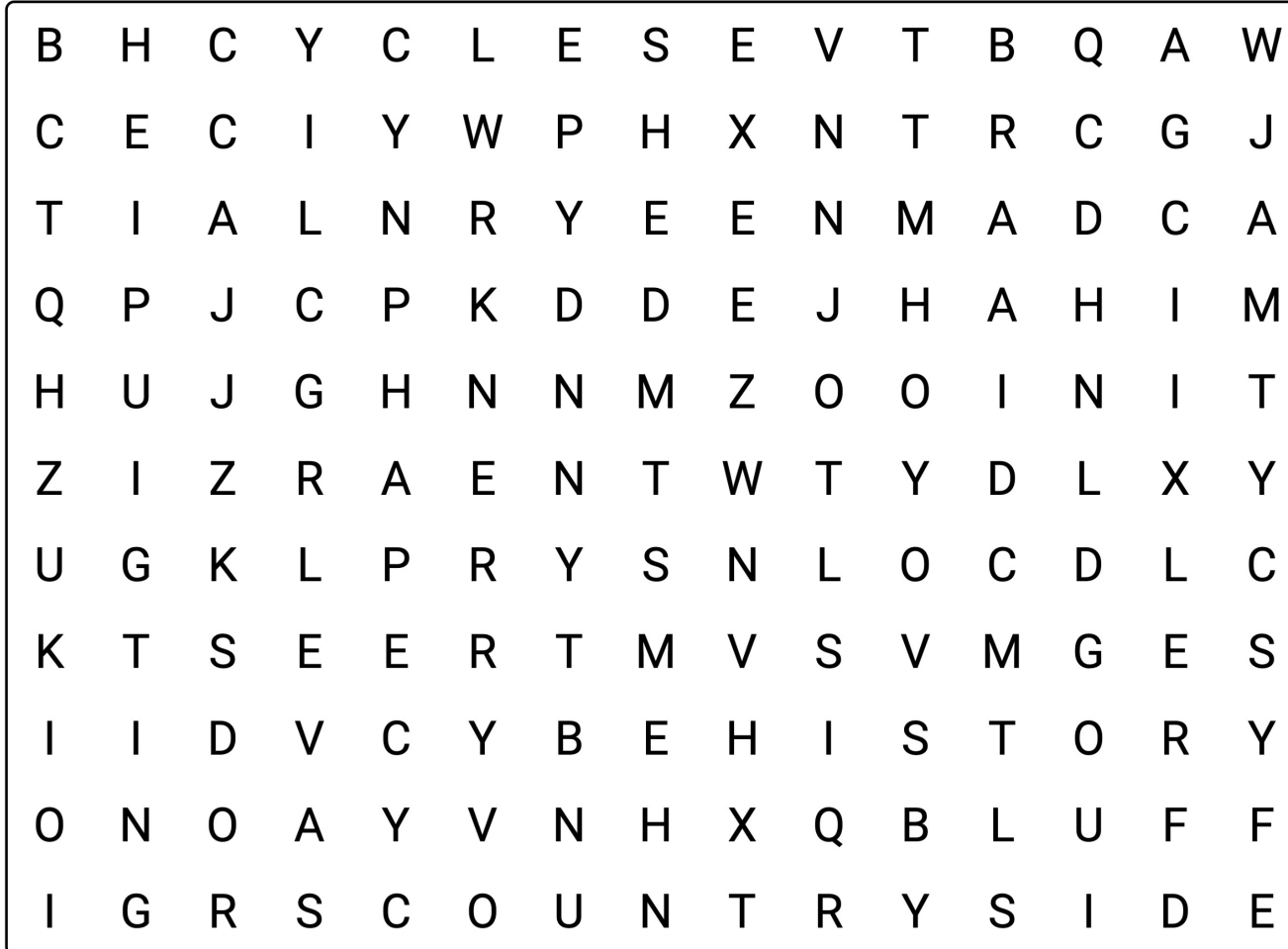
Start



End

**Maze
10**

Isle of Man



Can you find the words below in the box above?

Beach

Bluff

Braaid

Countryside

Cycle

Government

Hike

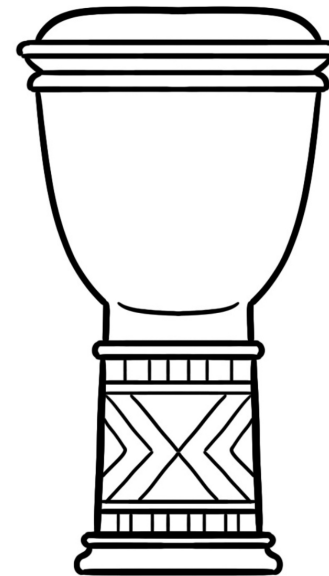
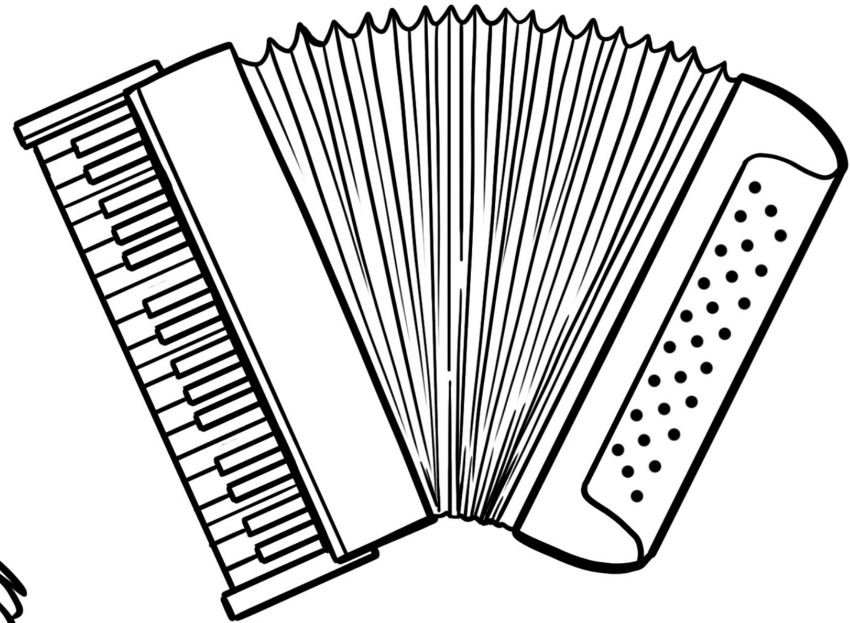
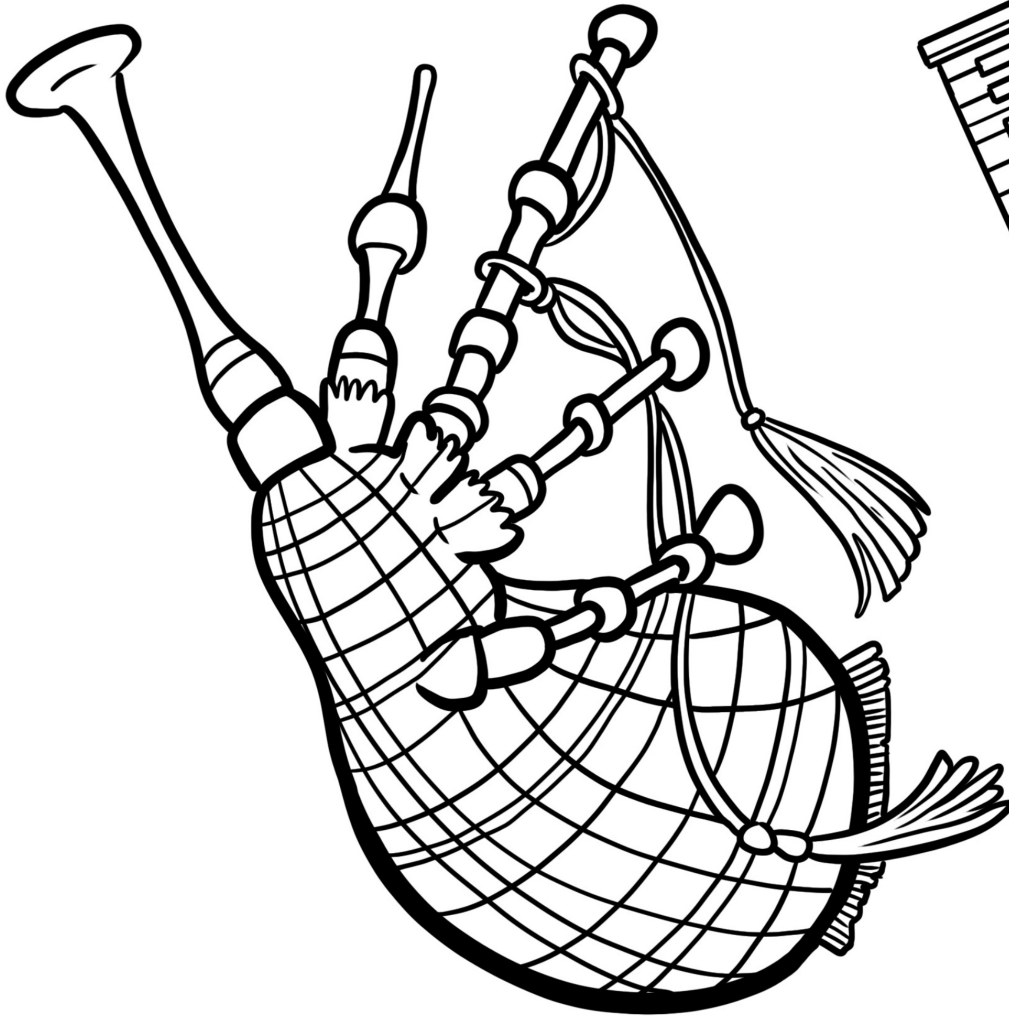
Hills

History

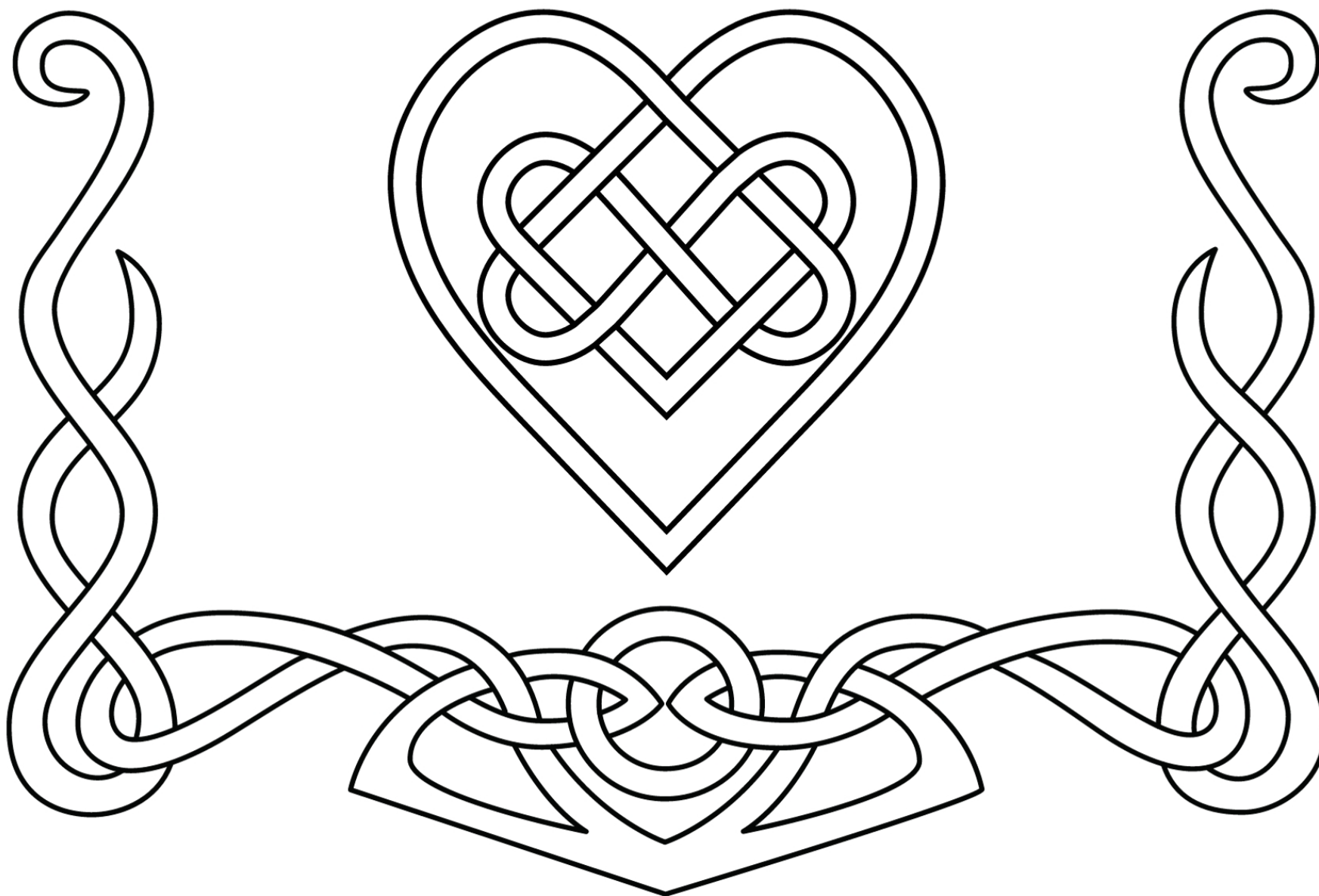
Independent

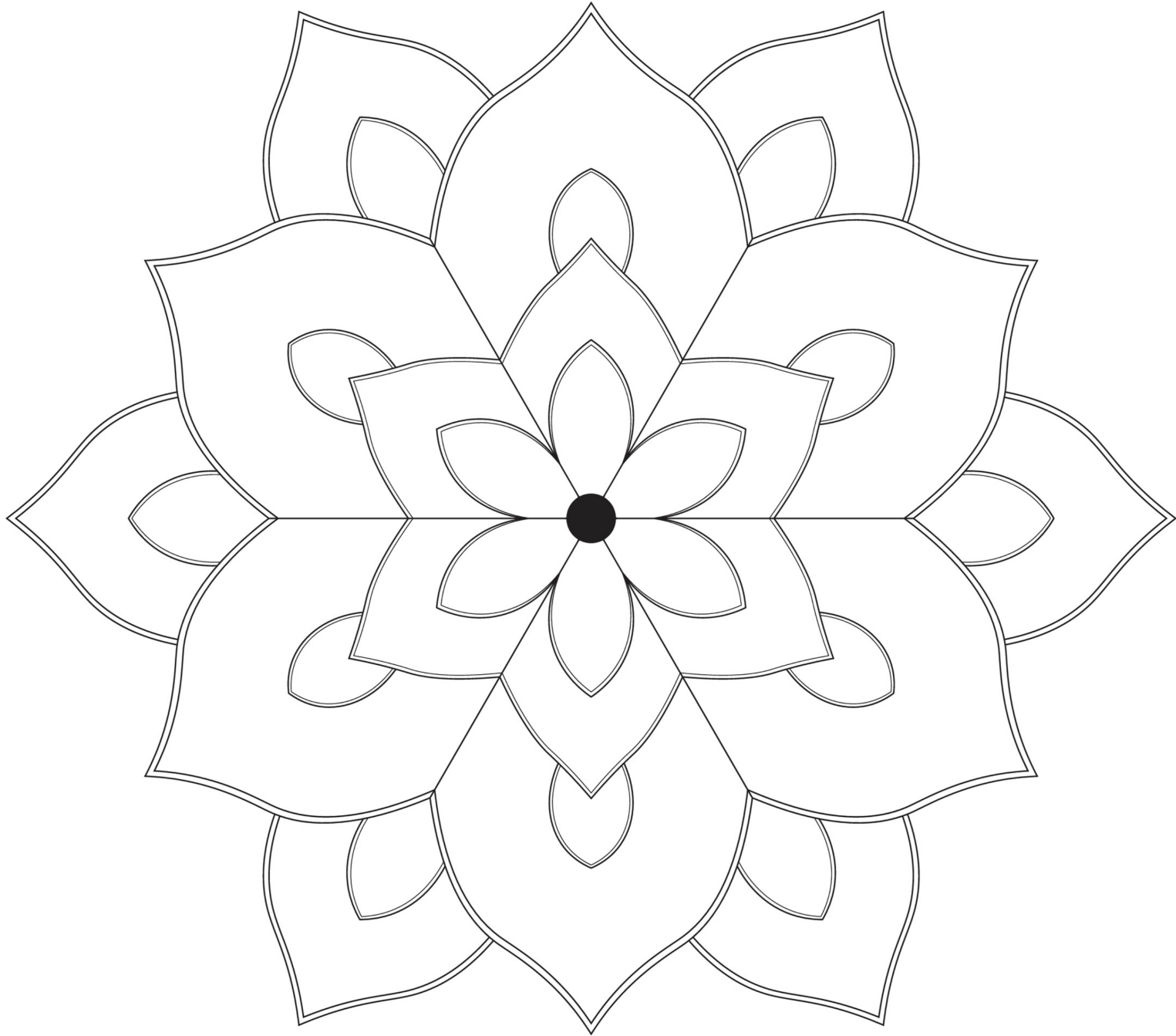
Island

Manx

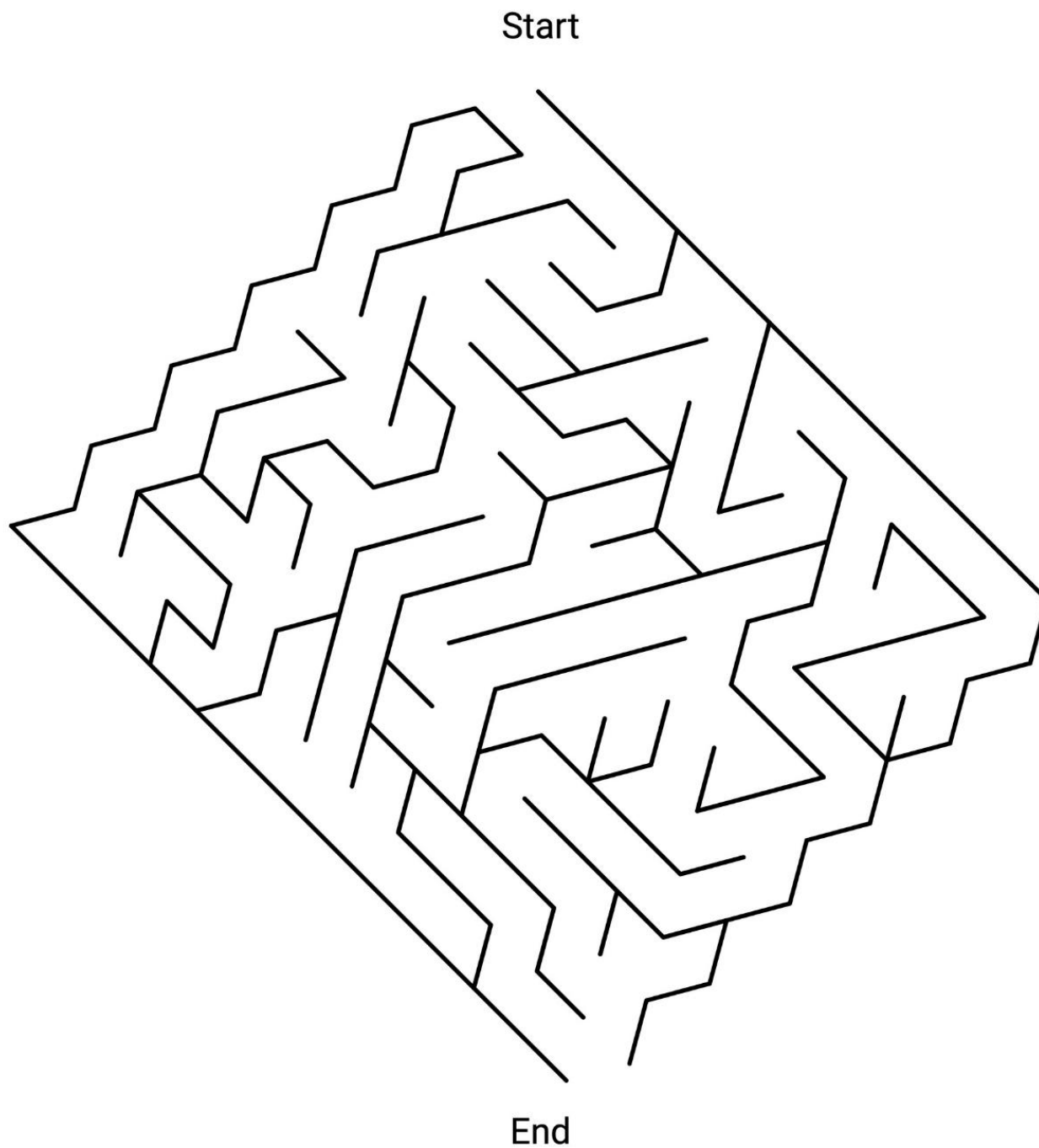


Color these beautiful designs.

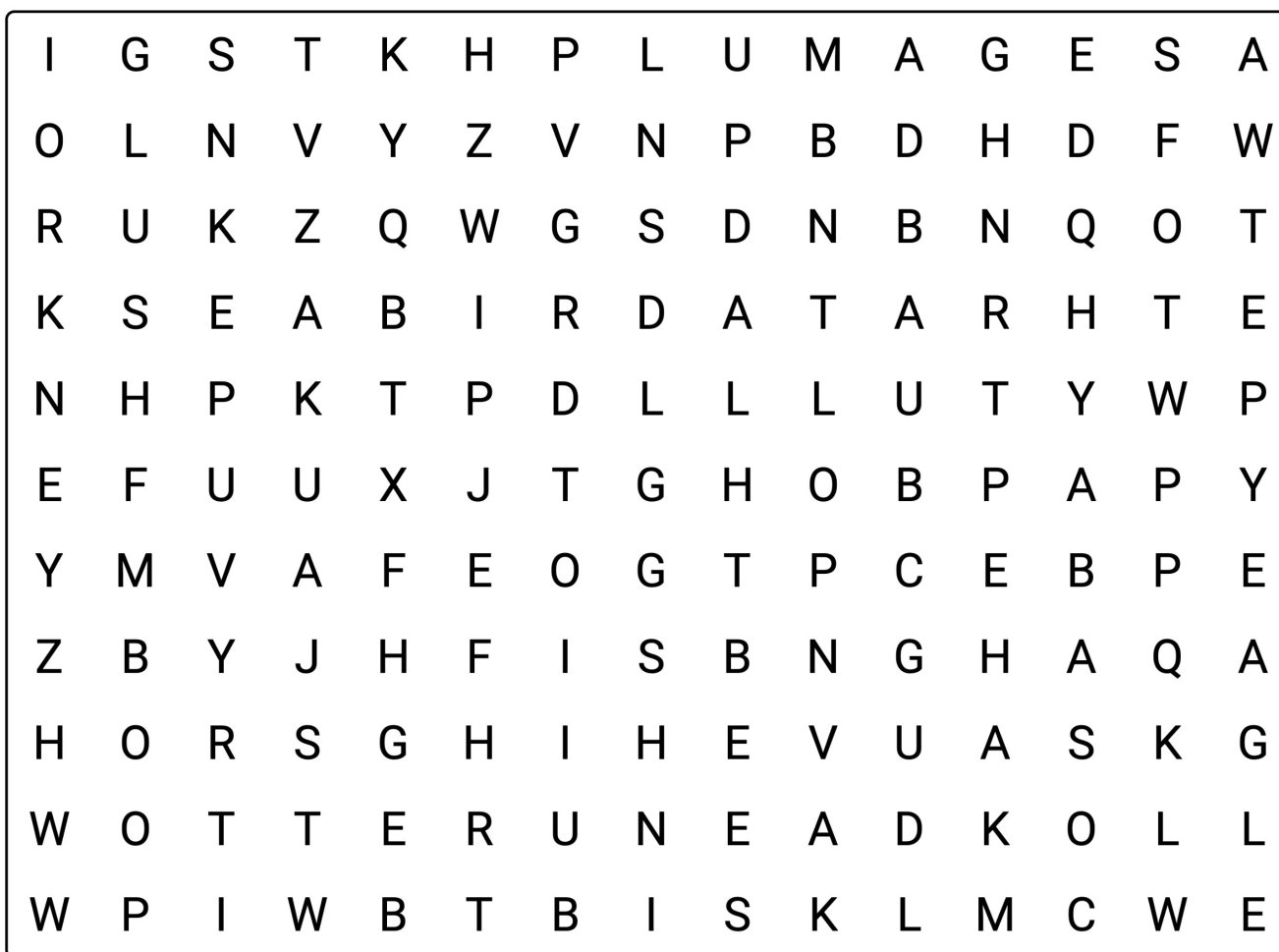




Maze 11



Puffins & Wildlife



Can you find the words below in the box above?

Beak

Eagle

Highlands

Lochs

Orkney

Otter

Plumage

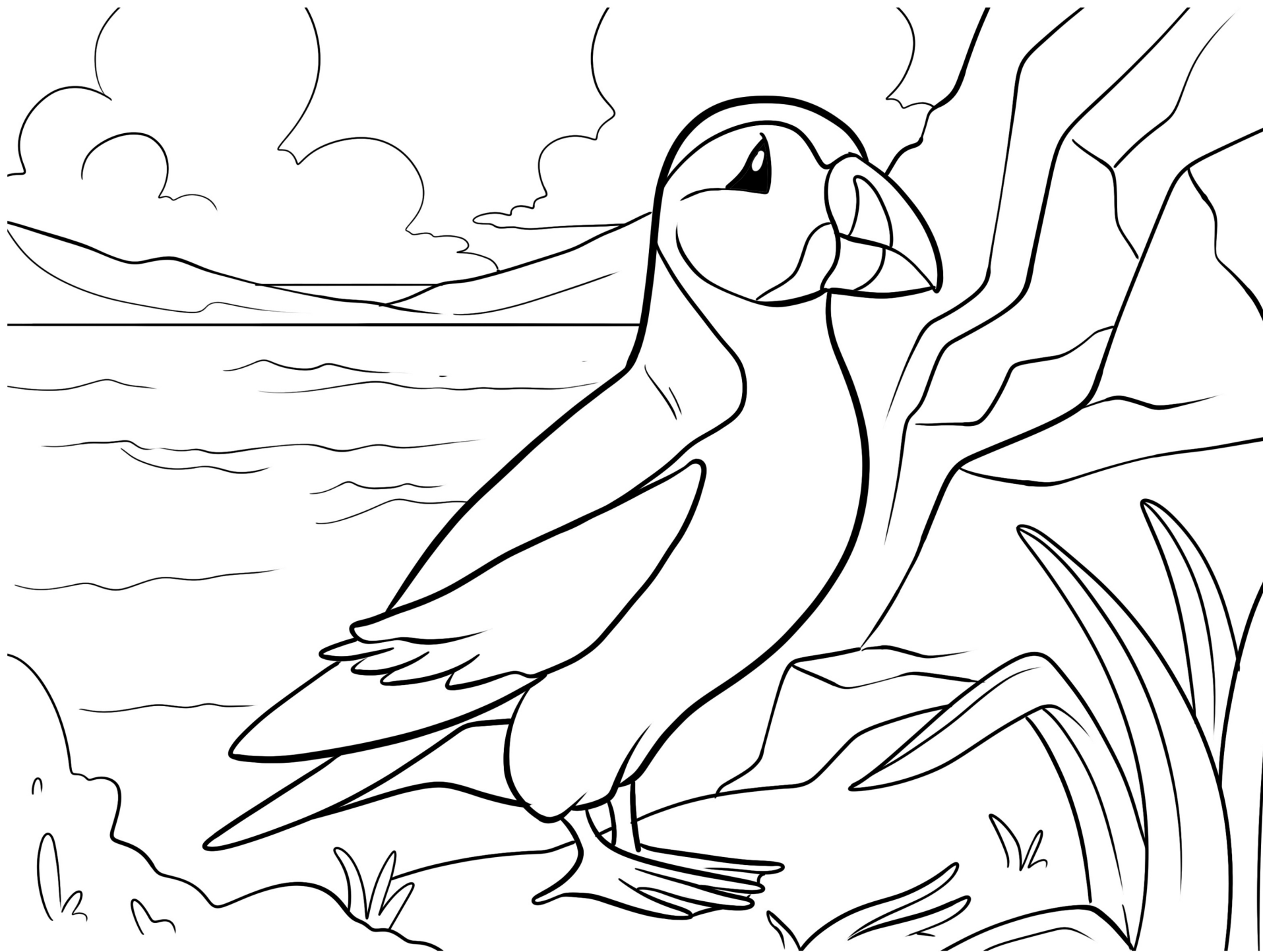
Puffin

Seabird

Seal

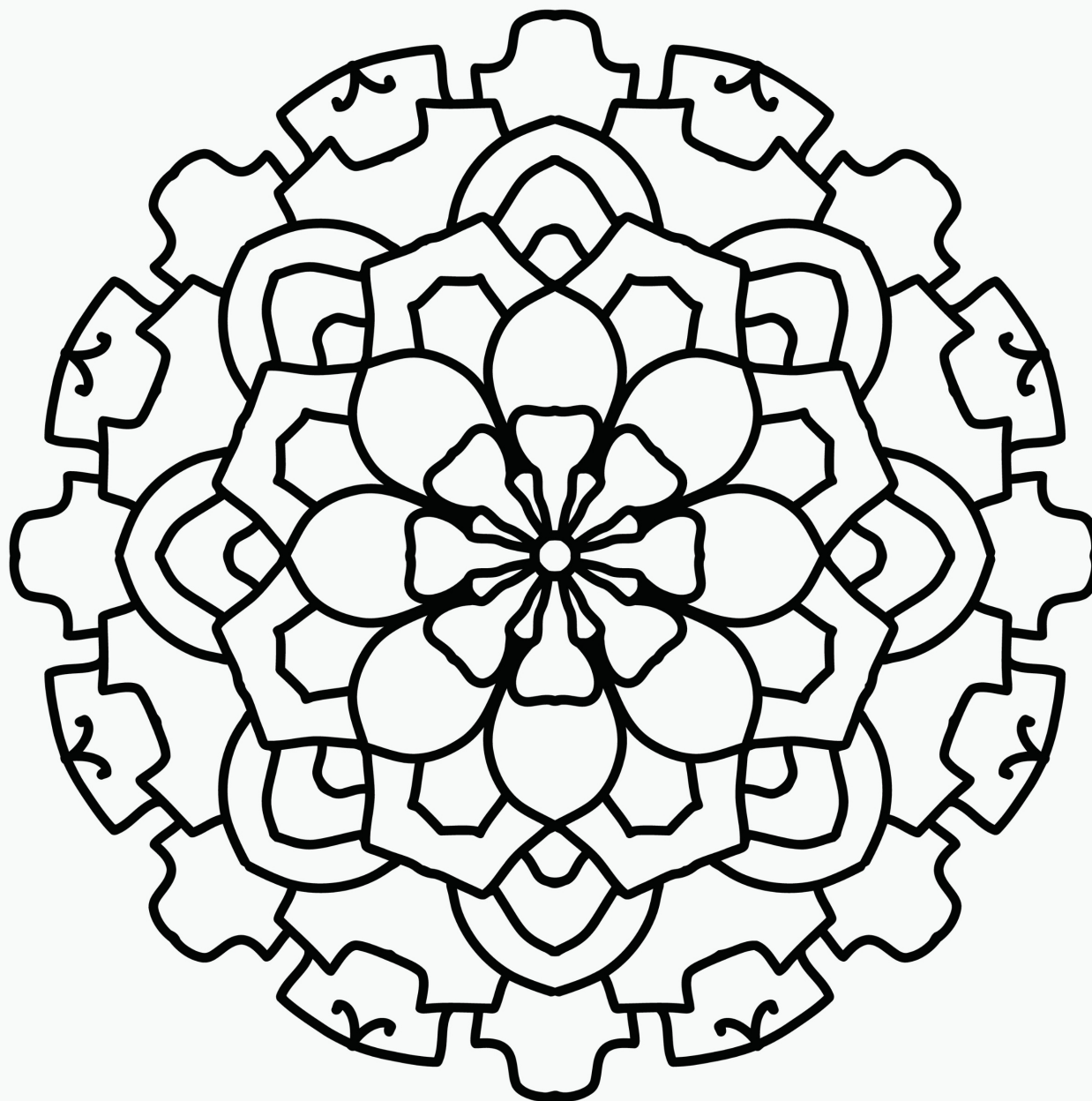
Shetland

Tour

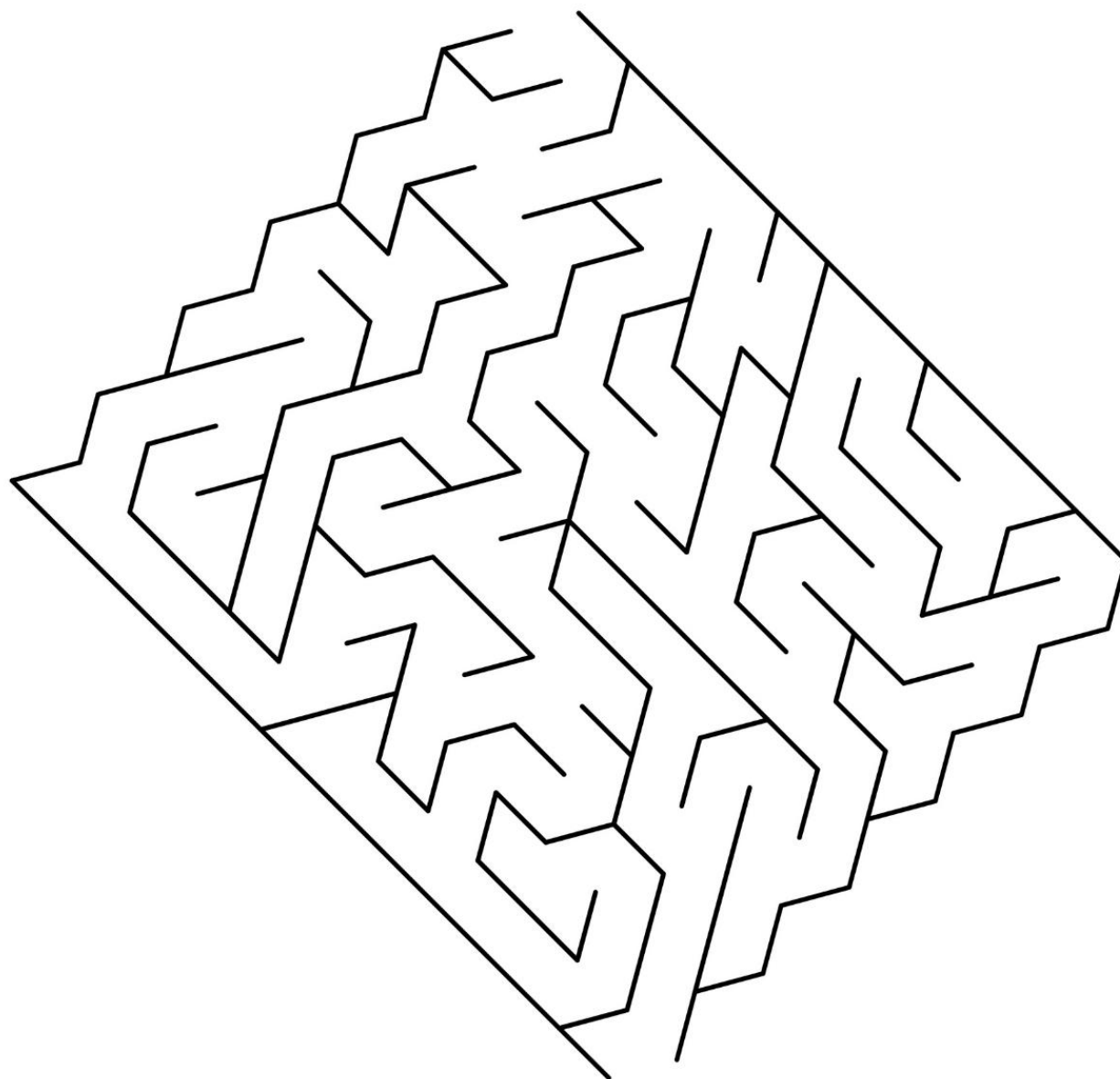




**When you close your eyes and think of
a bagpipe, what sound do you hear?**



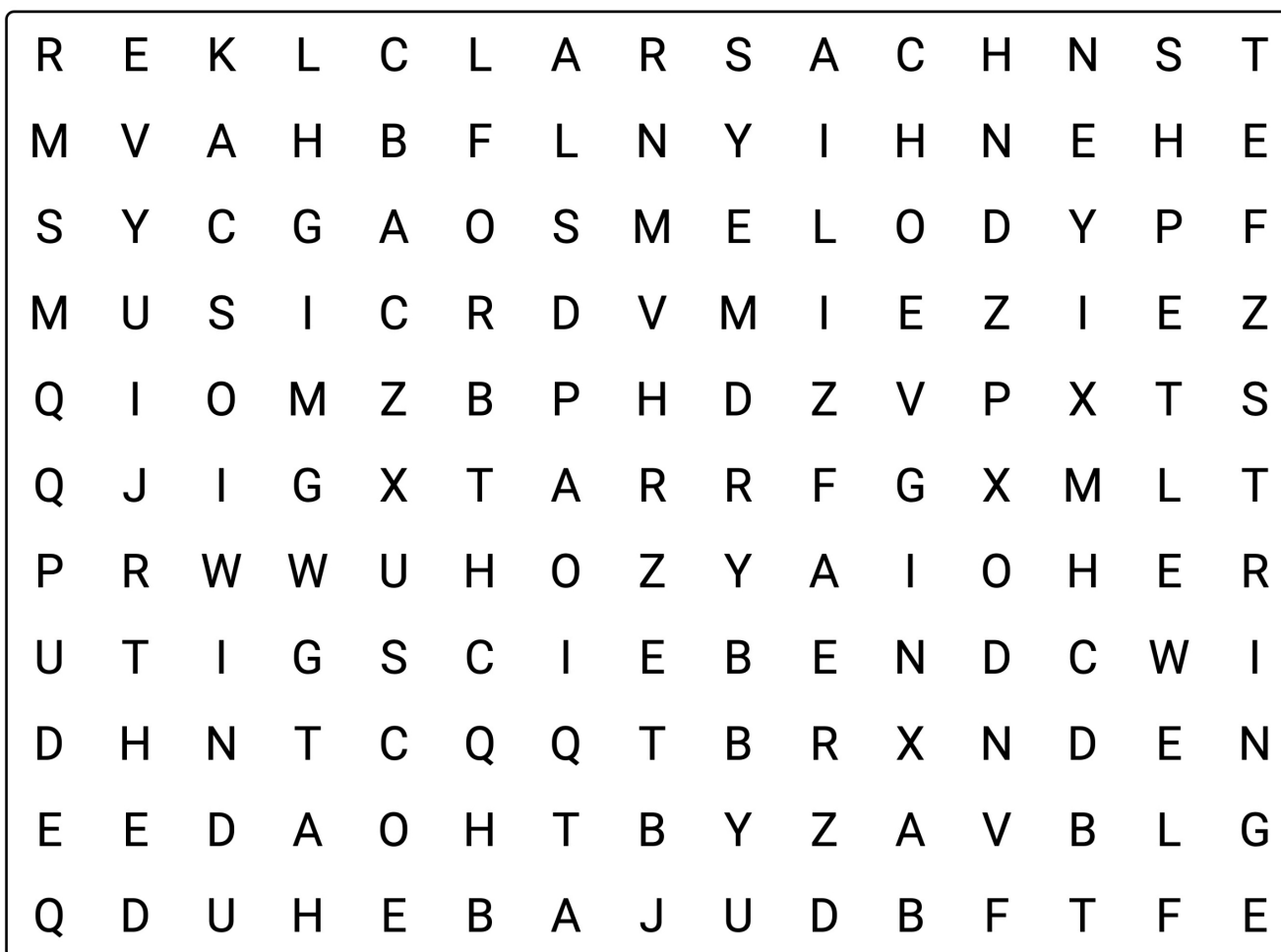
Start



**Maze
12**

End

Scottish Instruments

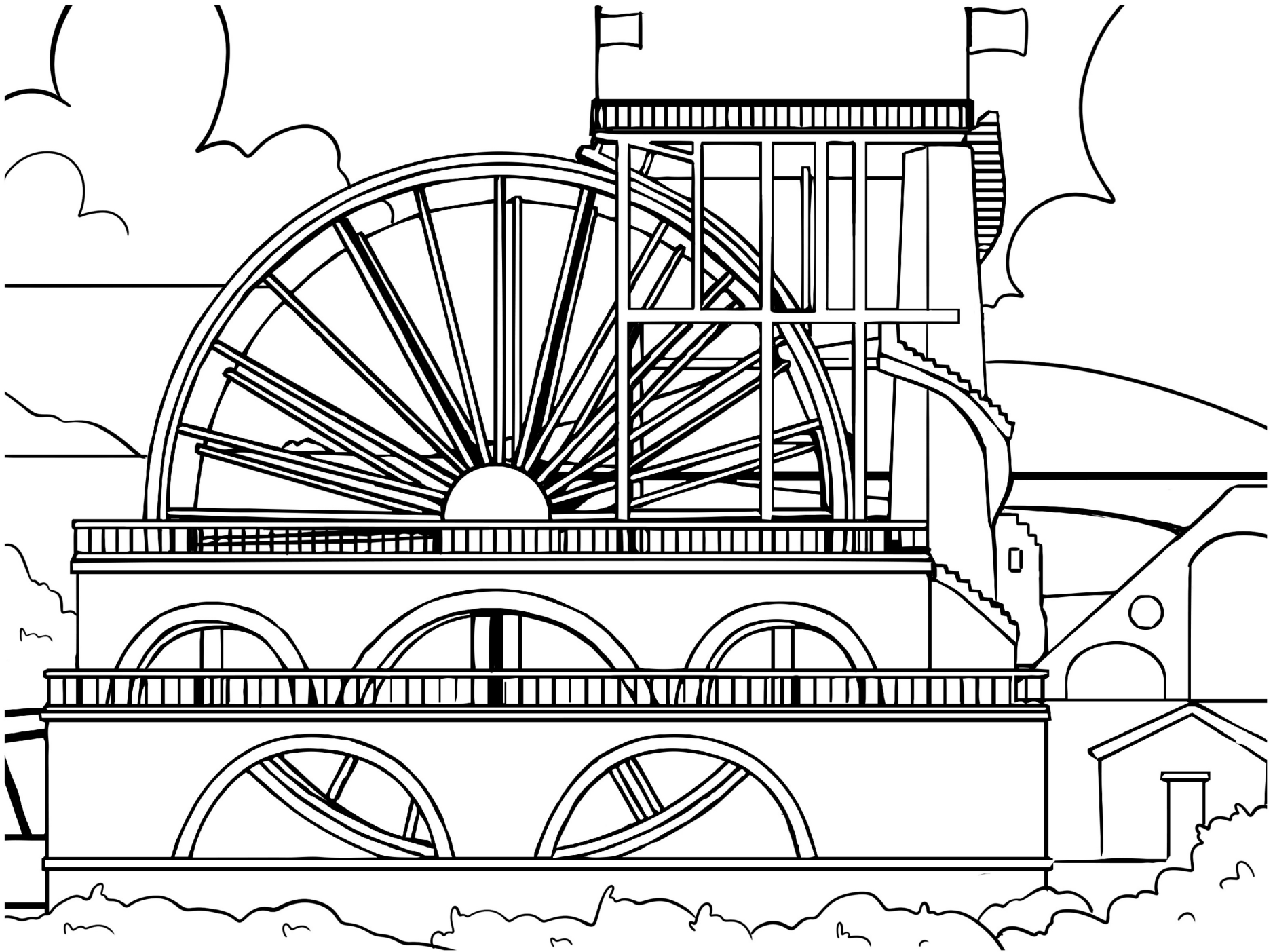


Can you find the words below in the box above?

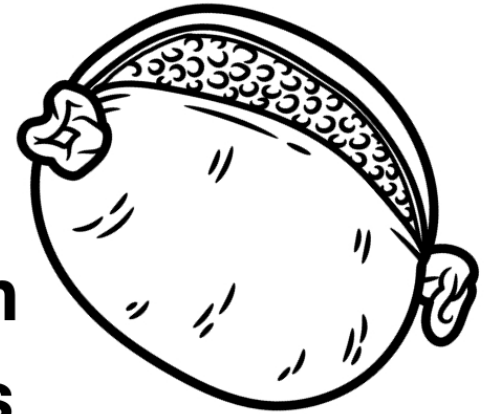
Accordion
Bagpipe
Bodhran
Clarsach

Dance
Fiddle
Harp
Jig

Melody
Music
String
Wind



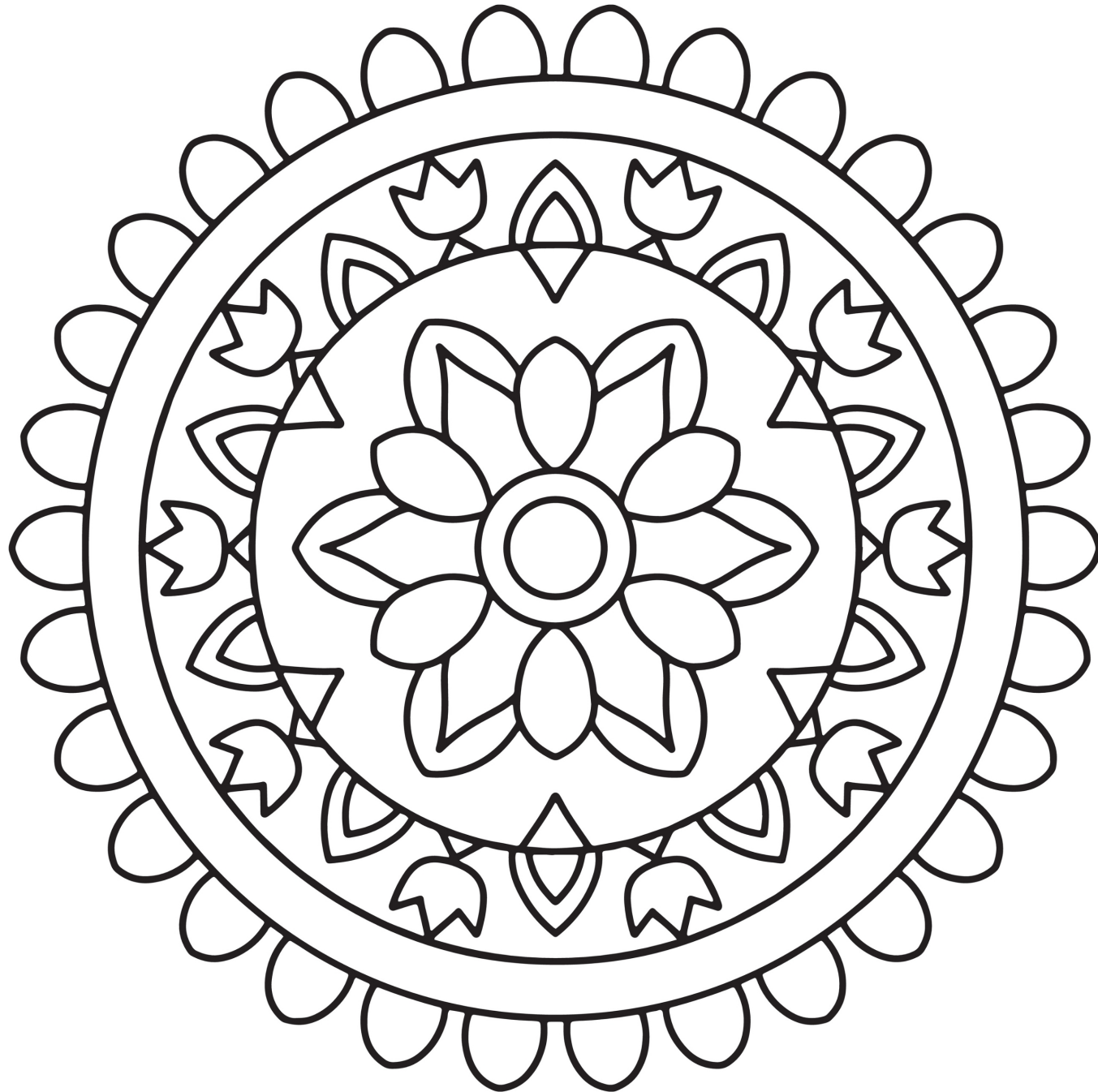
Would you eat it?

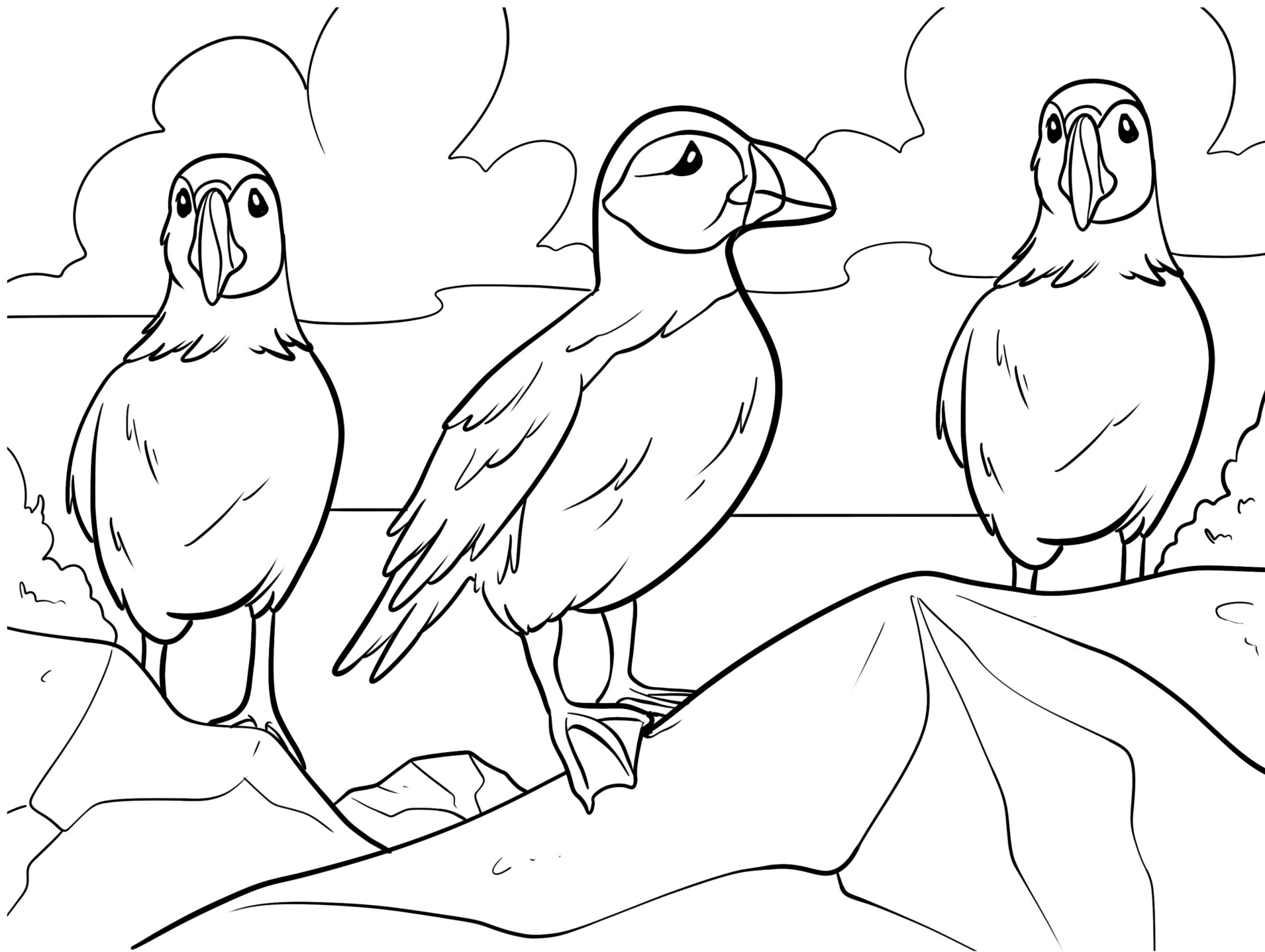


Haggis is a traditional Scottish dish that consisting of sheep's heart, liver, and lungs, minced with onion, oatmeal, suet, spices, and salt, mixed with stock. The mixture is traditionally encased in the sheep's stomach lining.



Haggis is then typically boiled or steamed.

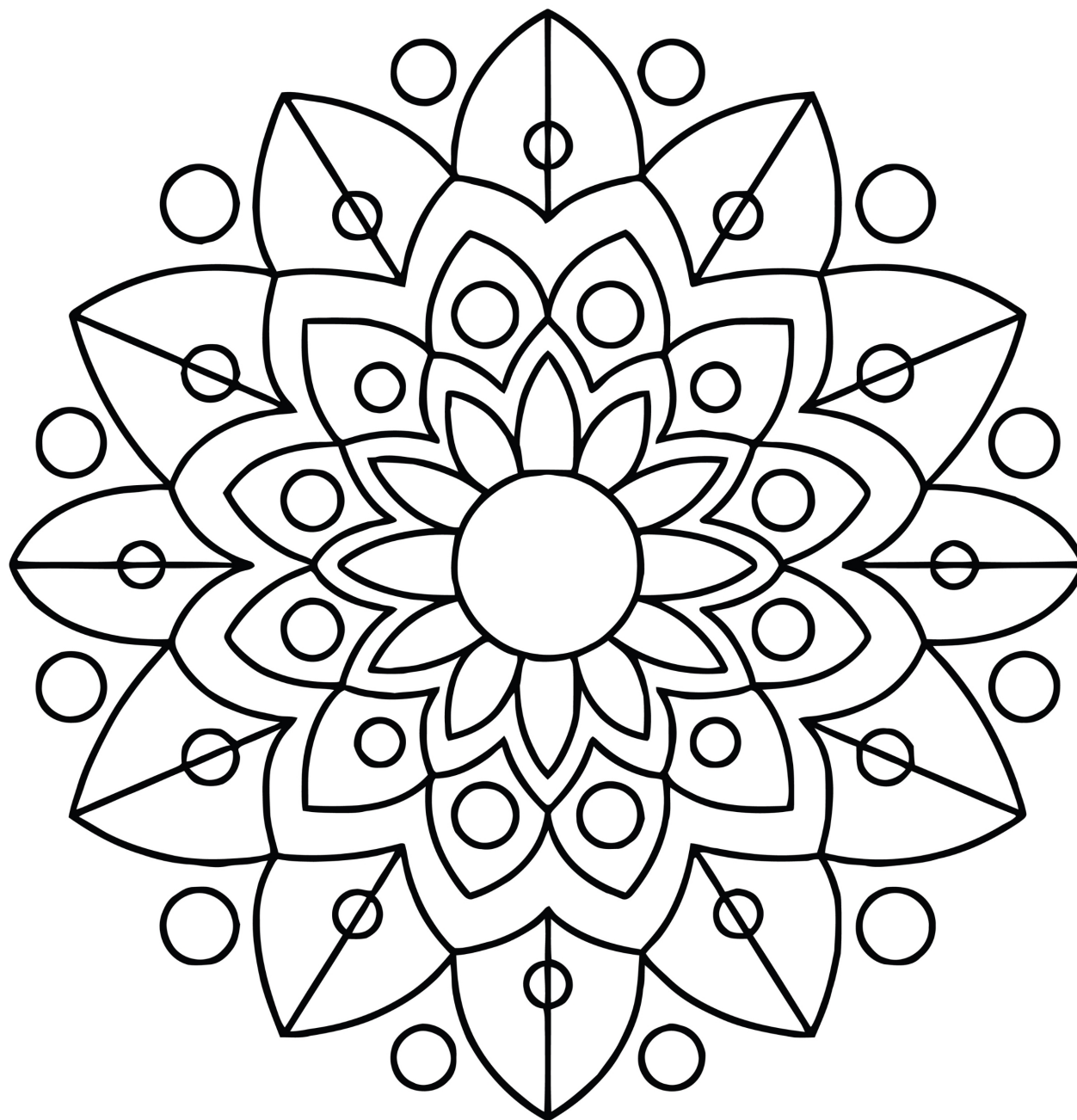




Scotland is known for its stunning landscapes, including rugged highlands, serene lochs, and historic castles.

What would it be like to visit and see this natural beauty?





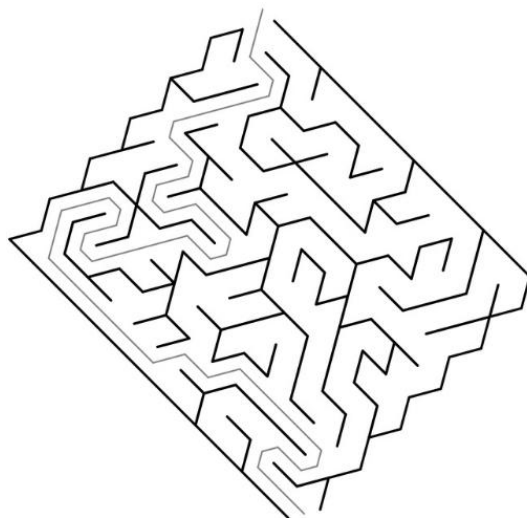
Design a series of tartan patterns inspired by different clans, blending traditional elements with a modern twist, perhaps incorporating them into fashion or accessories.

Showcase the rugged beauty of the Isle of Skye, with its dramatic cliffs.

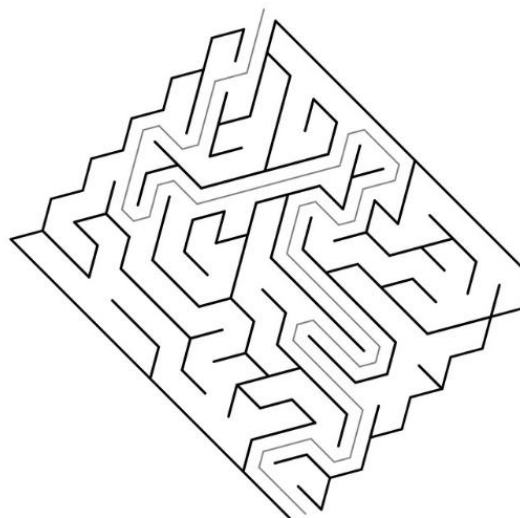
Create intricate and detailed Celtic knotwork or symbols representing themes like eternity, love, or nature, in a style that combines tradition with a modern touch.

**M
A
Z
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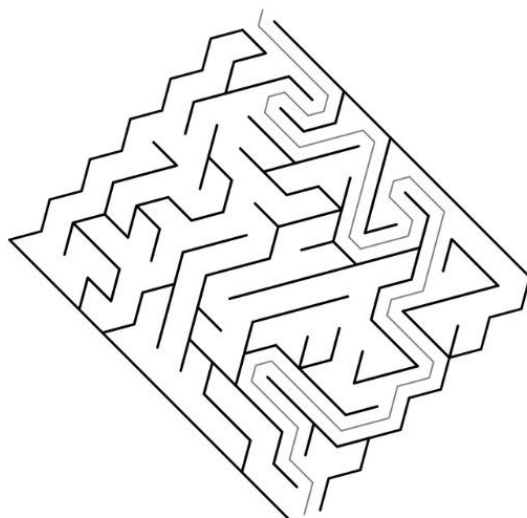
9



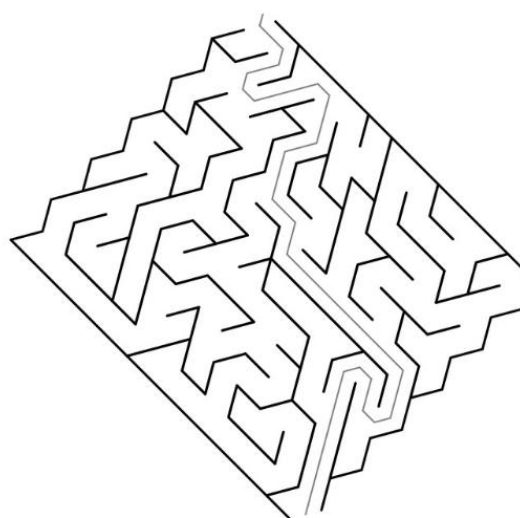
10



11

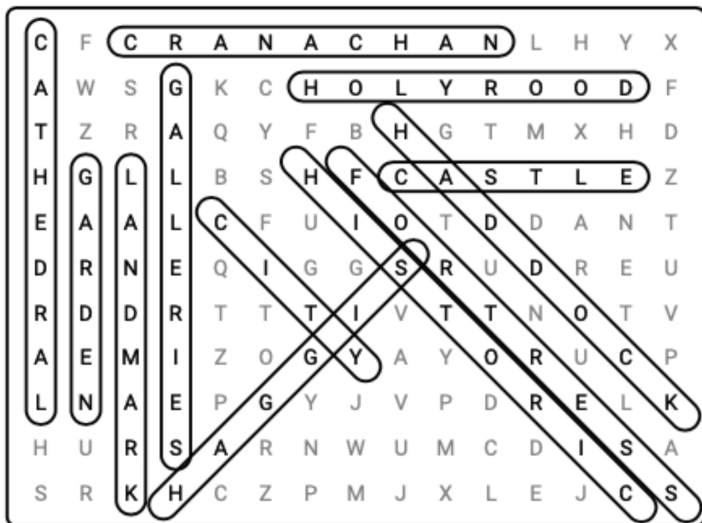


12

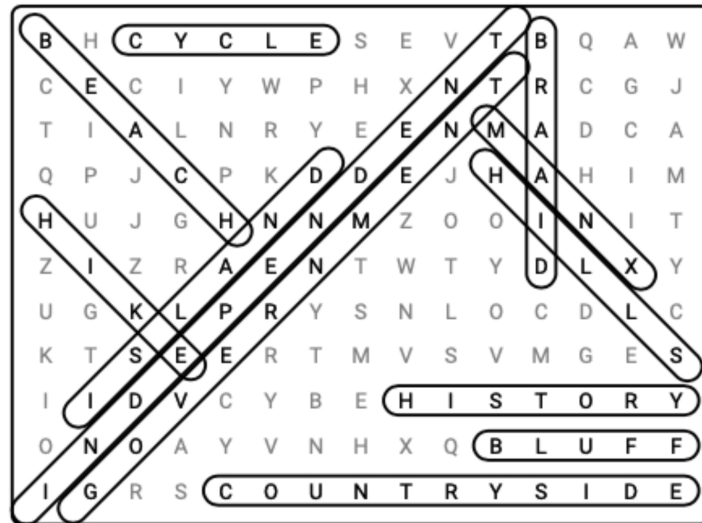


**A
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Scotland

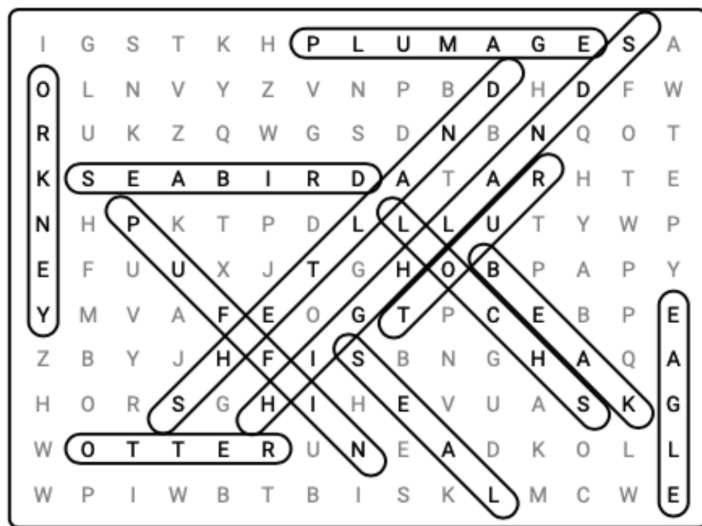


Isle of Man

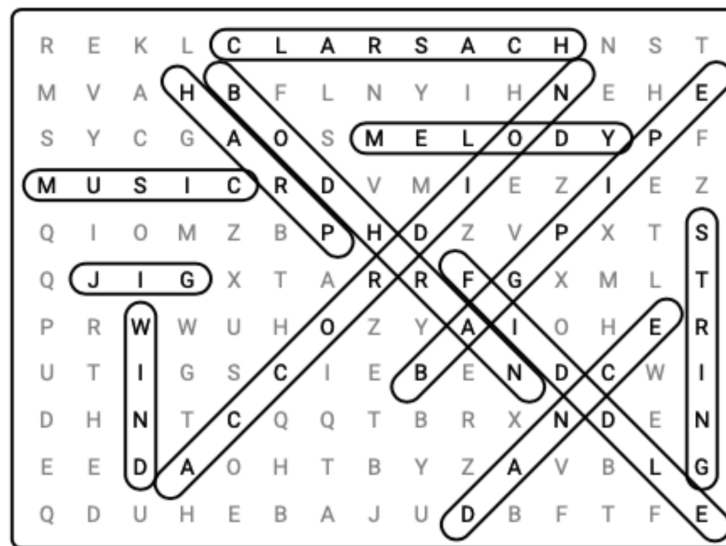


SEARCH

Puffins & Wildlife



Scottish Instruments



ANSWERS



Serving Whidbey and Camano islands

Call Us!
(360)
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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

reception@islandseniorservices.org.