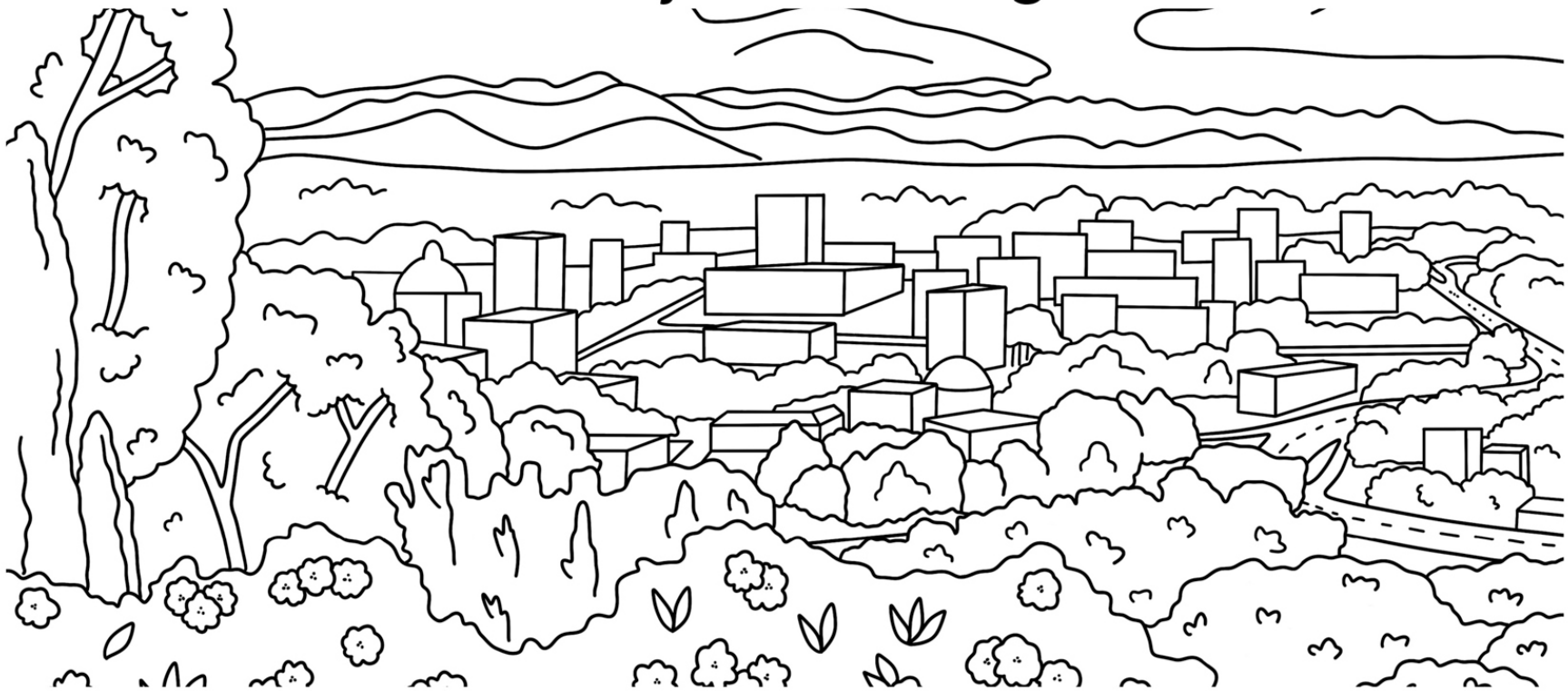


COLORFUL FUN!

ART, MAZES, & WORD SEARCH

February 2024 • **Living In**





Serving Whidbey and Camano islands

MISSION

We seek to share the joys
and help meet the challenges
of aging in our Island
County communities by
providing integrated
programs and services.

Call Us! (360) 321-1600

www.senior-resources.org

2024 - EDITION #2

LIVING IN NORTH CAROLINA

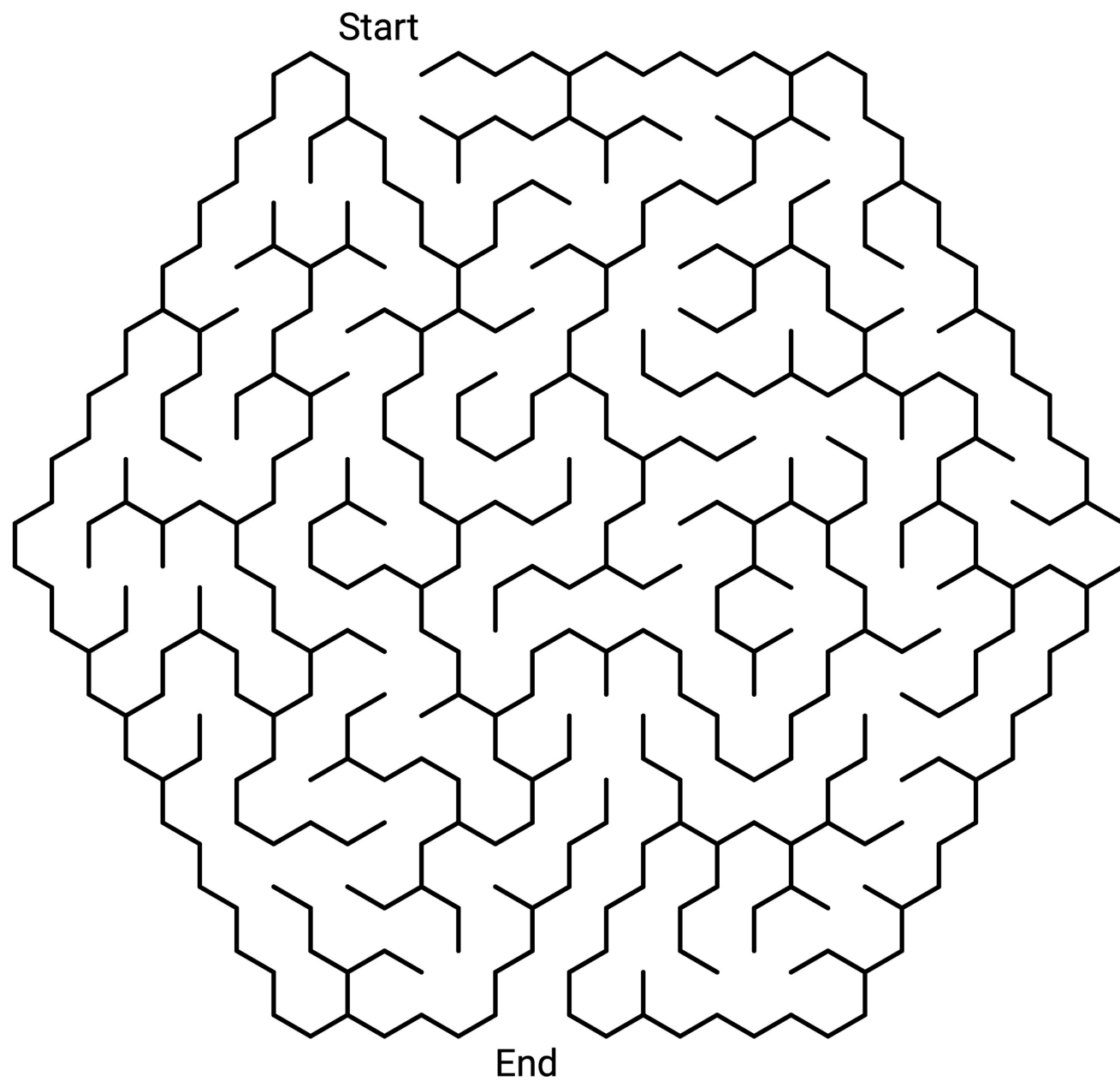
Raleigh, the capital city of North Carolina, boasts a rich history intertwined with the legacy of Sir Walter Raleigh, the famed English explorer and adventurer. Established in 1792 as the state capital, Raleigh stands as a testament to its colonial roots and the visionary ideals of its founders. Sir Walter Raleigh's influence extends beyond the city's name, as his expeditions contributed to the exploration and colonization of the New World. The city's diverse cultural scene, thriving economy, and vibrant community make it a hub of activity in the state. While Raleigh and Asheville, another notable North Carolina city, differ in character, both contribute significantly to the state's unique identity. Additionally, the Bath Historic District, one of the state's oldest towns, provides a glimpse into North Carolina's colonial past with its well-preserved architecture and historic charm. Together, these elements create a tapestry of history, culture, and community in the heart of North Carolina.

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 5



Historic Raleigh



Can you find the words below in the box above?

Capital
Charm
Economy
Government

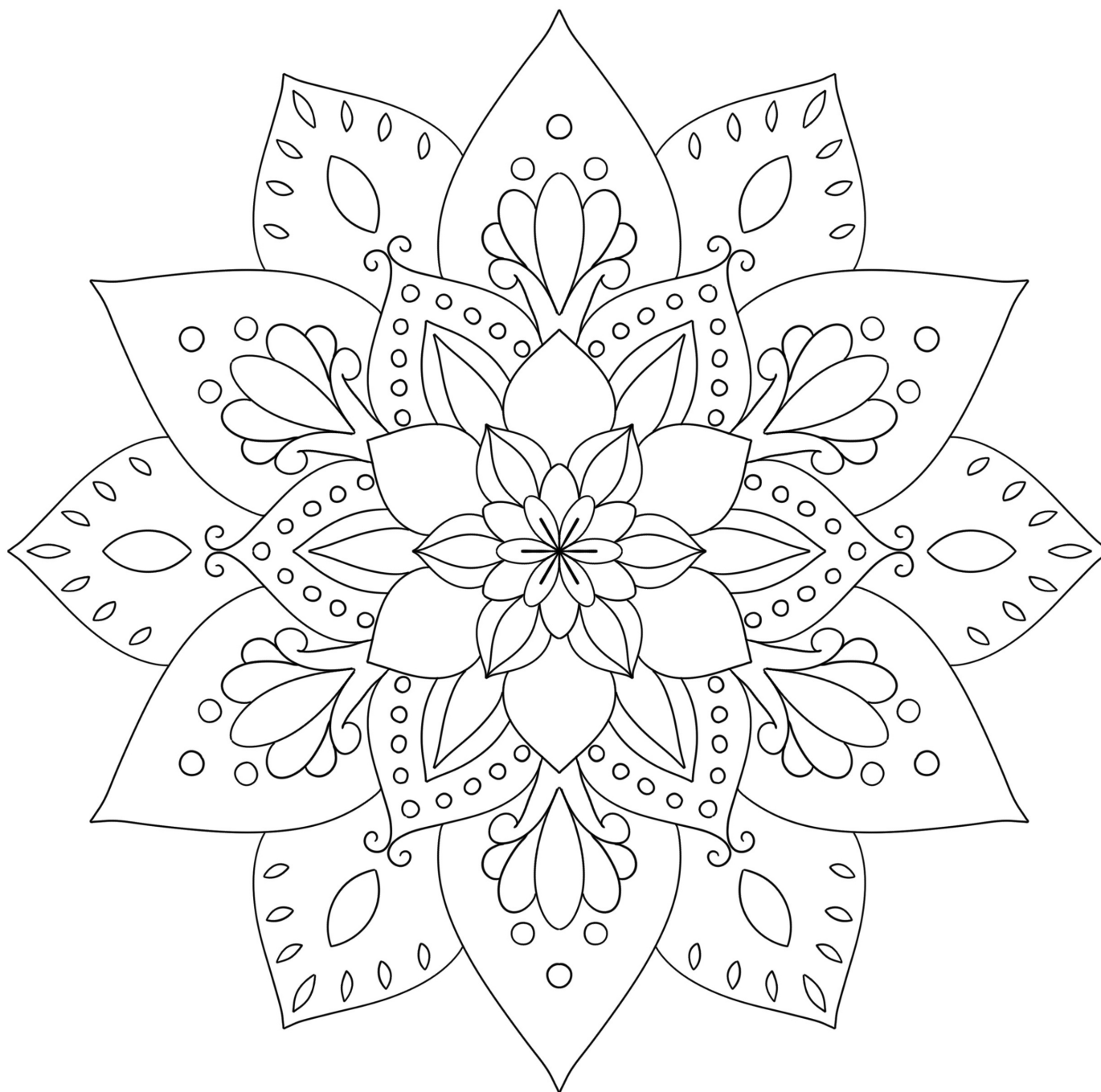
Green
Historic
Hospitality
Innovation

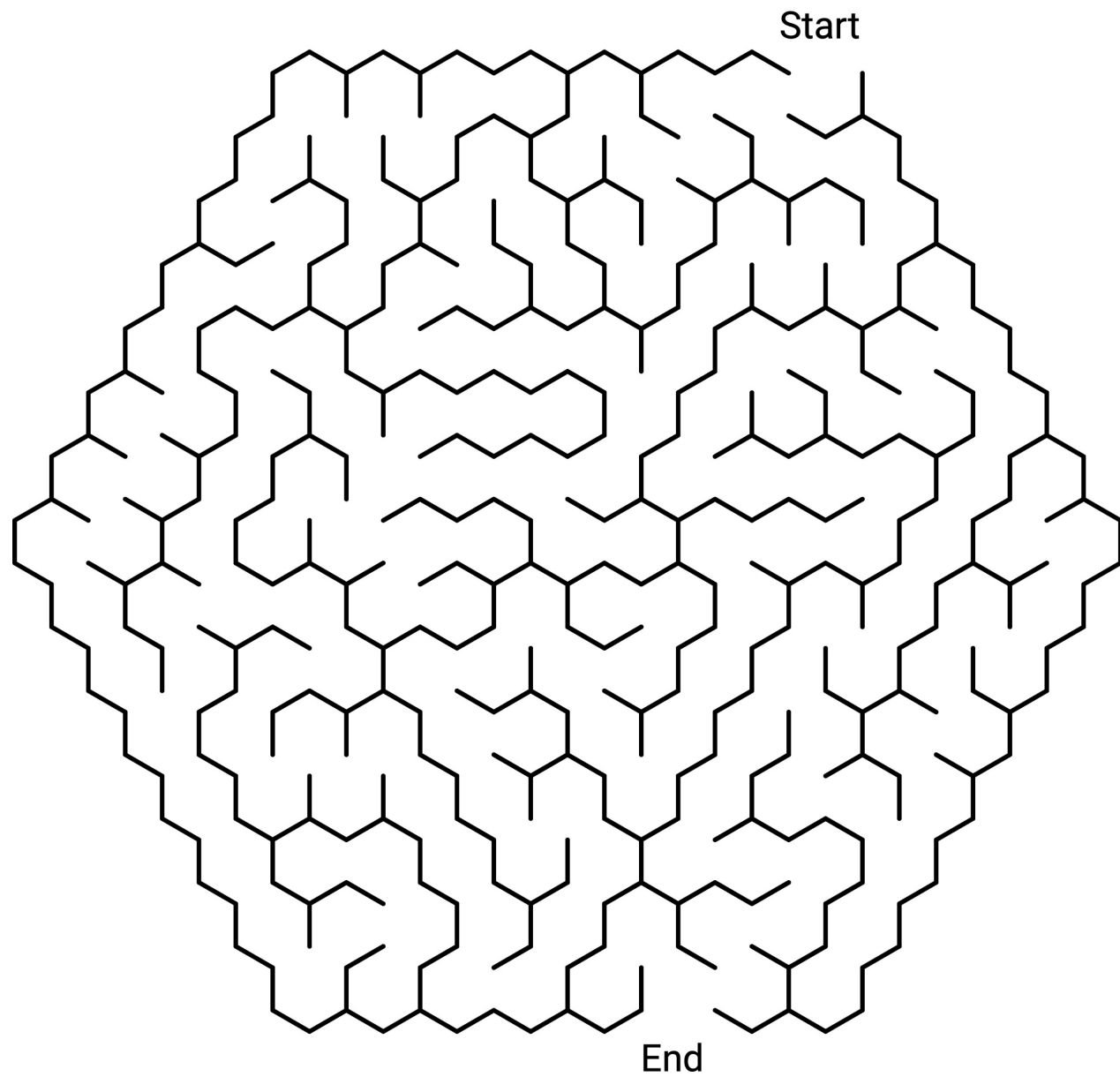
Nature
Oaks
Raleigh
Research



**What's the most meaningful
compliment or piece of
advice you've ever
received?**







Maze 6

Sir Walter Raleigh

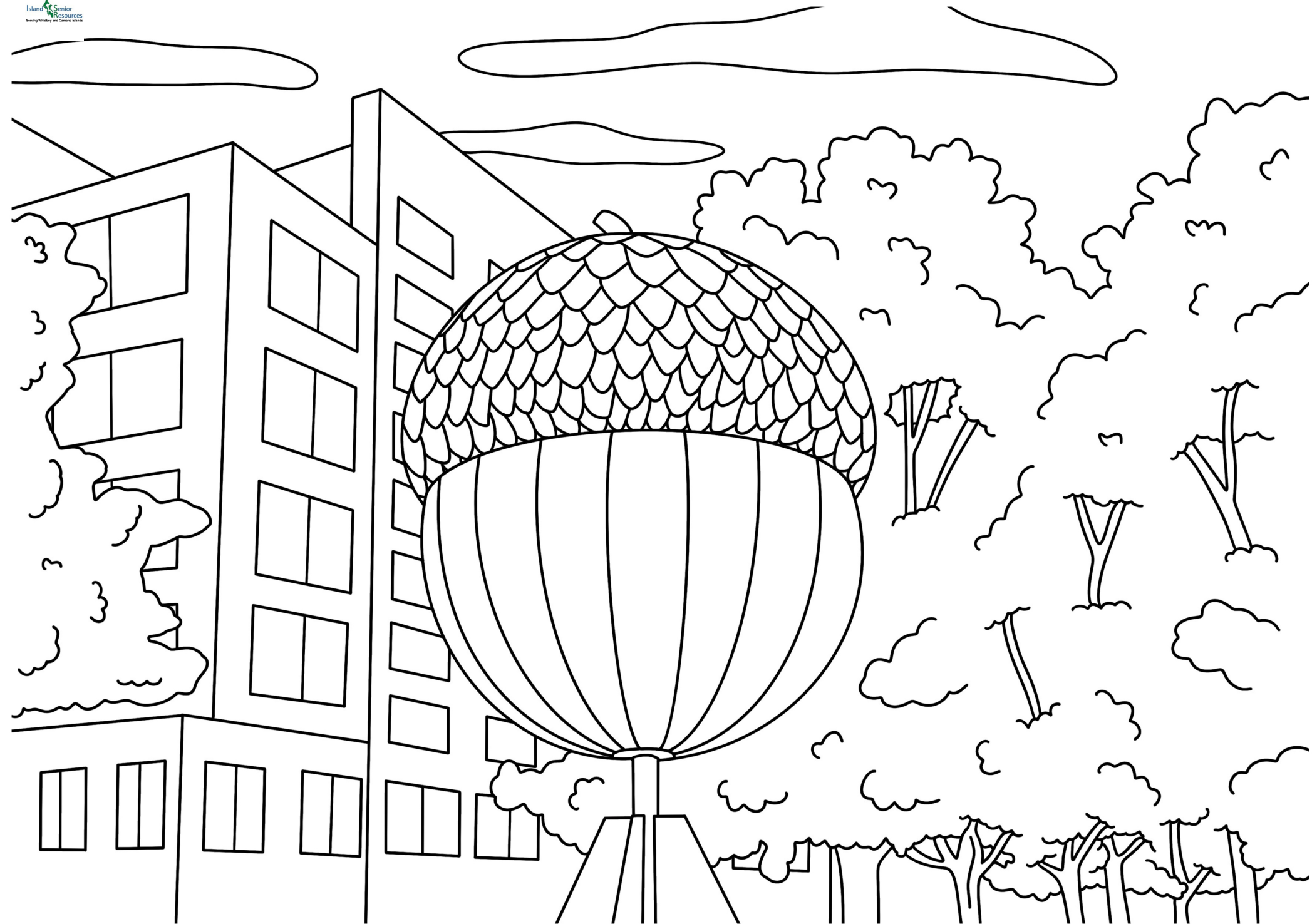


Can you find the words below in the box above?

Adventure
America
Colony
Explore

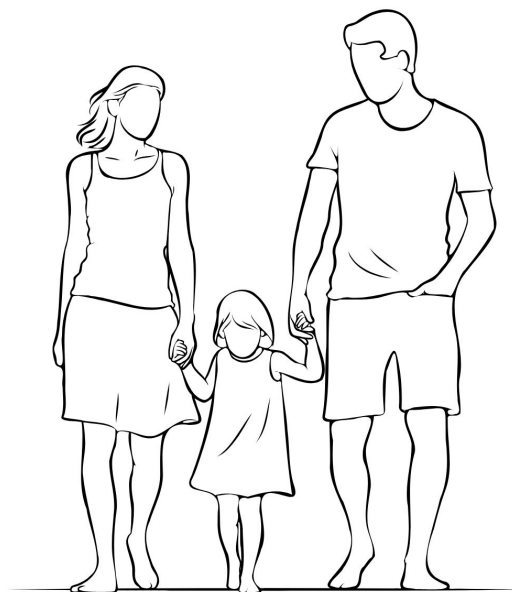
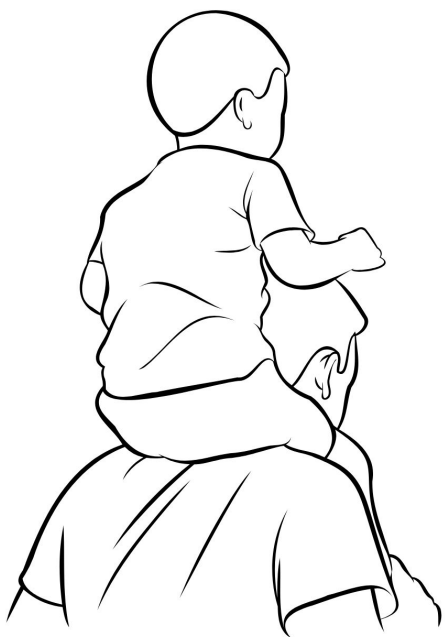
Navigate
Parliament
Poet
Renaissance

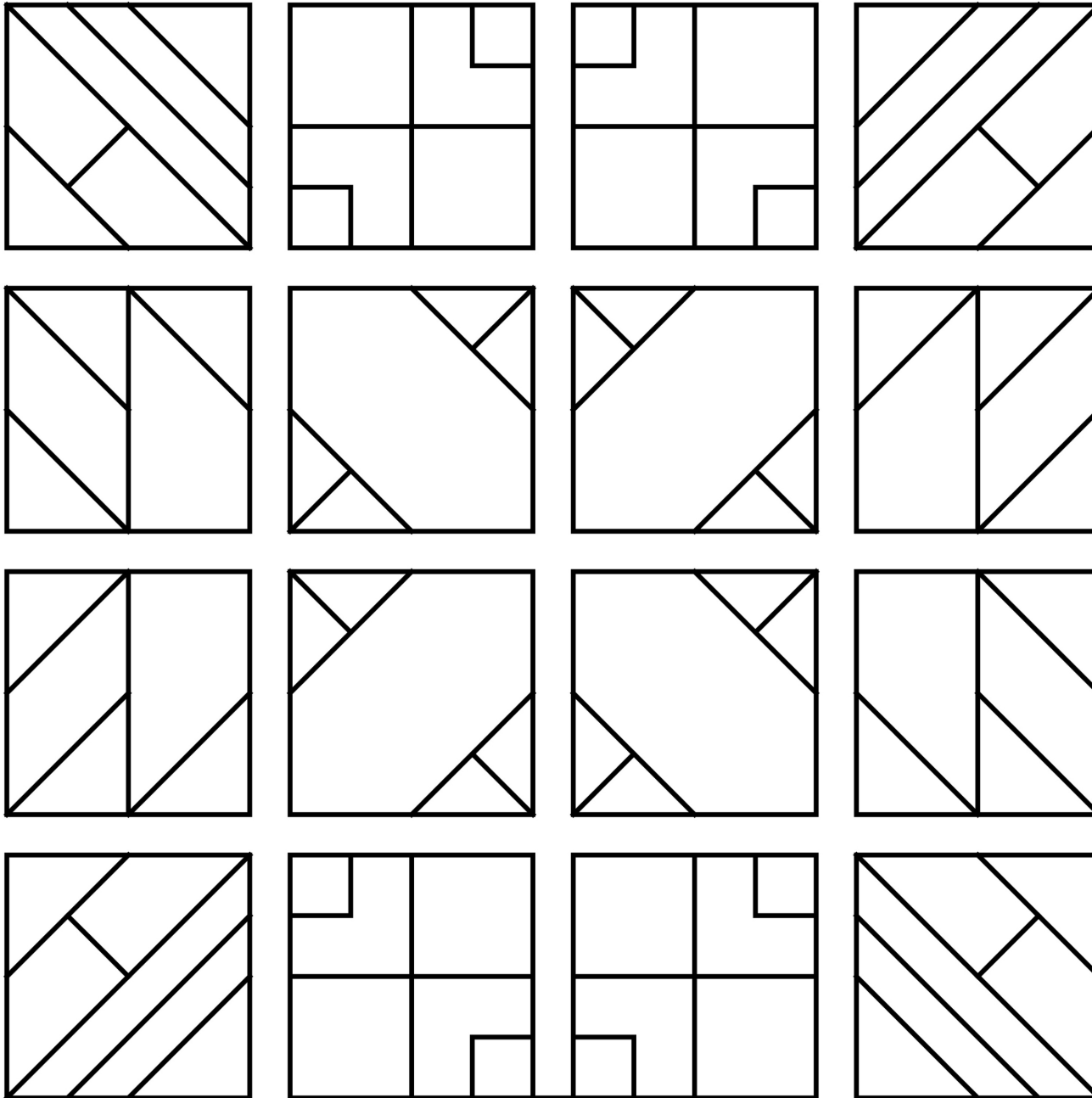
Roanoke
Scientist
Trade
Voyages



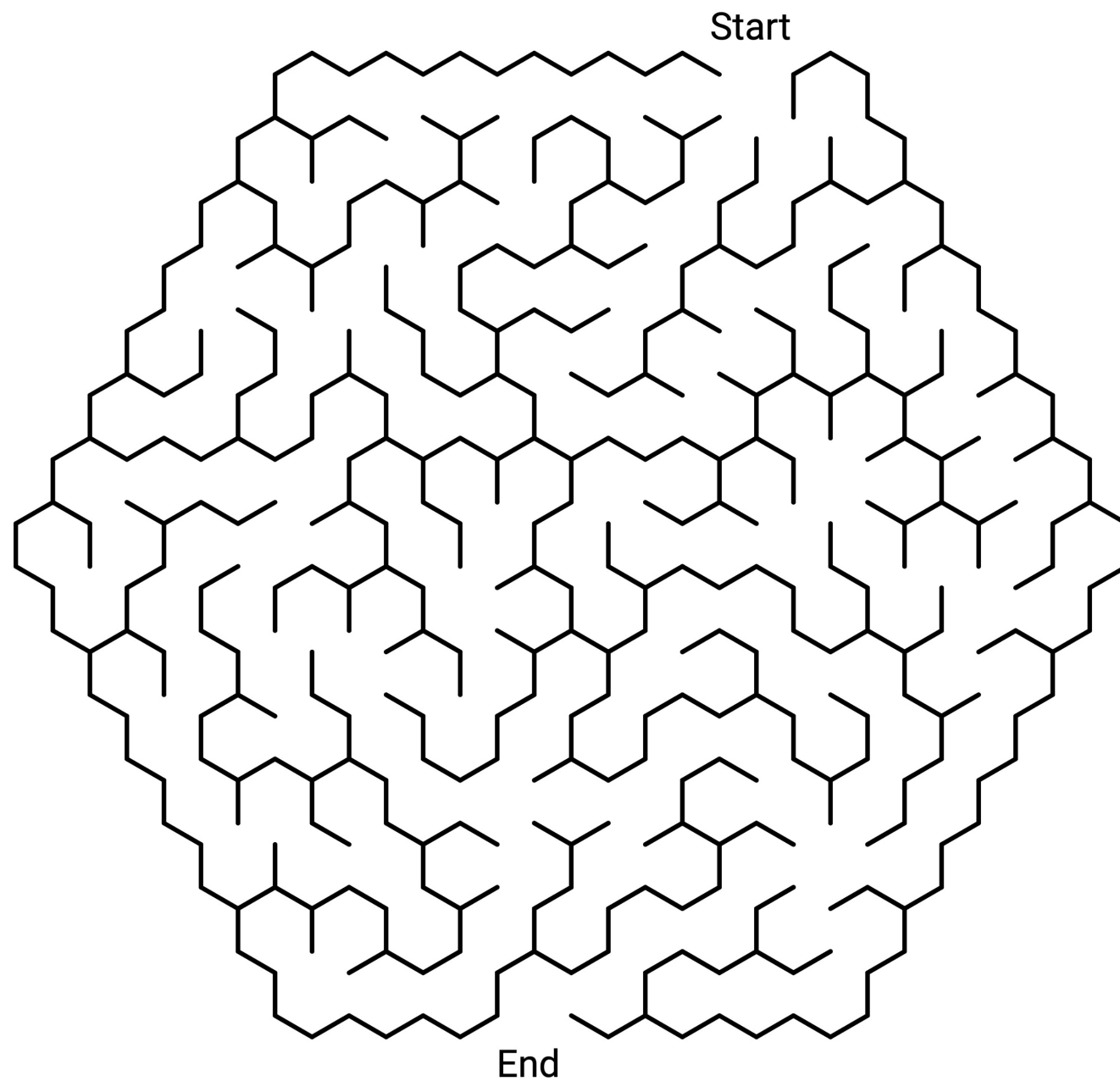


**Recall a moment when you
felt truly proud of yourself
or someone else.**





Maze 7



Bath's Pirate Past



Can you find the words below in the box above?

Bath
Blackbeard
Colonial
Episcopal

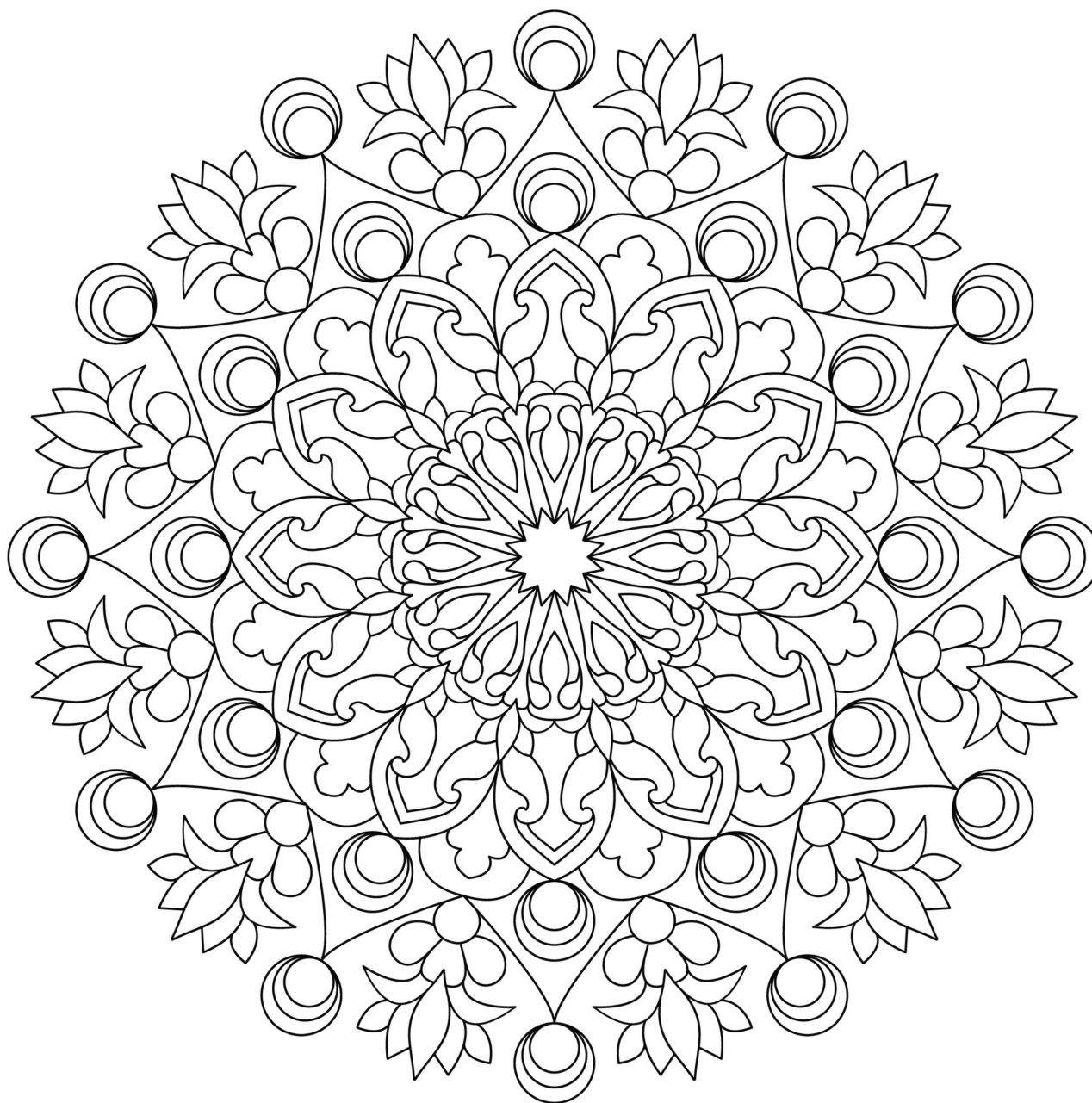
First
Harbor
Historic
Pirate

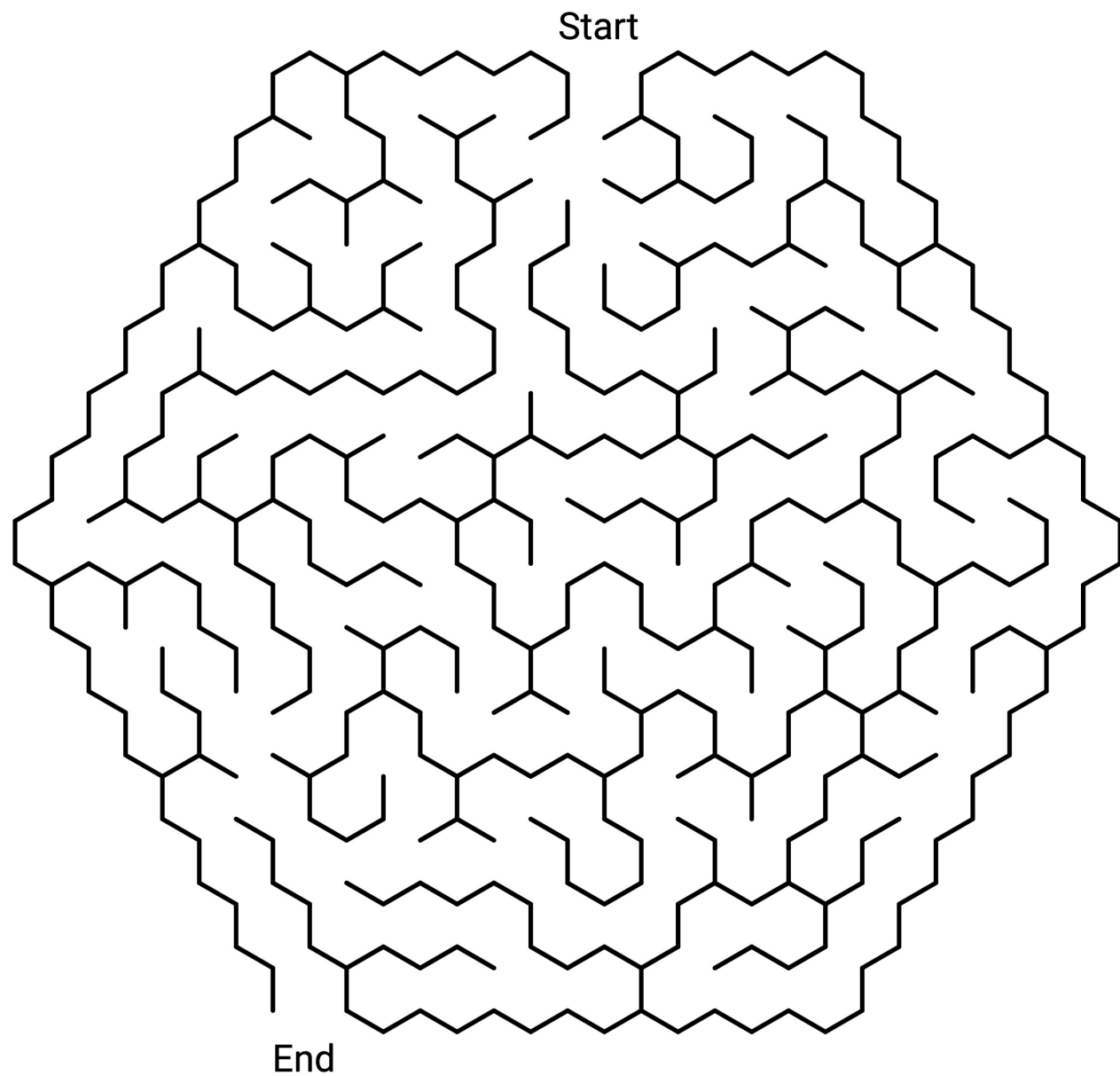
Port
Tranquil
Walk
Waterfront



**If you were to write an autobiography,
what would be the central theme?**







Maze 8

Artsy Asheville

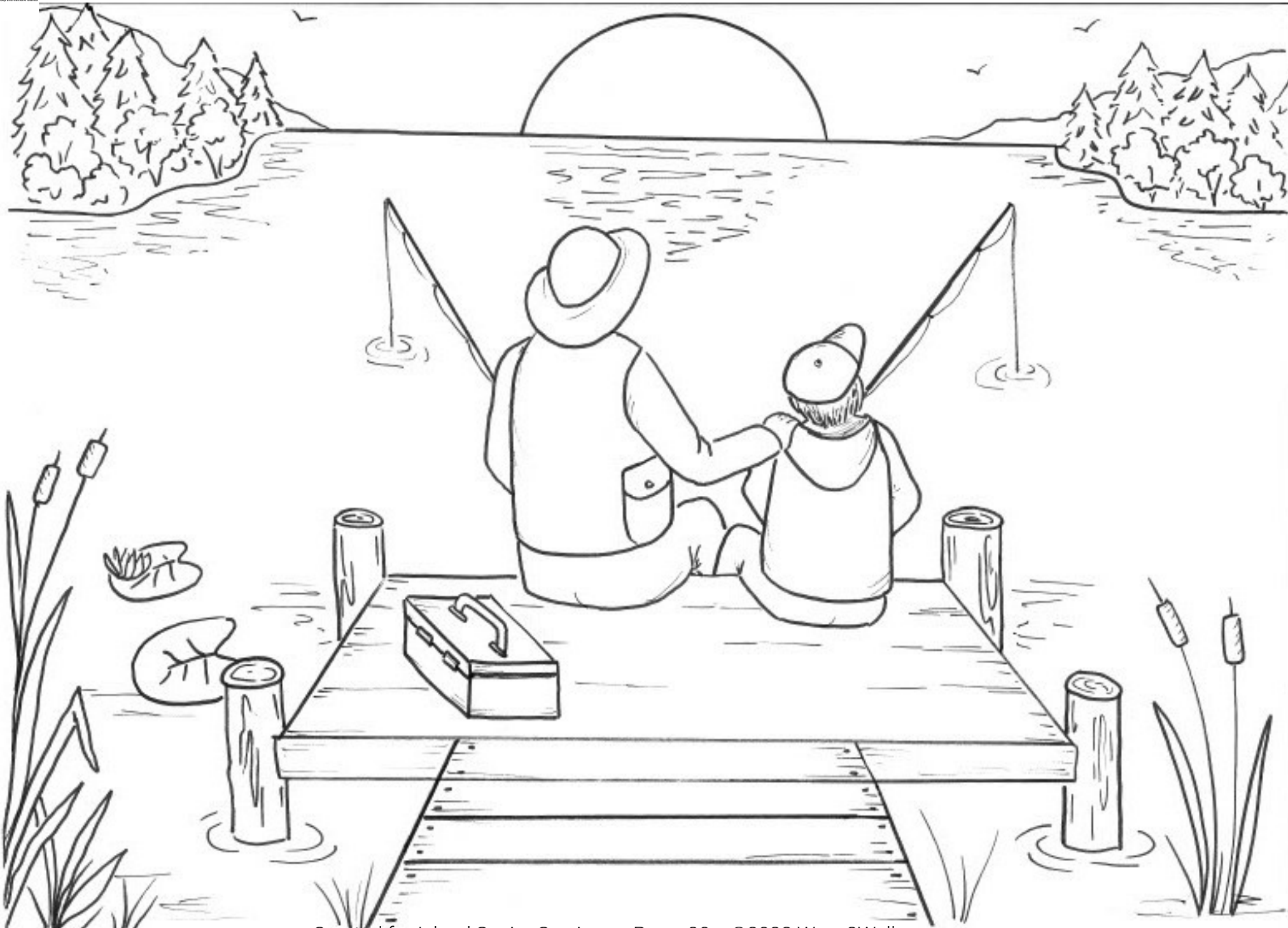


Can you find the words below in the box above?

Art
Asheville
Biltmore
Crafts

Folk
Forest
Galleries
Natural

Outdoor
Rock
Theatre
Trail



**Word problem-solving activities can be enjoyable and mentally stimulating
for people of all ages.**

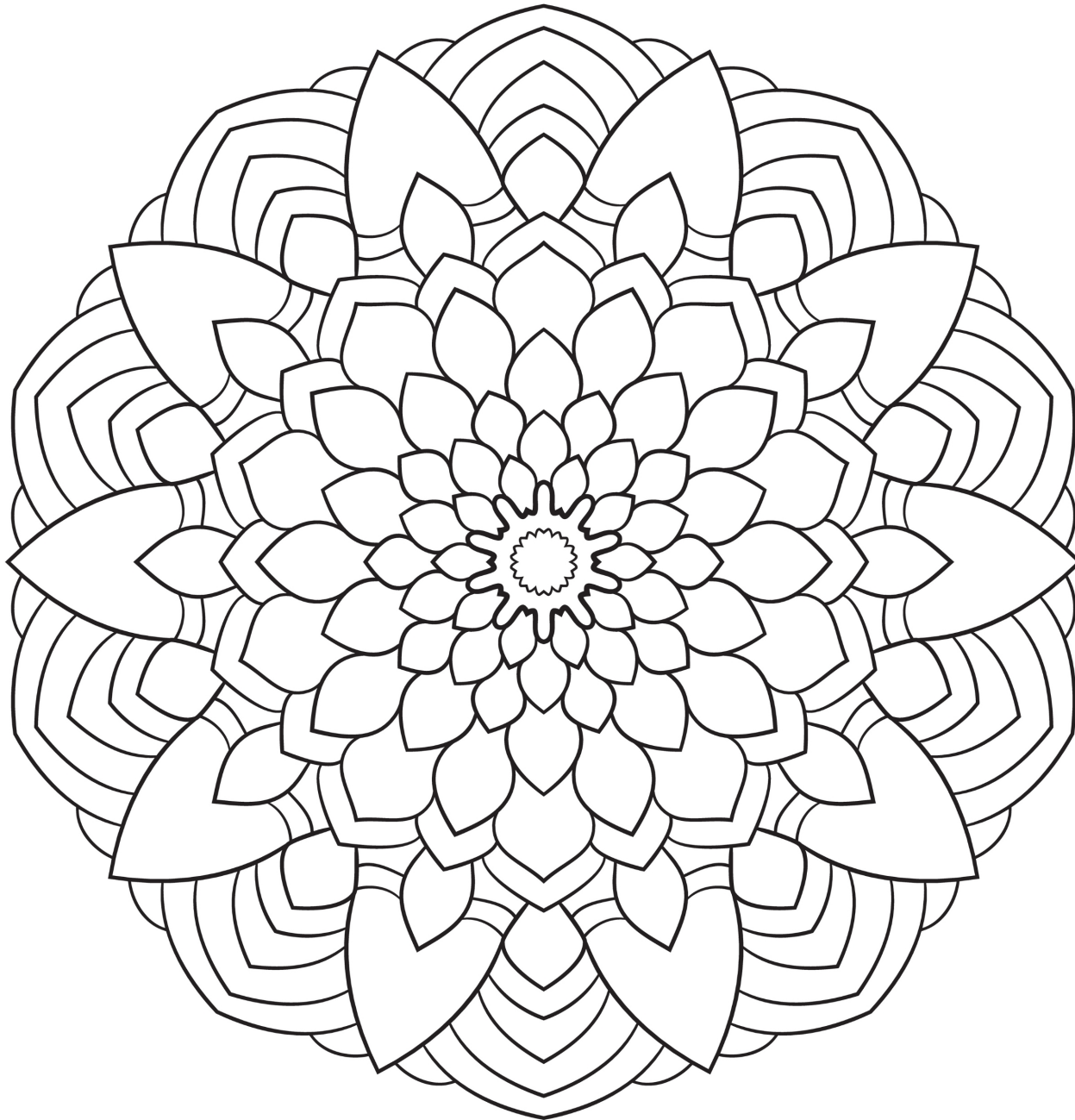
Here are a few to try:

What kind of room has no doors or windows?

What is full of holes but still holds water?



Answers: Mushroom, Sponge





Find the words that make the equations true.

Equation: $24 = \text{H. in a D.}$

Solution: 24 hours in a day.

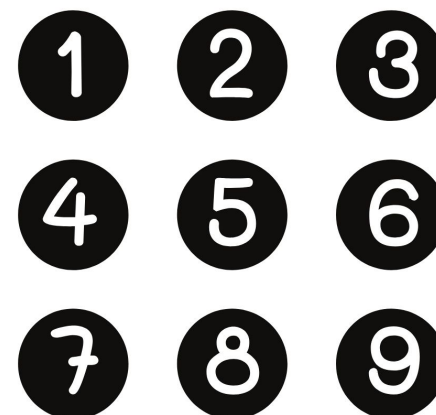
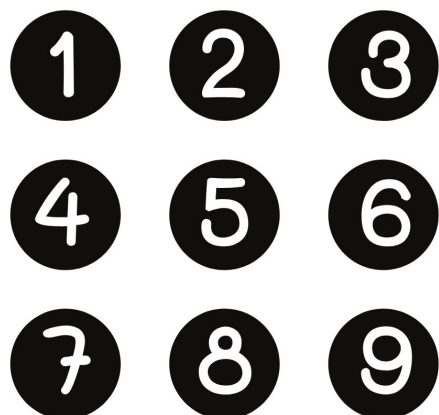
$26 = \text{L. of the A.}$

$90 \text{ D} = \text{R. A.}$

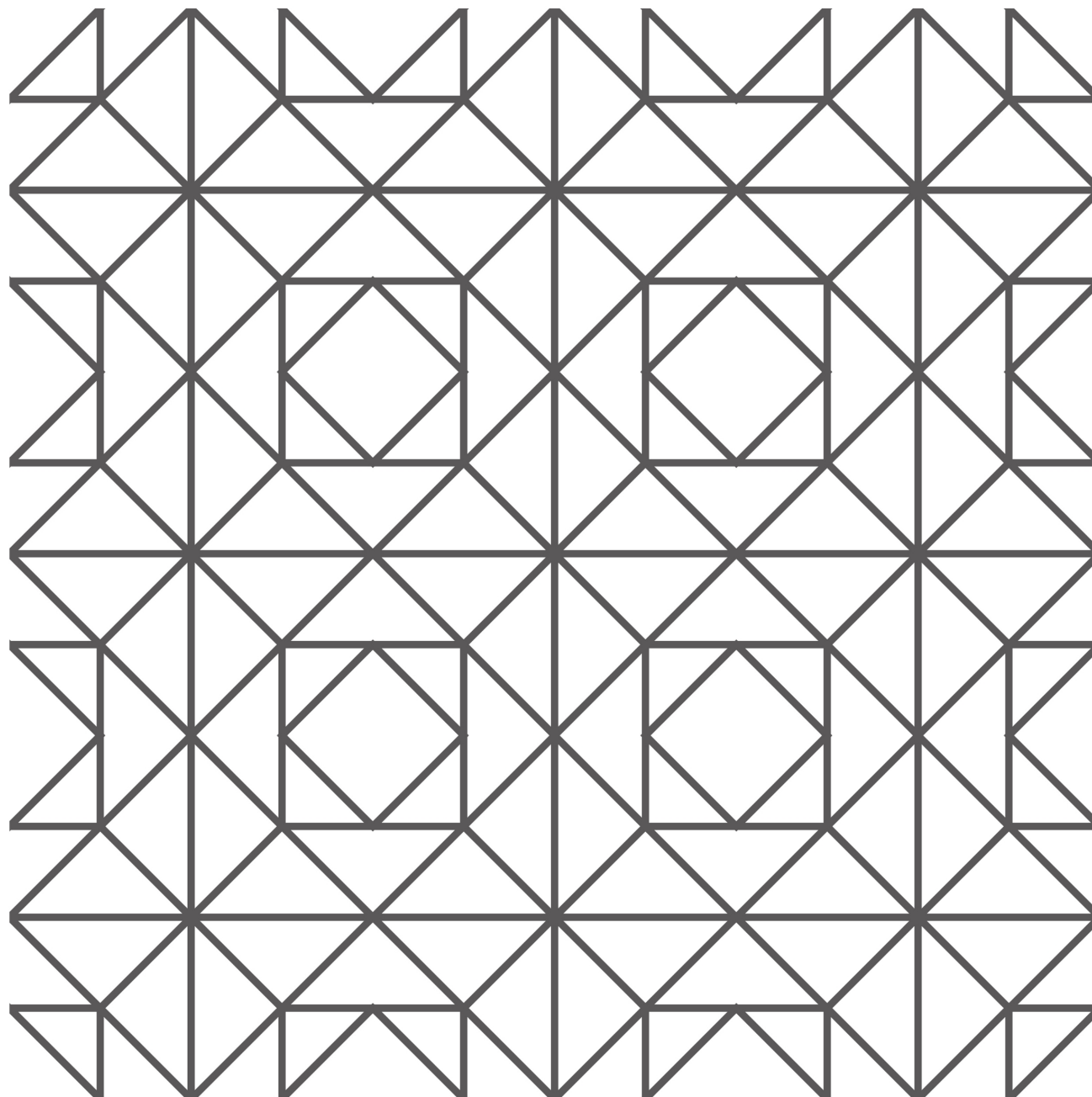
$7 = \text{W. of the A. W.}$

$4 = \text{Q. in a G.}$

$52 = \text{C. in a D. (without the J.)}$



Answers: letters of the alphabet, degrees in a right angle, wonders of the
ancient world, quarts in a gallon, cards in a deck without the jokers



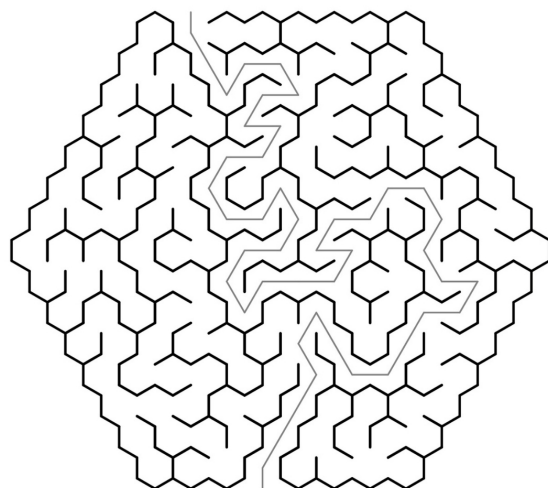
Illustrate a scene featuring a traditional North Carolina barbecue, with a pitmaster tending to the smoker and a spread of pulled pork, hushpuppies, and coleslaw.

Draw a cozy breakfast scene showcasing a classic North Carolina biscuit, with a side of sausage or country ham, and a dollop of butter or jam.

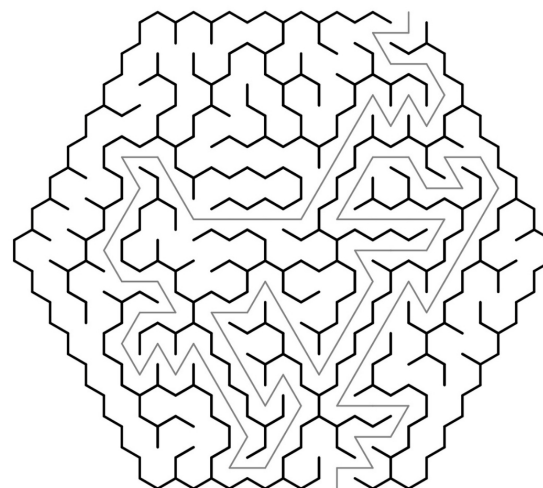
Create a seafood feast, highlighting popular catches like shrimp, crab, and fish from the coastal regions of North Carolina, served with a side of grits or rice.

**M
A
Z
E**

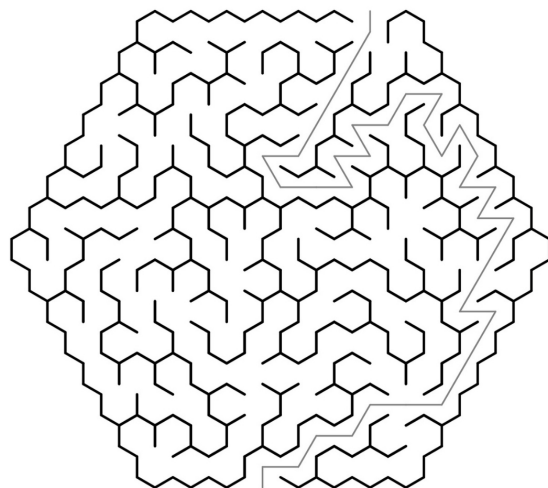
5



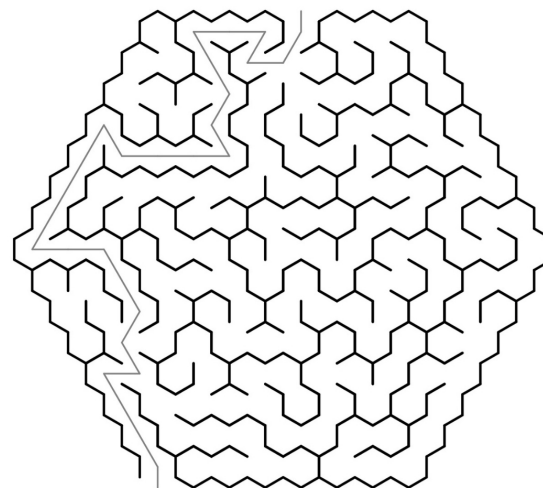
6



7

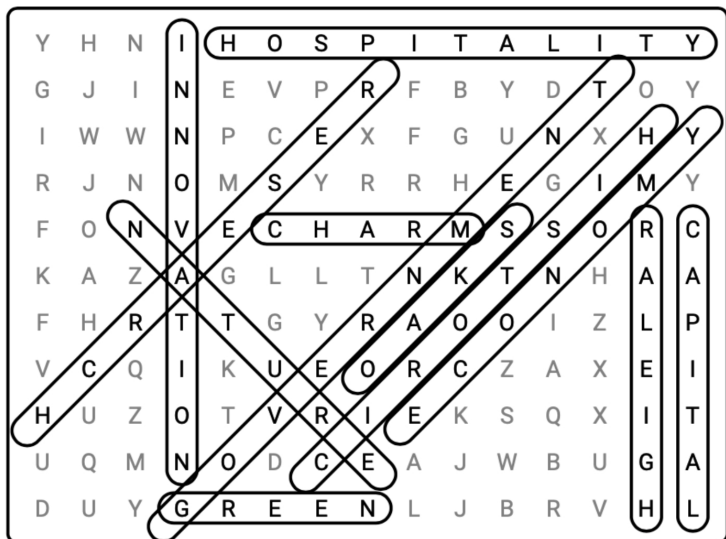


8

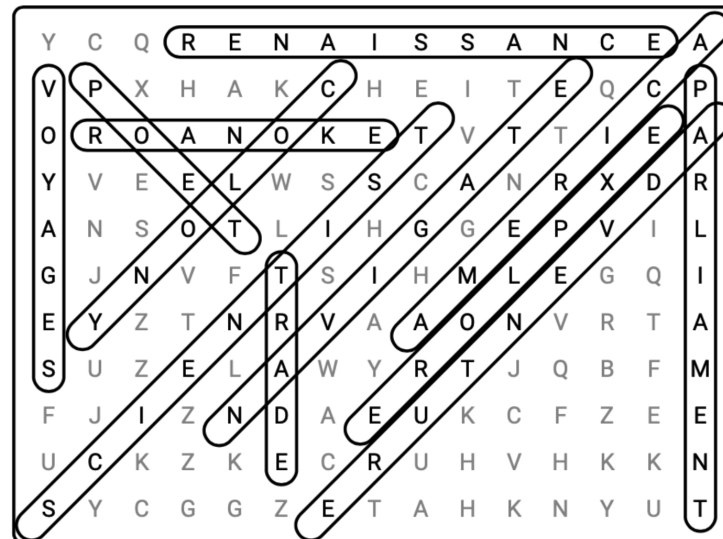


**A
N
S
W
E
R
S**

Historic Raleigh

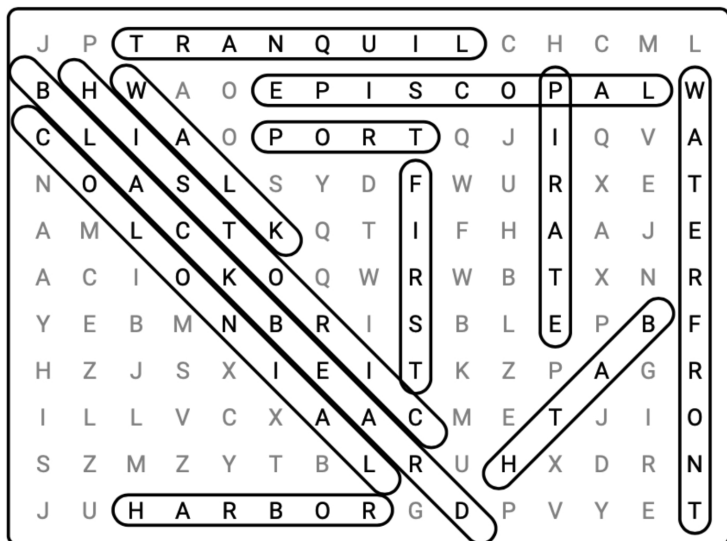


Sir Walter Raleigh

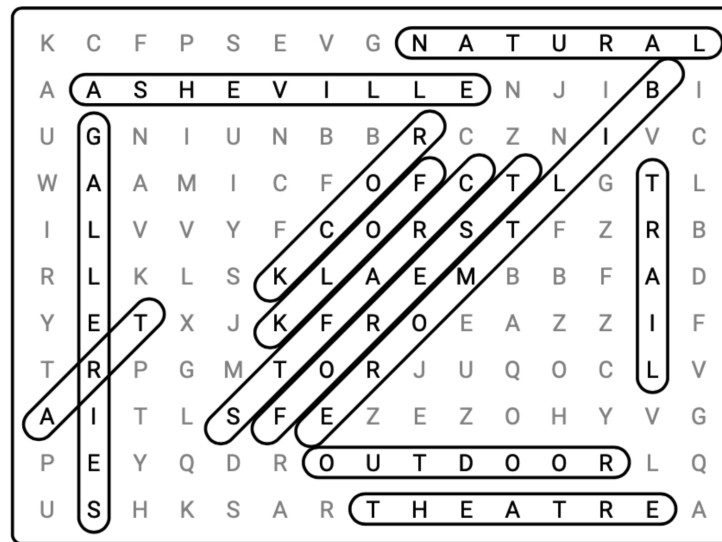


SEARCH

Bath's Pirate Past



Artsy Asheville



ANSWERS



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Programs and Services

Resources and Coaching

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.

Benefits Counseling

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.