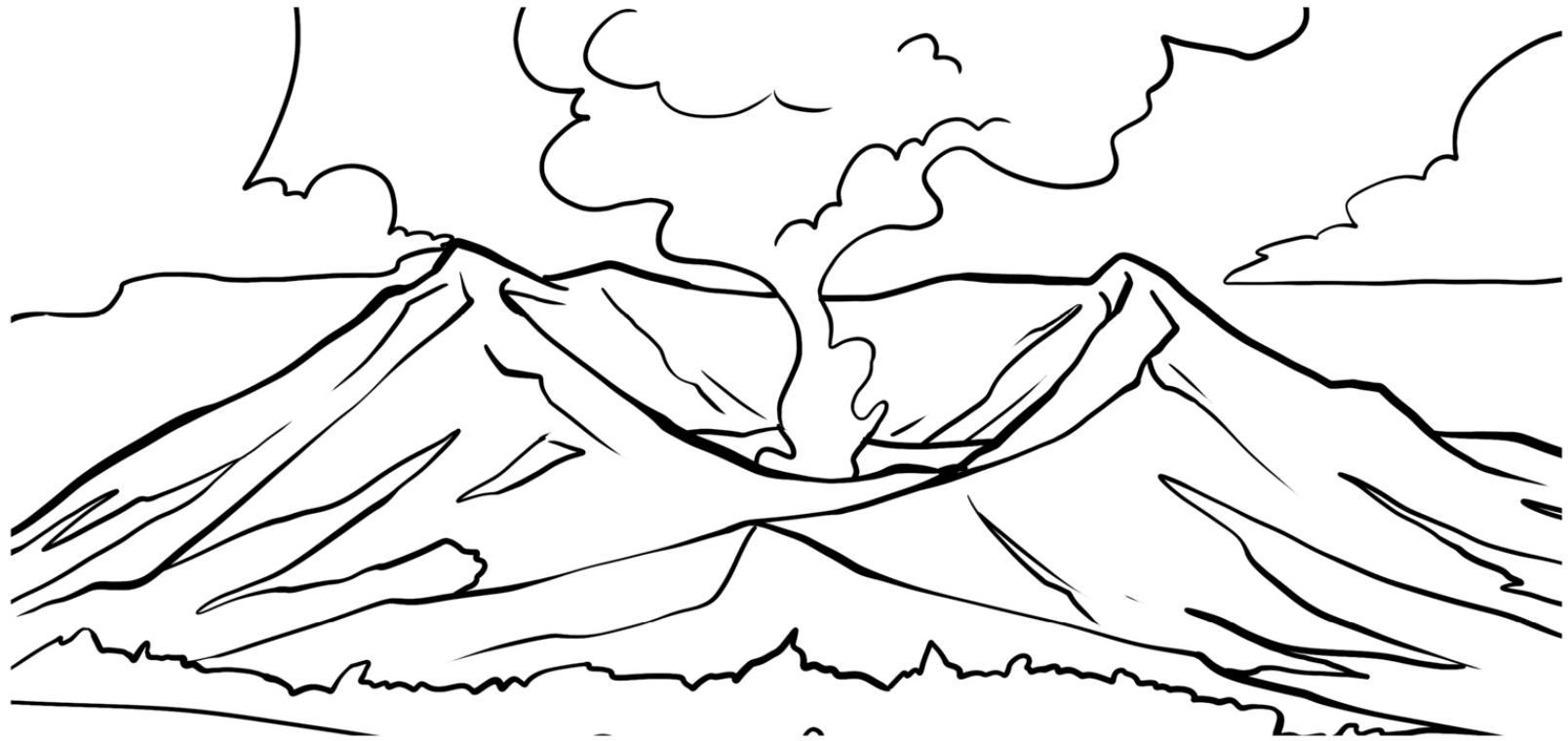


COLORFUL FUN!

ART, MAZES, & WORD SEARCH

December 2023 • **Trail 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

TRAIL TRAVEL

PACIFIC CREST TRAIL - NORTH

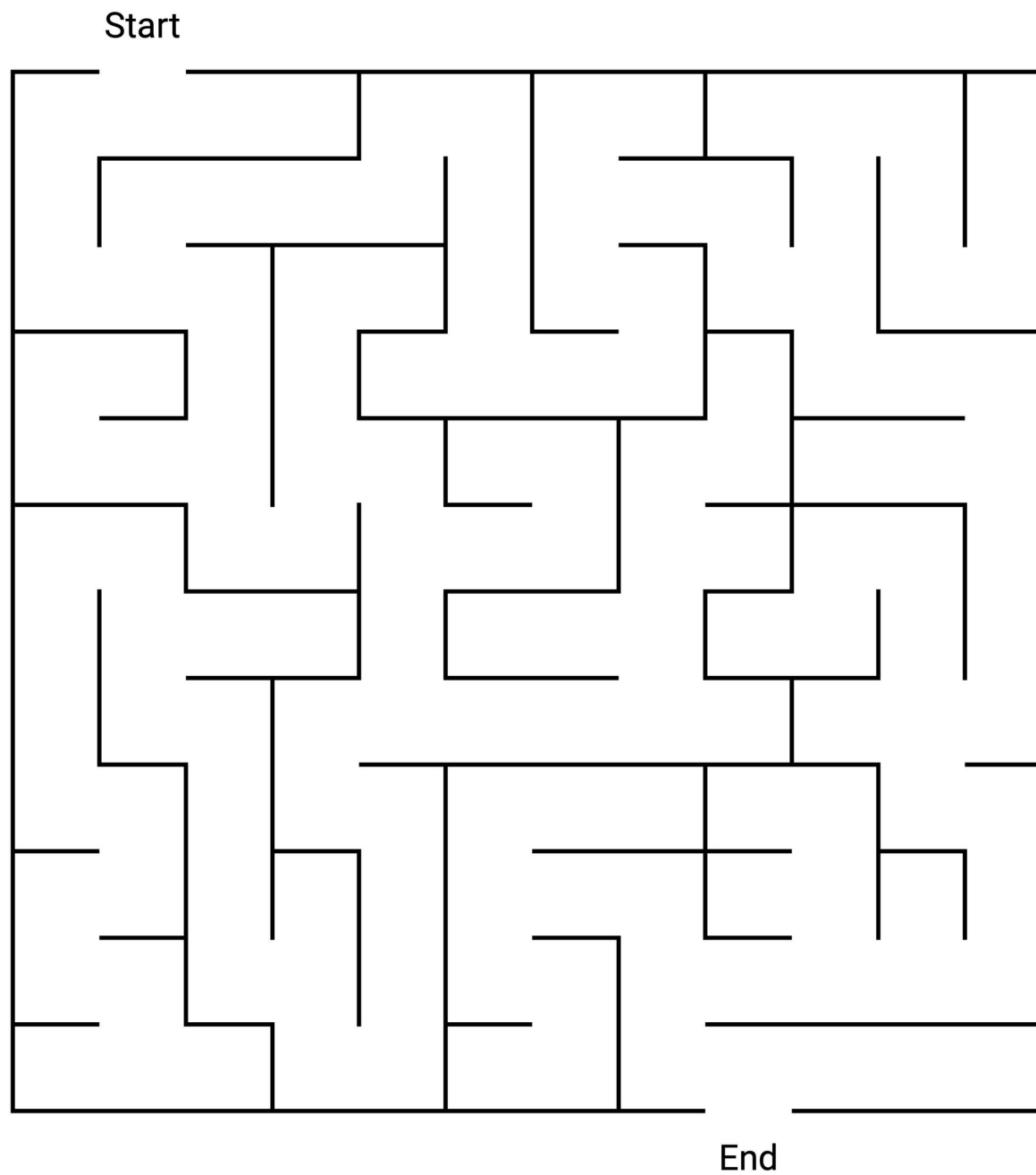
The northern section of the Pacific Crest Trail (PCT) in Washington State offers some of the most stunning scenery on the trail, and some unique leg movement exercises for hikers. The trail is known for its challenging terrain, including steep ascents and descents, which can help build strength and endurance in the legs. Hikers in this section will encounter several active volcanoes, including Mount Baker and Mount Rainier, which provide a breathtaking backdrop to the trail. Additionally, the trail passes near Mount St. Helens, which famously erupted in 1980 and left a lasting impact on the landscape. Salmon fishing is a popular activity in Washington, and hikers can take advantage of the many opportunities to fish for salmon along the trail.

CHECK OUT OUR OTHER ACTIVITY BOOKS FOR SENIORS

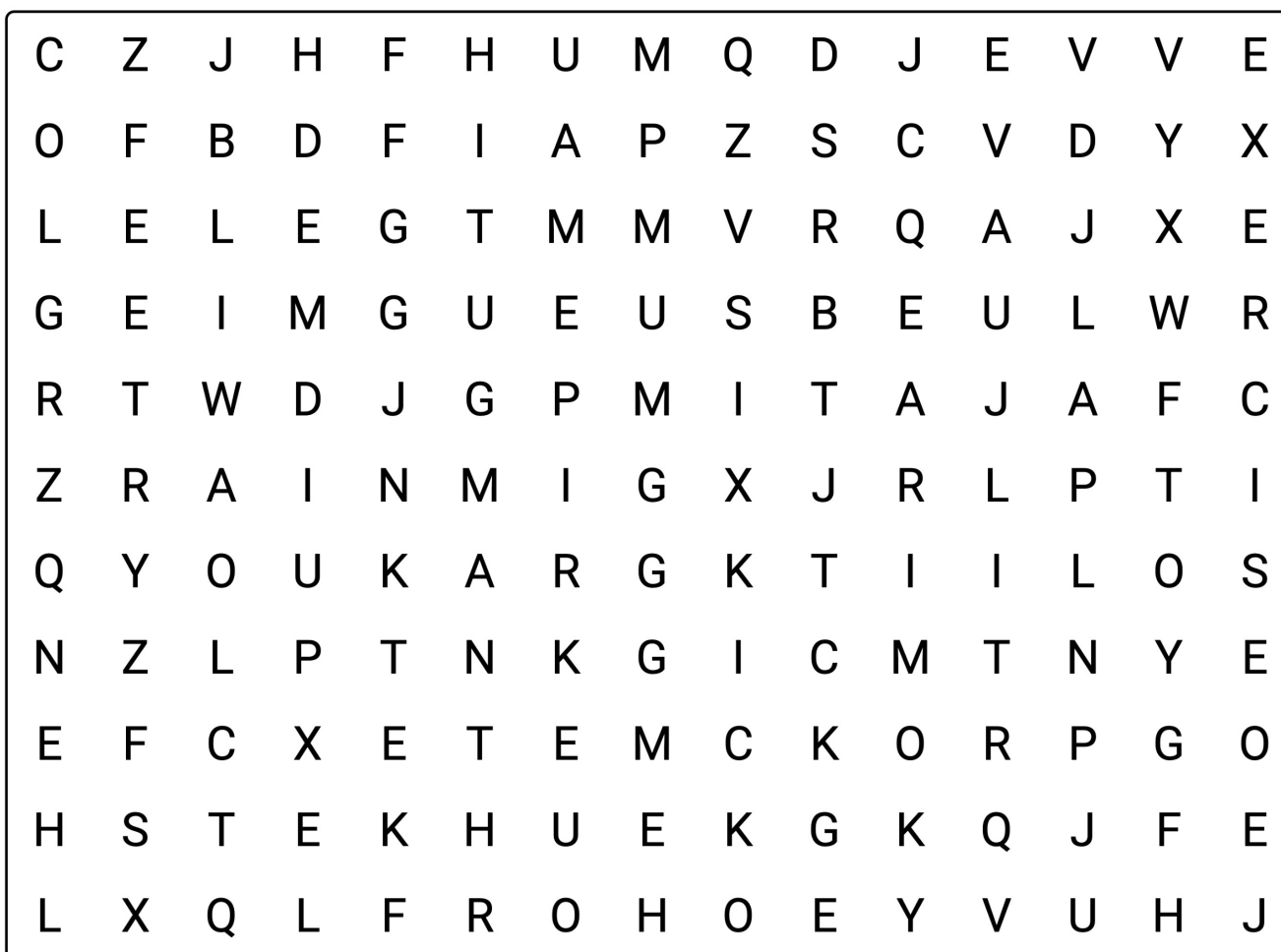
- *WORD WIZARD*
- *SUDOKU NINJA*
- *SIMPLY SEARCH*
- *MAZINGLY EASY*
- *AMAZING MINDS*
- *MIGHTY MANDALAS*
- *ARTISTIC ACTIVITIES*
- *STIMULATING SEARCH*
- *COGNITIVE*
- *CROSSWORDS*

POWERED BY WAYS2WELLNESS.HEALTH

Maze 1



Leg Exercises



Can you find the words below in the box above?

Ball

Calf

Exercise

Feet

Hamstring

Jump

Kick

Knee

Leg

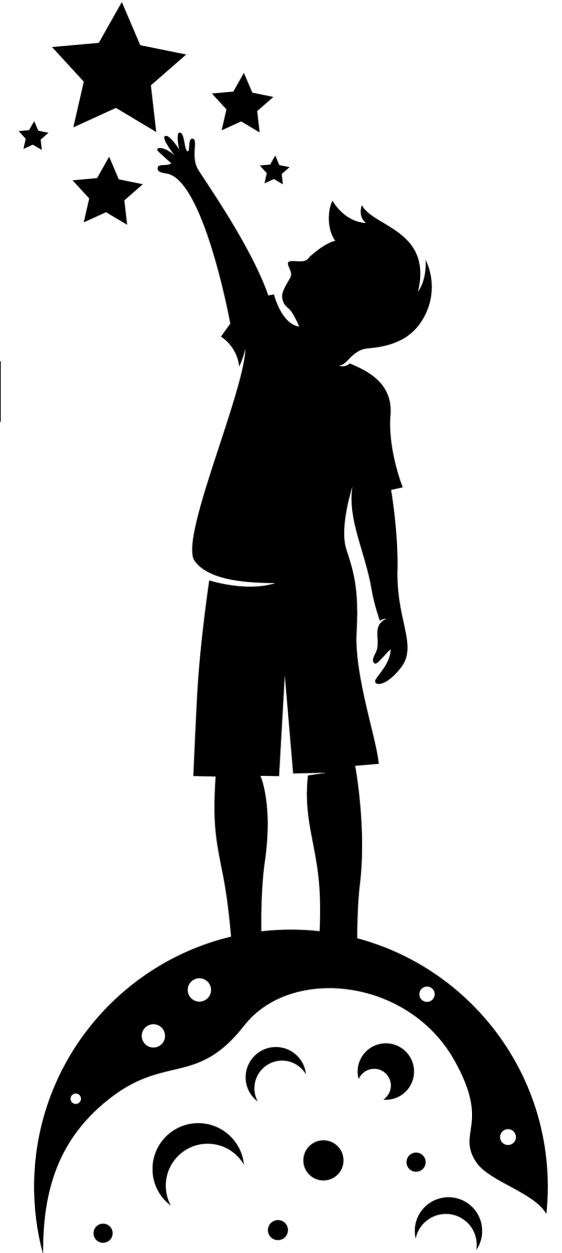
Lunge

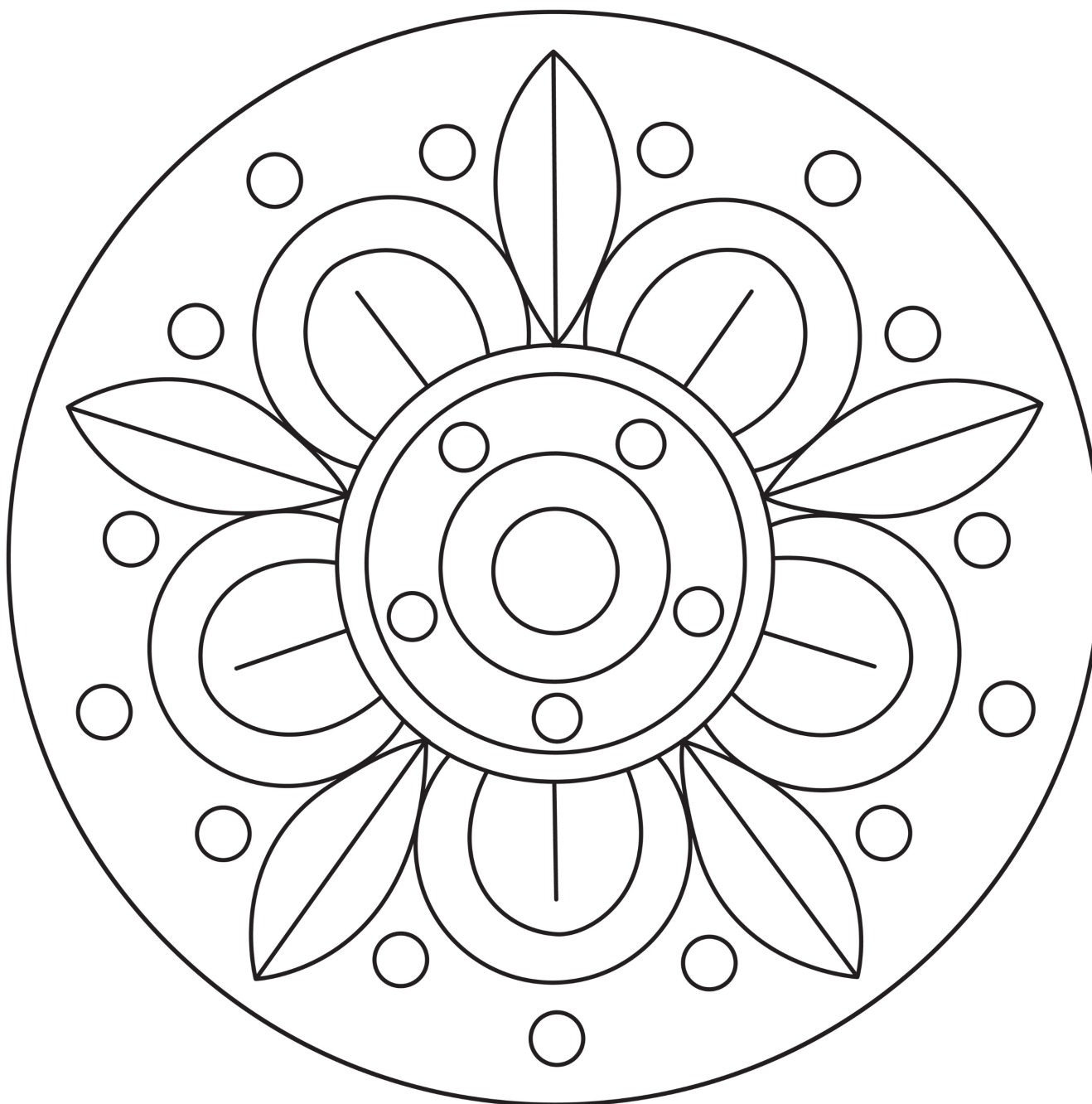
Rope

Squat

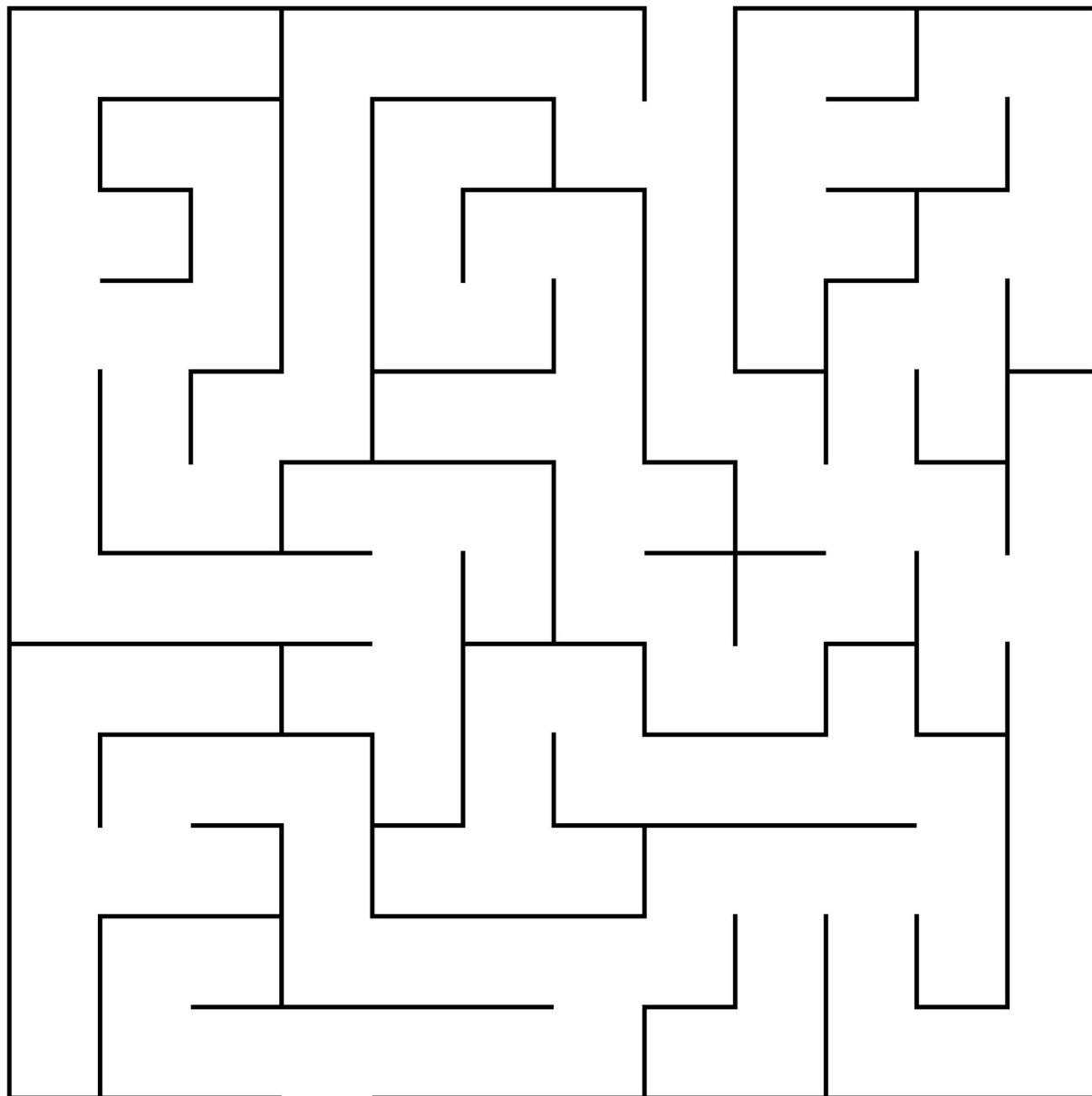


What were your dreams and aspirations when you were younger, and how did they evolve over the years?





Start



End

**Maze
2**

Volcanoes

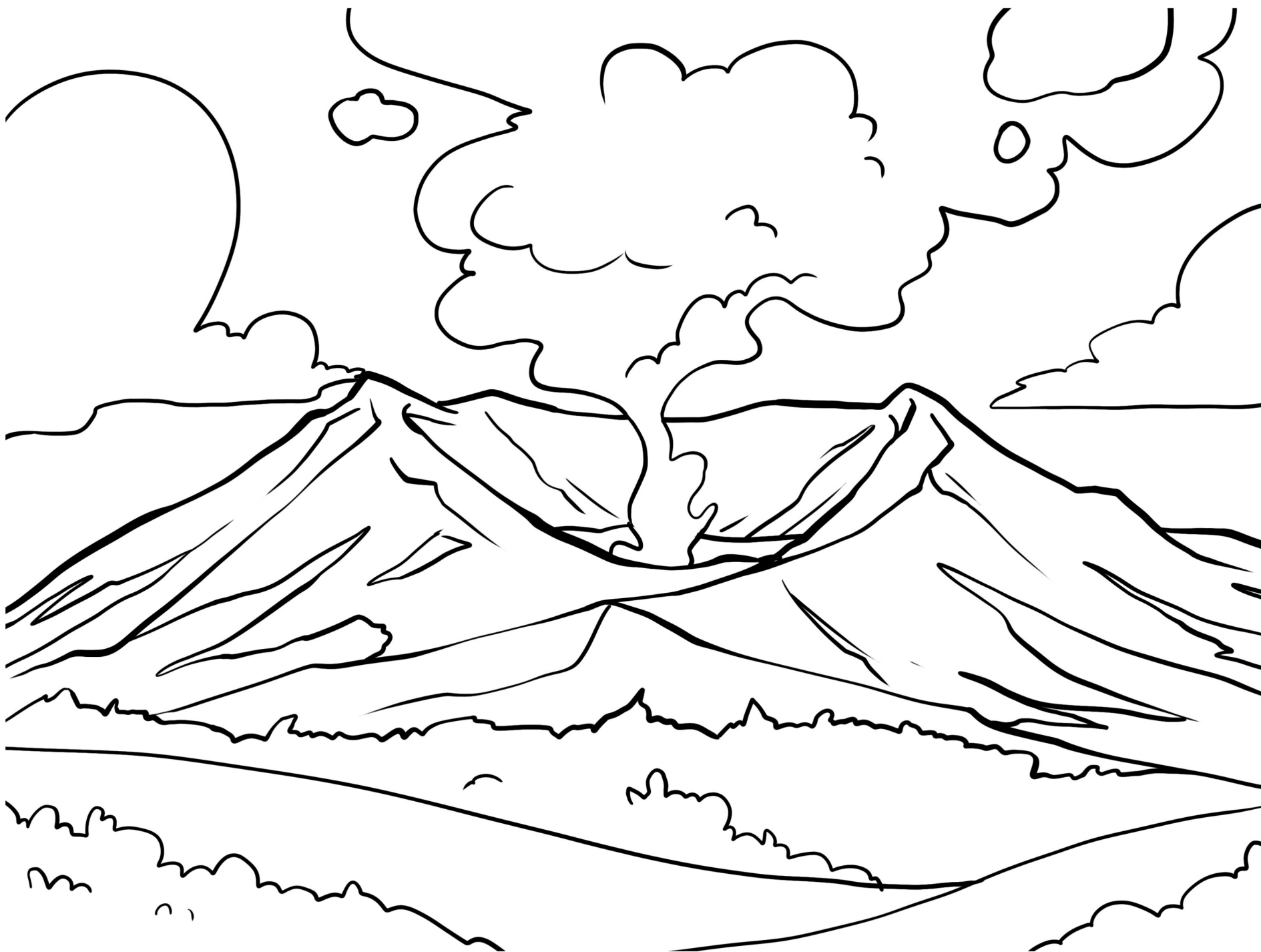


Can you find the words below in the box above?

Ash
Cone
Erupt
Geological

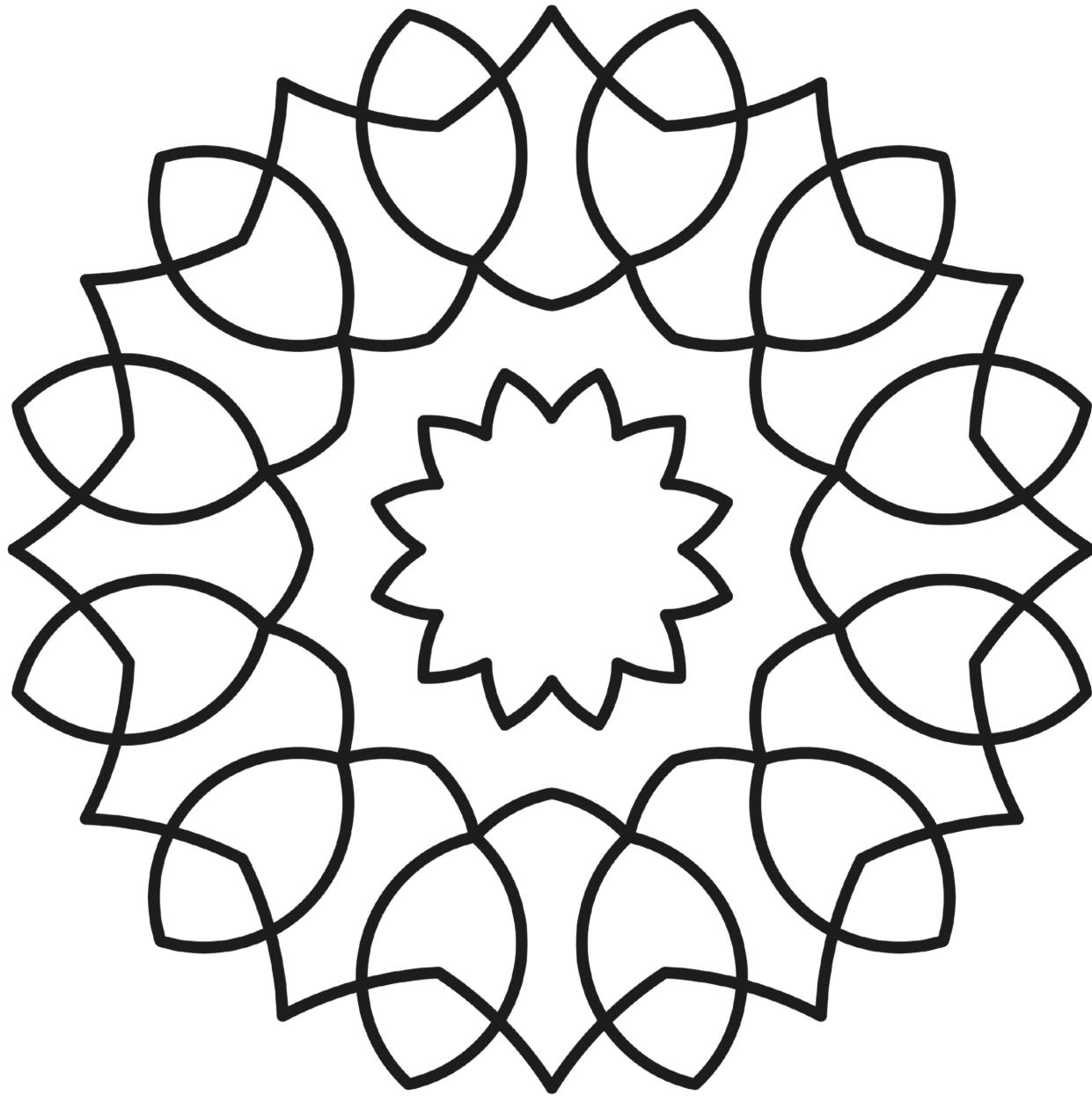
Glacier
Hazard
Lahar
Lava

Molten
Mudflow
Natural
Rainier

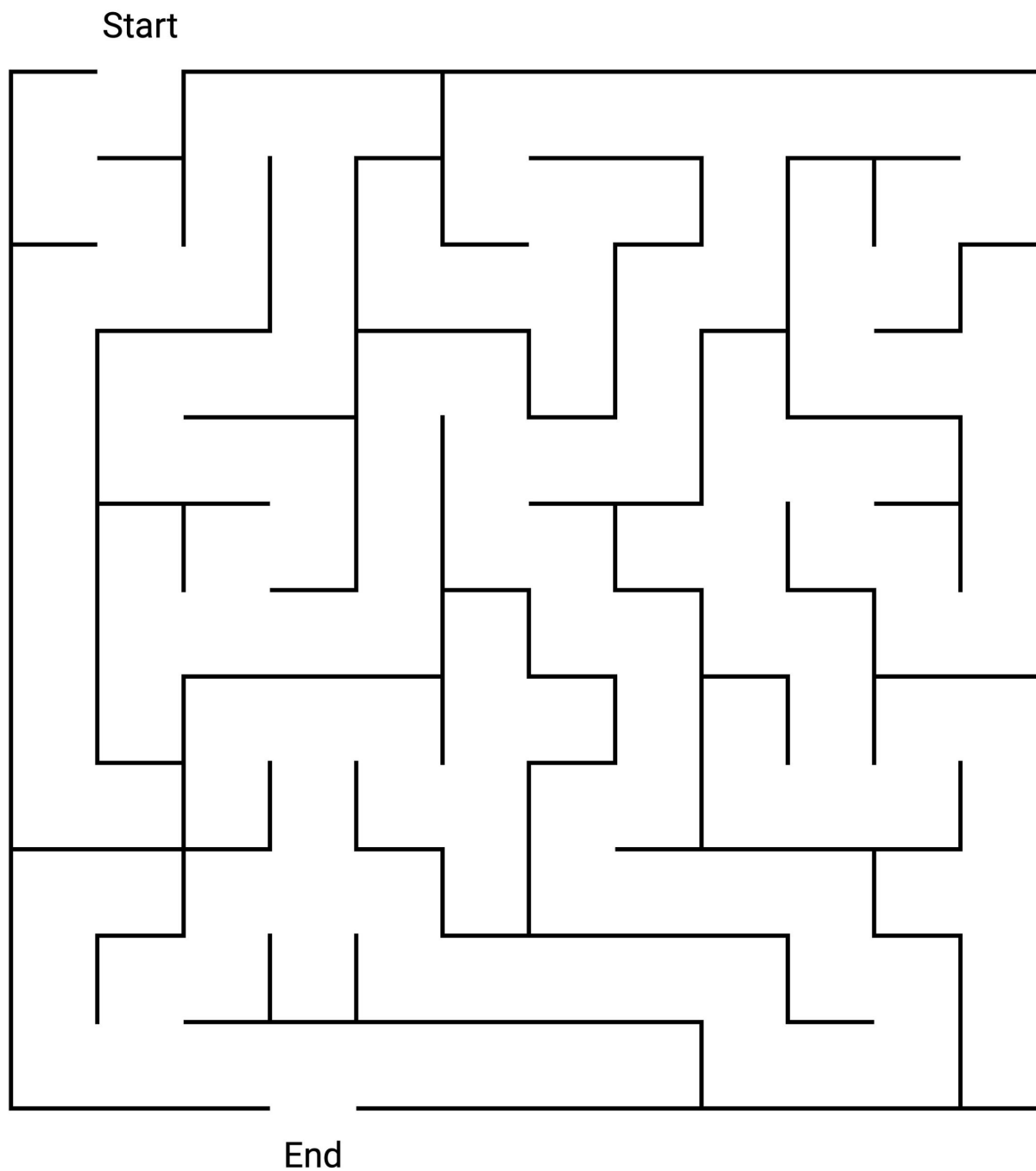


Have you ever visited a volcano?
Where was it?
Was it dormant or active?
What was the experience like?

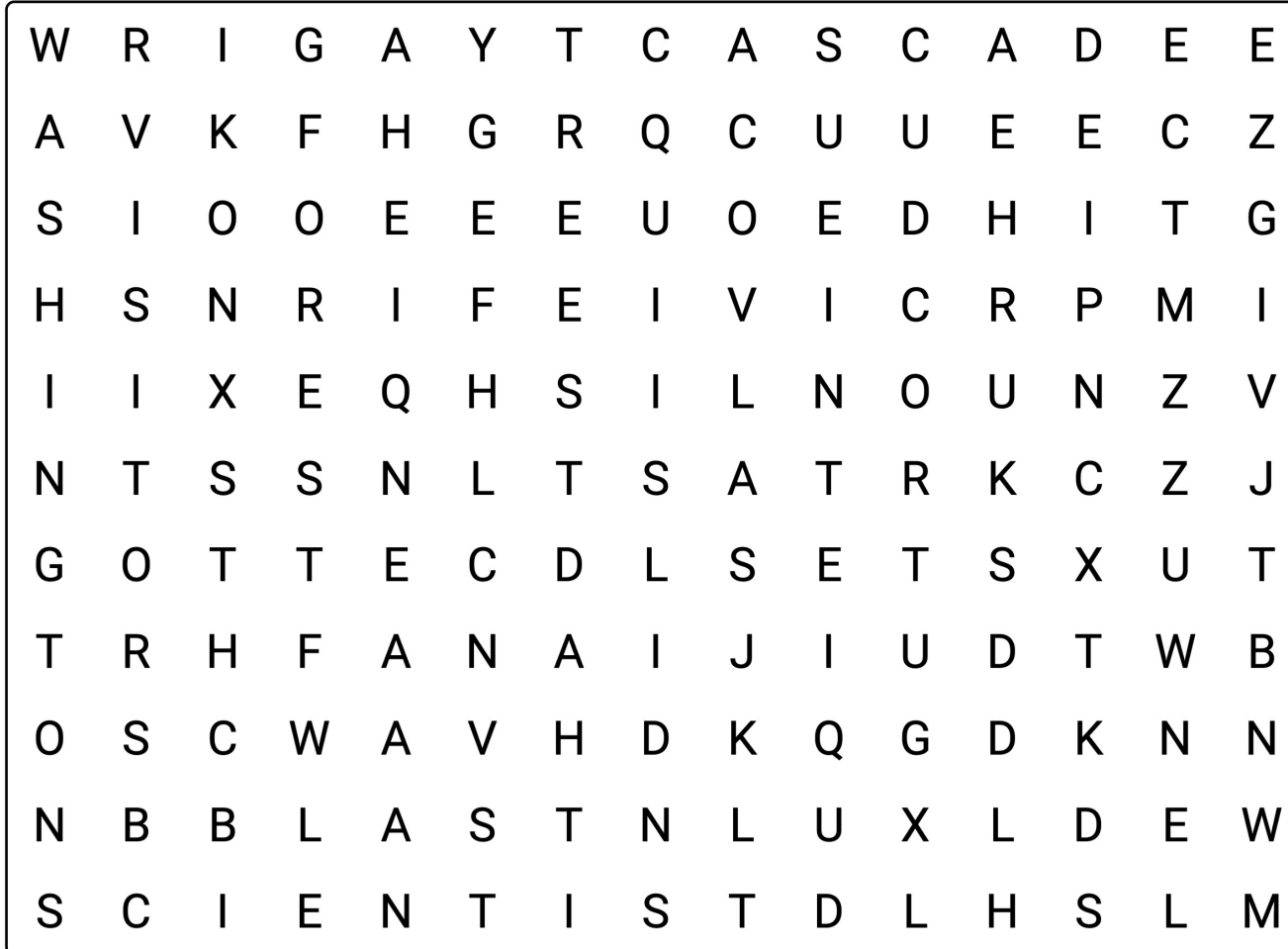




Maze 3



Mount St. Helens



Can you find the words below in the box above?

Active

Avalanche

Blast

Cascade

Erupt

Forest

Historic

Landslide

Scientist

Trees

Visitors

Washington

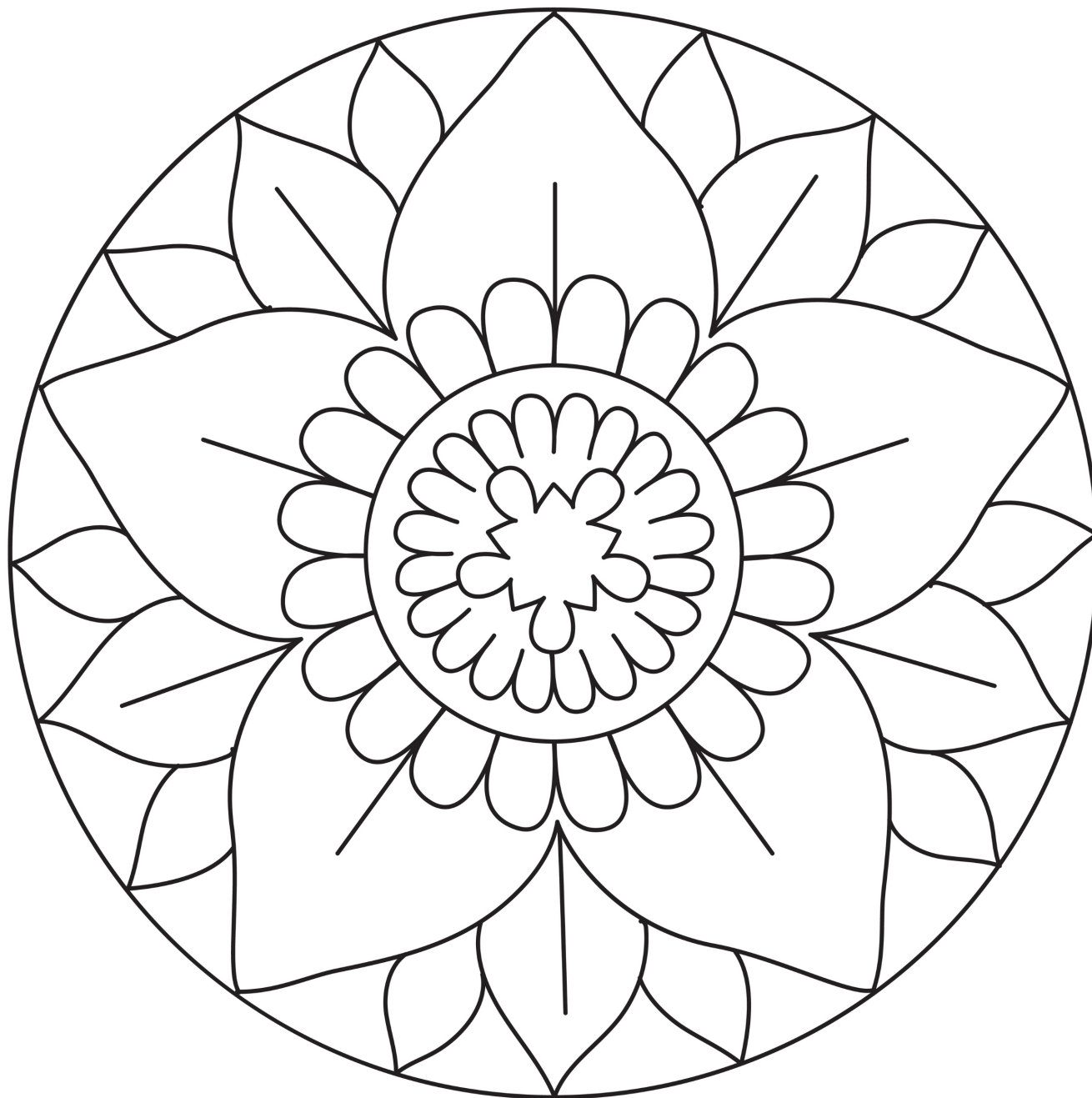


**What types of
foods did your
parents cook for
you as a child?**

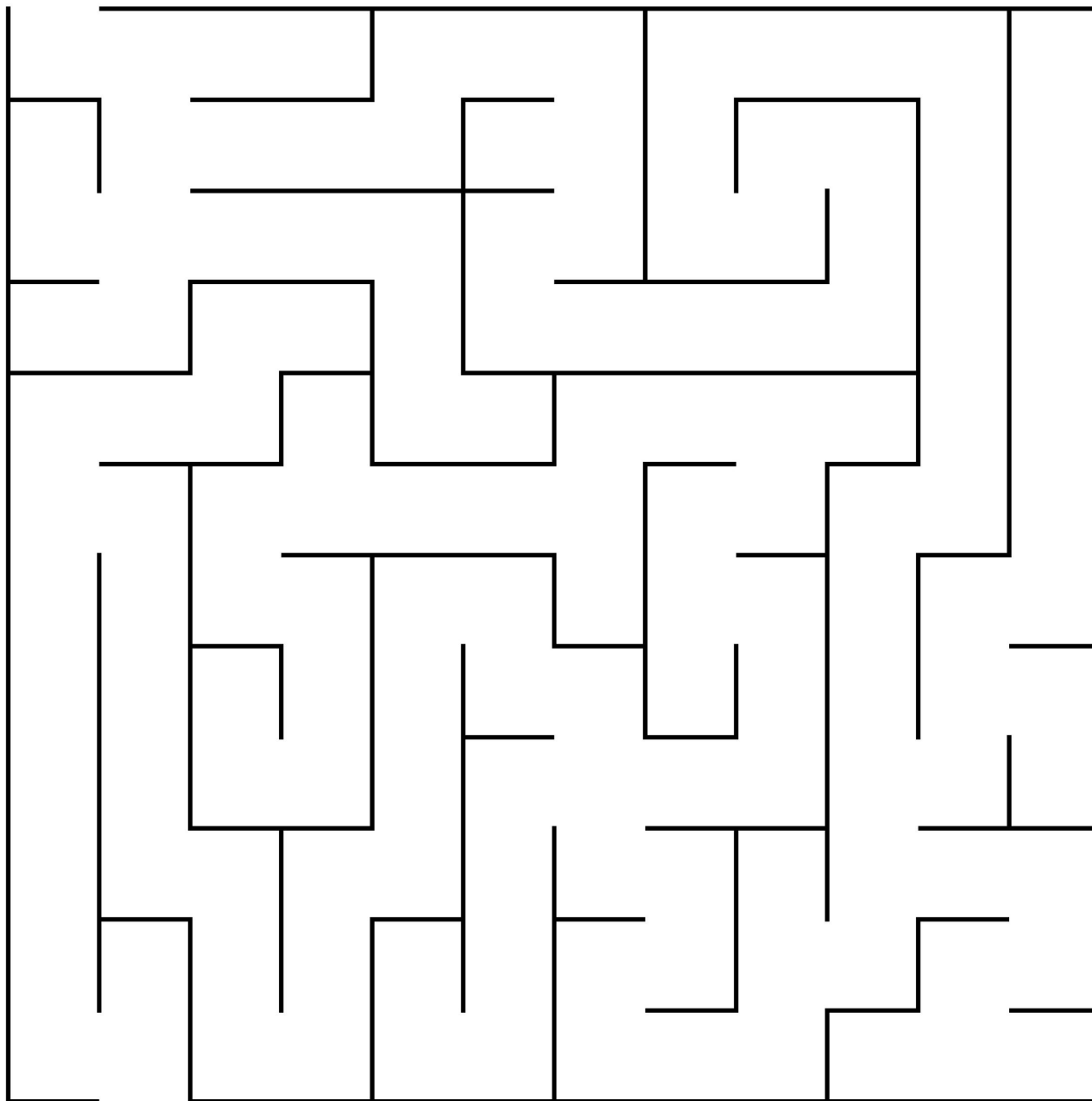
**What was your
favorite?**

**Where there any
foods that you
didn't like?**





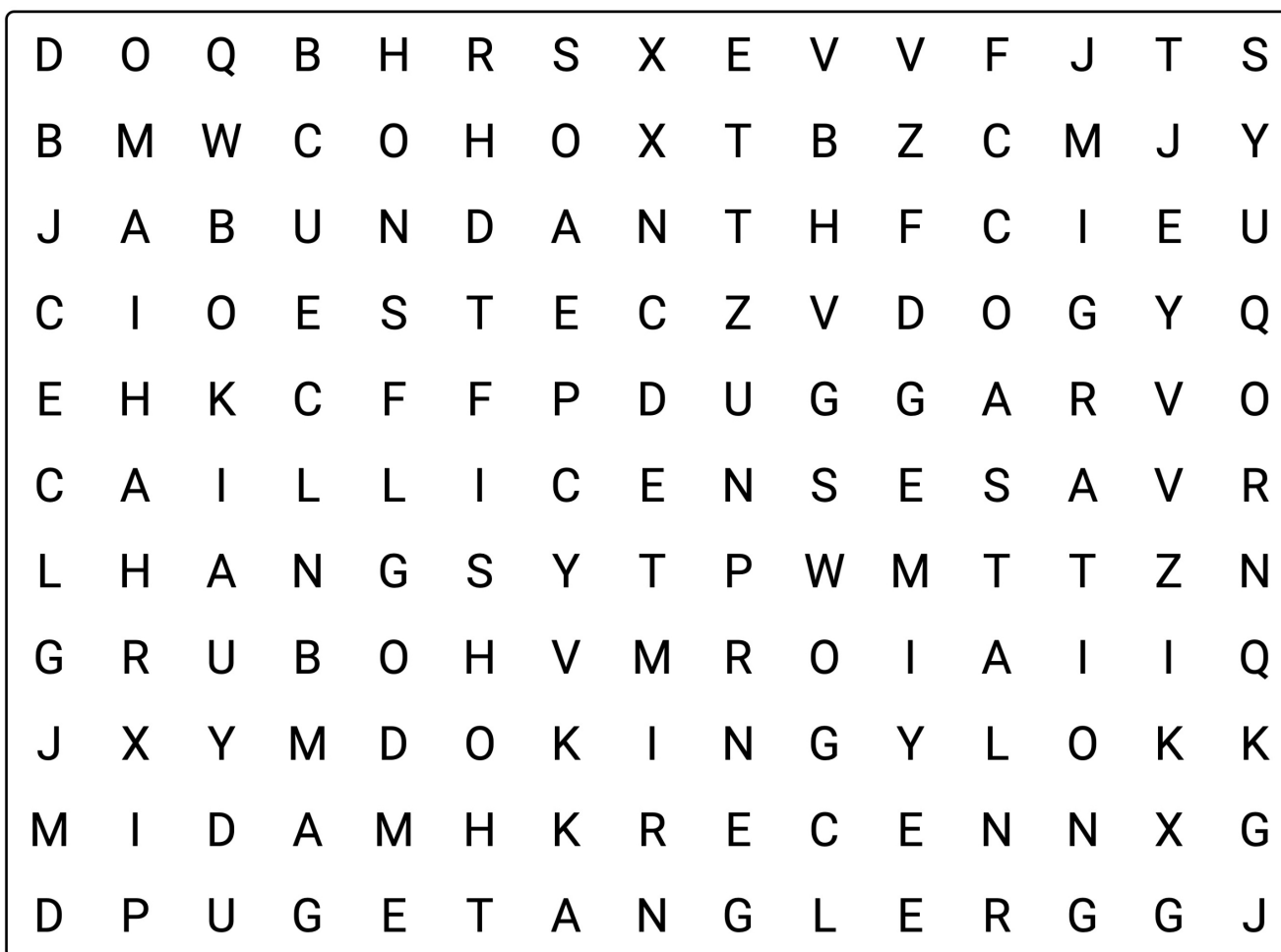
Start



End

**Maze
4**

Salmon Fishing



Can you find the words below in the box above?

Abundant
Angler
Chinook
Chum

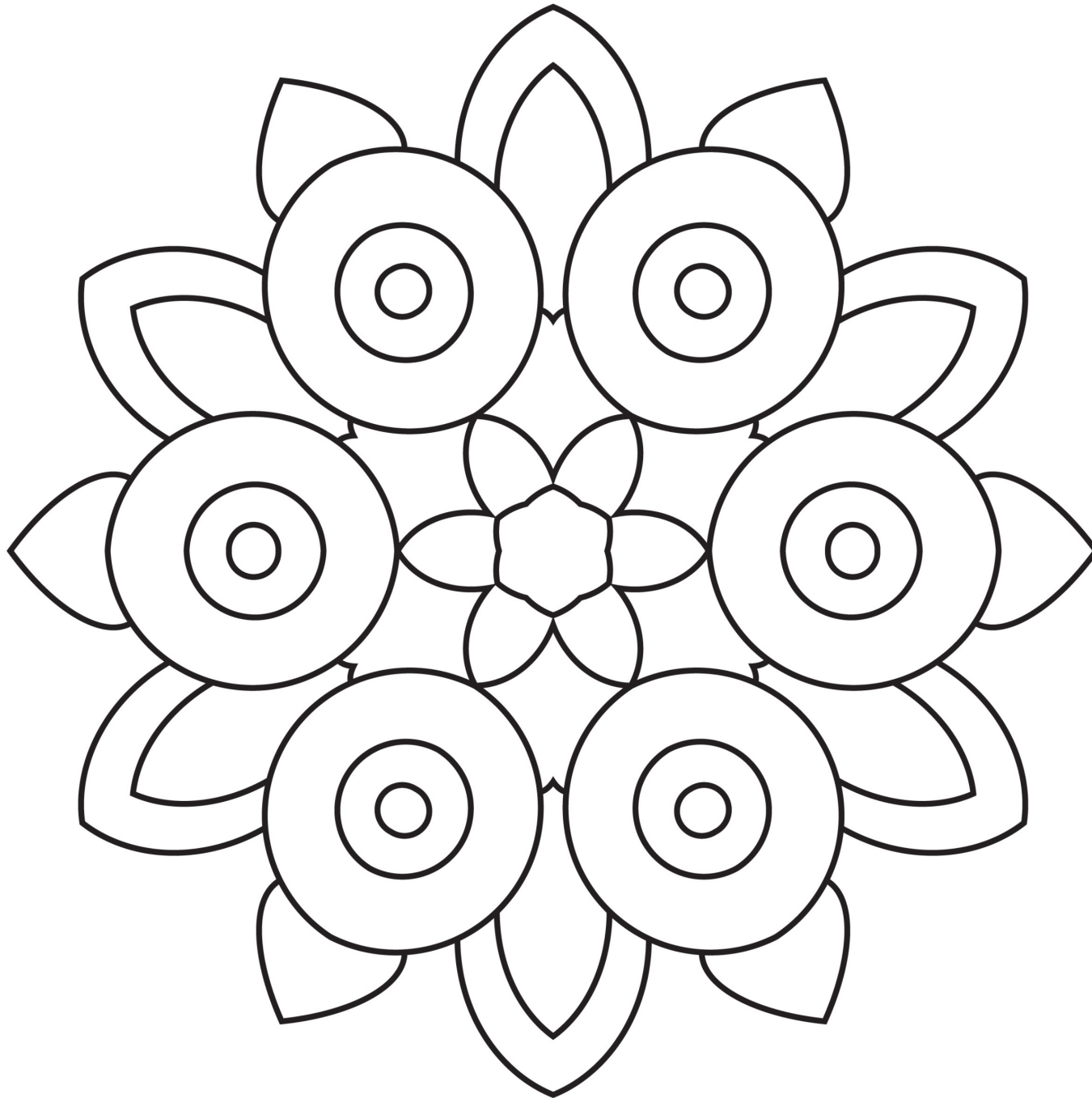
Coastal
Coho
Fish
King

Lake
License
Migration
Puget



"In the shadow of Mount St. Helens, we find a lesson in resilience — both in the natural world's ability to recover and in our capacity to adapt and rebuild."



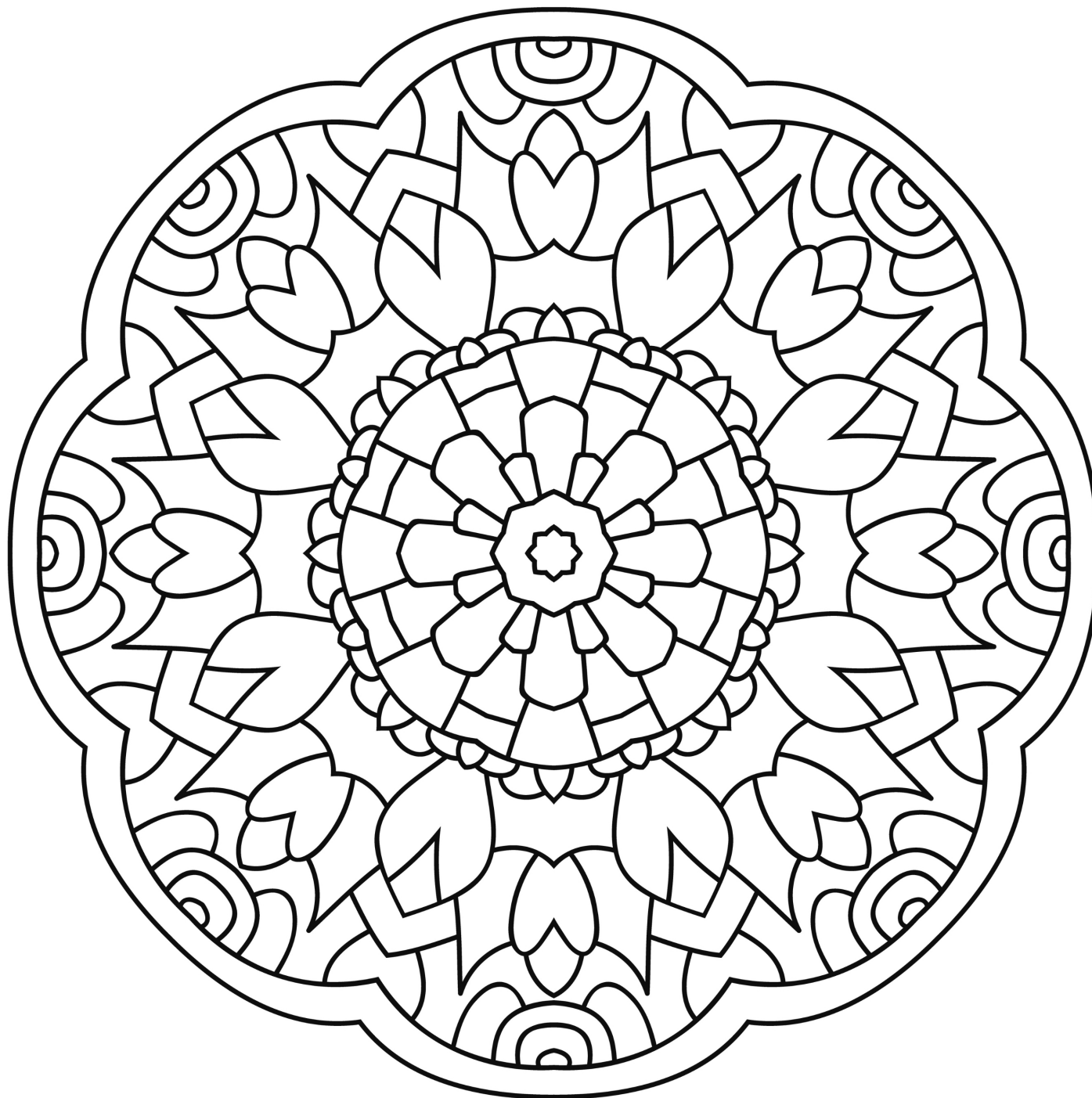




**How many minutes a day do you walk
or exercise?**



**This week, can you double the amount
of minutes that you exercise?**



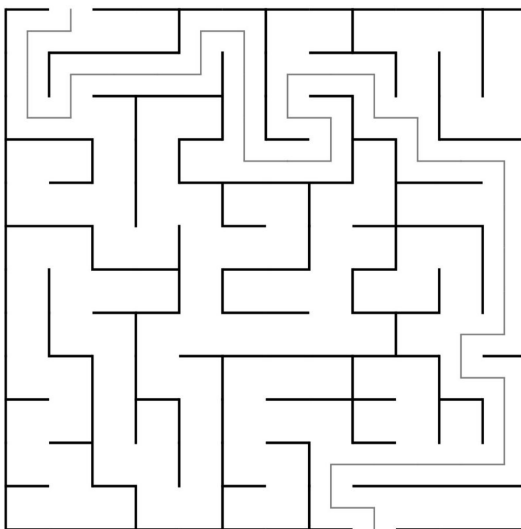
Illustrate the eruption of Mount St. Helens in 1980, capturing the sheer force and magnitude of the volcanic explosion, with billowing ash and debris engulfing the landscape.

Illustrate scientists conducting research or monitoring equipment near the volcano, studying its behavior and gathering data to understand its activity and potential eruptions.

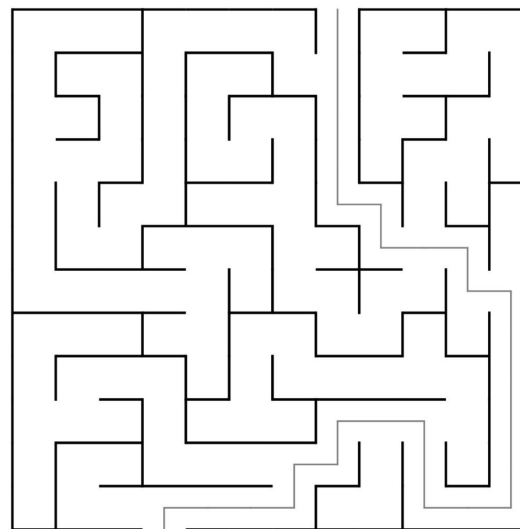
Depict the awe-inspiring sight of salmon migrating upstream, overcoming obstacles like waterfalls or rapids, showcasing their strength.

M A Z E

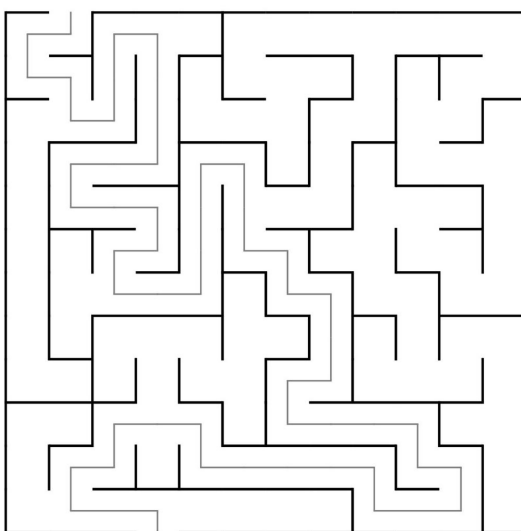
1



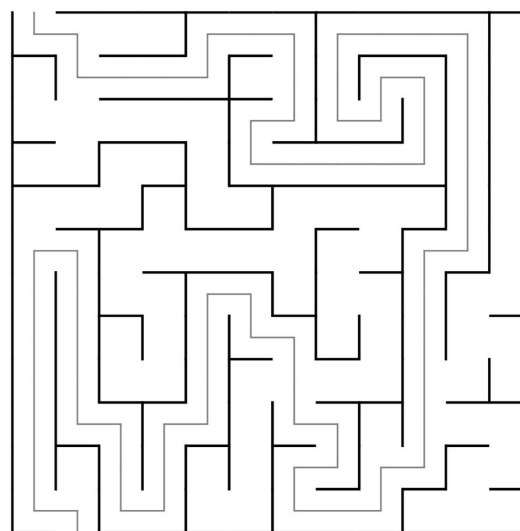
2



3

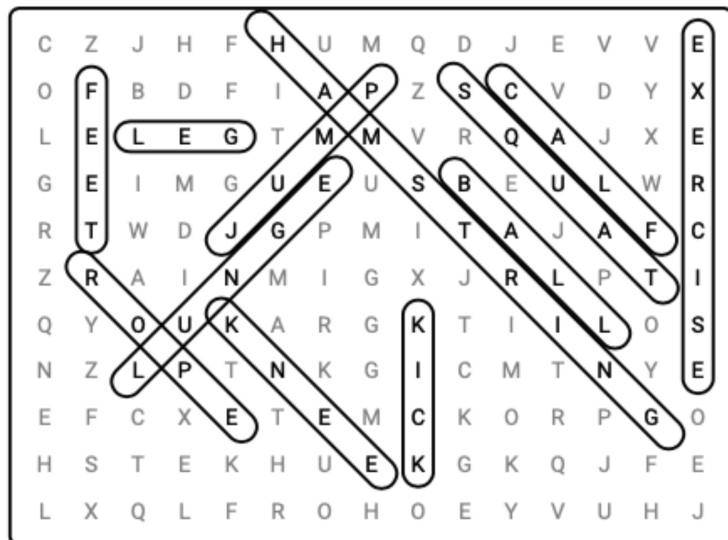


4

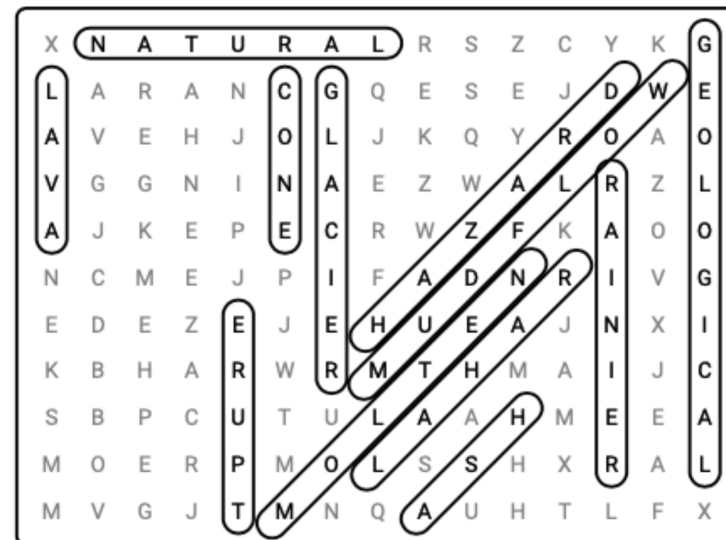


A N S W E R S

Leg Exercises

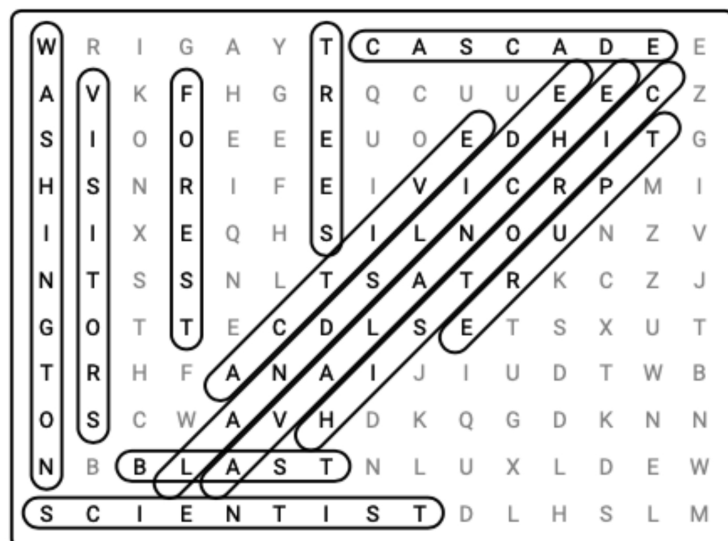


Volcanoes

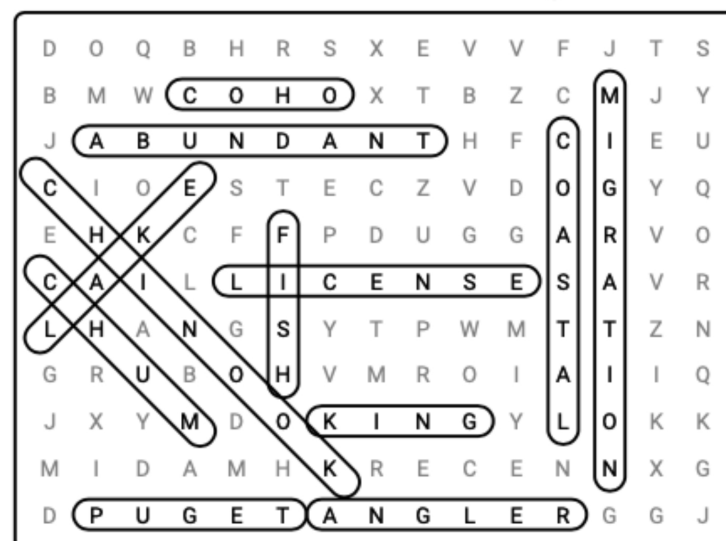


SEARCH

Mount St. Helens



Salmon Fishing



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

reception@islandseniorservices.org.