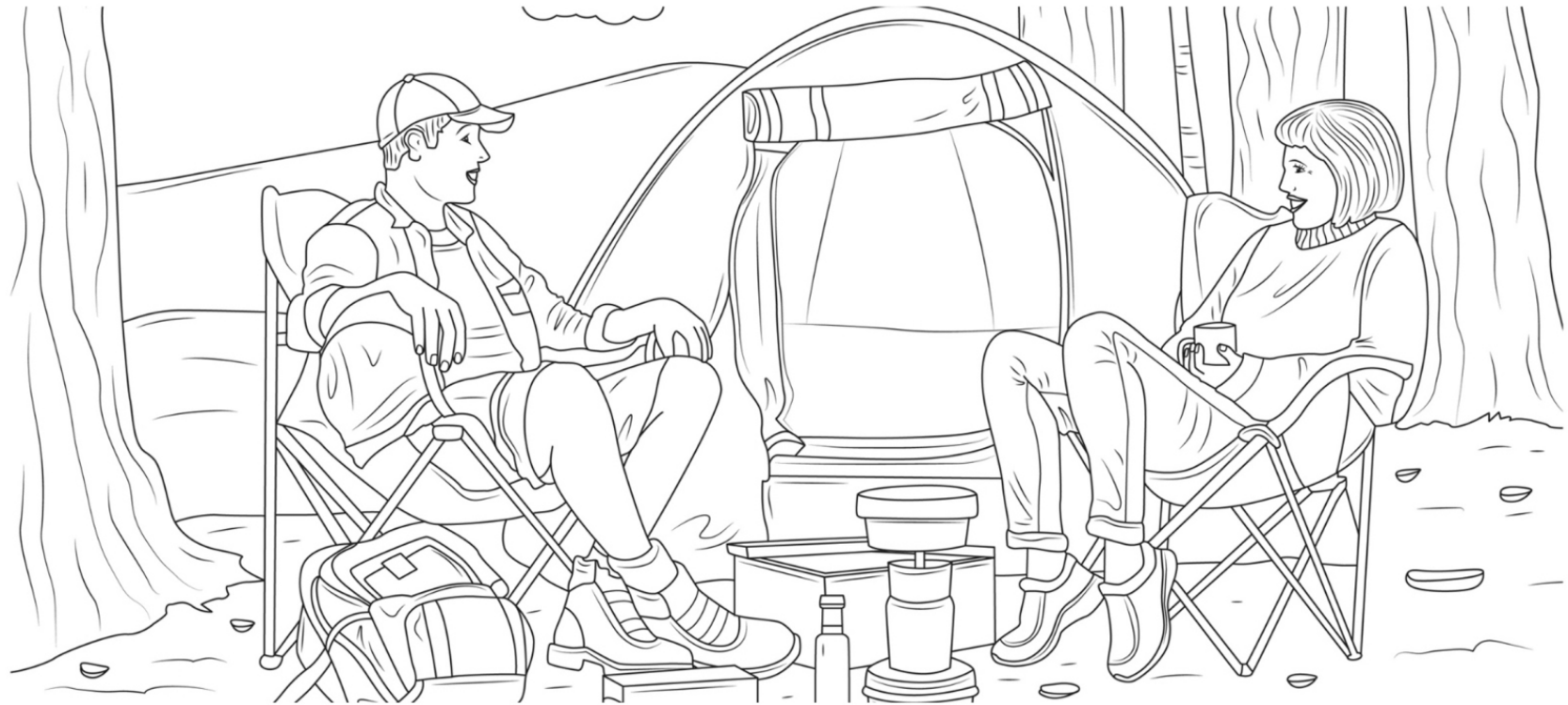


# COLORFUL FUN!

## ART, MAZES, & WORD SEARCH

February 2024 • **Out & About**





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

2024 - EDITION #2

## **OUT AND ABOUT NORTH CAROLINA**

As we continue to embark on a captivating journey through North Carolina, each destination promises a unique adventure. The enchanting Blue Ridge Mountains stand tall, inviting you to explore scenic wonders along the Blue Ridge Parkway—perfect for a road trip or hiking escapade. Delight your taste buds with North Carolina's classic cuisine, a feast of barbecue traditions that cater to every palate. Venture to the Great Smoky Mountains, where lush landscapes and diverse wildlife create a nature lover's paradise. For coastal charm, Cape Hatteras beckons with sandy shores, historic lighthouses, and maritime heritage. Whether you seek outdoor thrills, culinary delights, or coastal serenity, North Carolina's diverse landscapes and rich culture guarantee an unforgettable experience. Come discover the Tar Heel State's inviting allure!

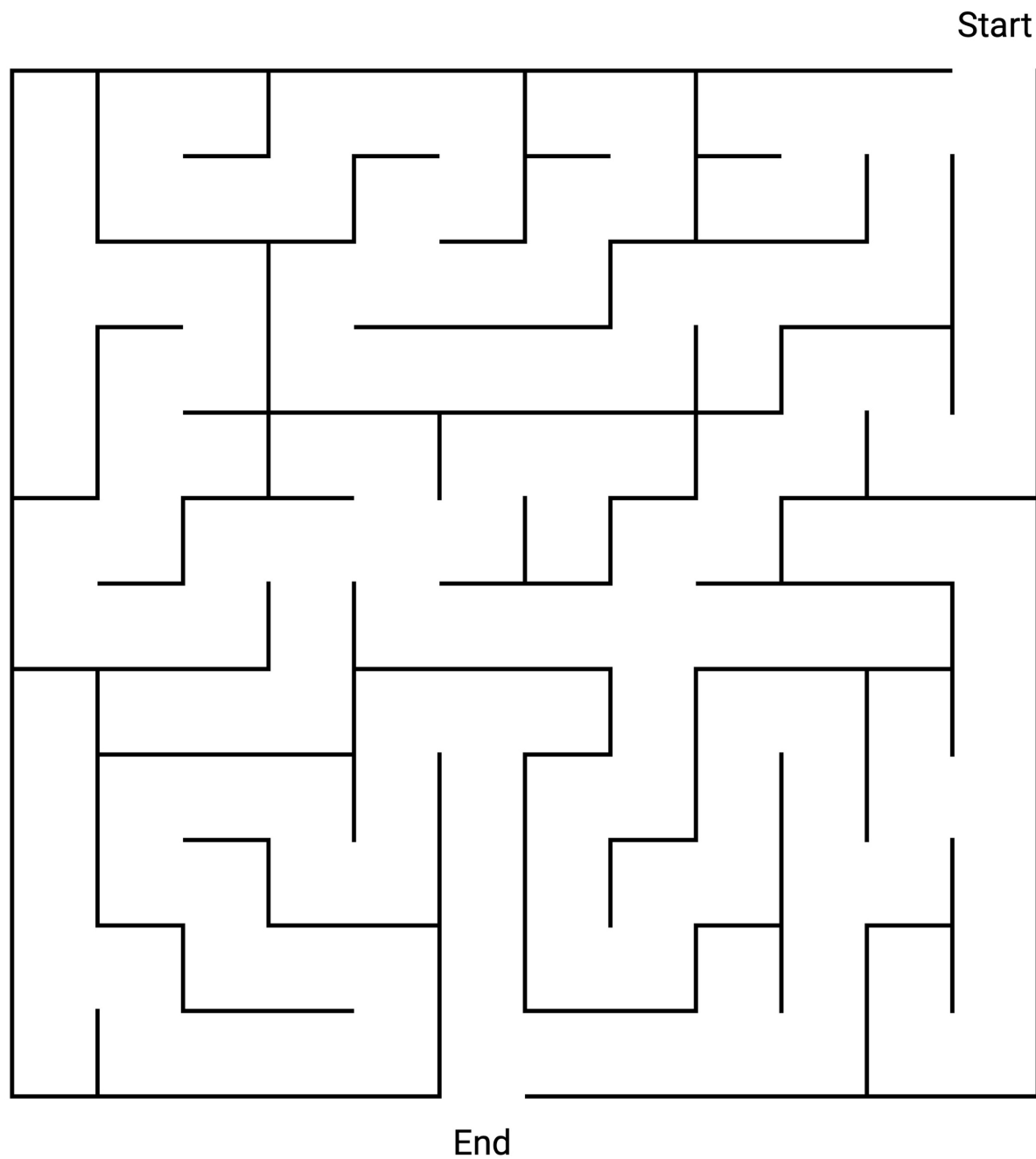
### **CHECK OUT OUR OTHER ACTIVITY BOOKS FOR SENIORS**

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

POWERED BY [WAYS2WELLNESS.HEALTH](http://WAYS2WELLNESS.HEALTH)



# Maze 1



# Blue Ridge Mountains



Can you find the words below in the box above?

Boots  
Camp  
Compass  
Cycle

Deer  
Flowers  
Foliage  
Hike

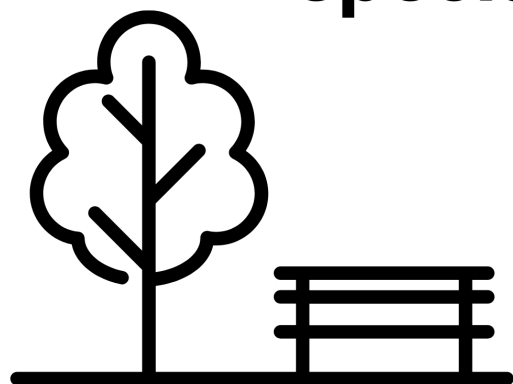
Map  
Mills  
Mountain  
Music



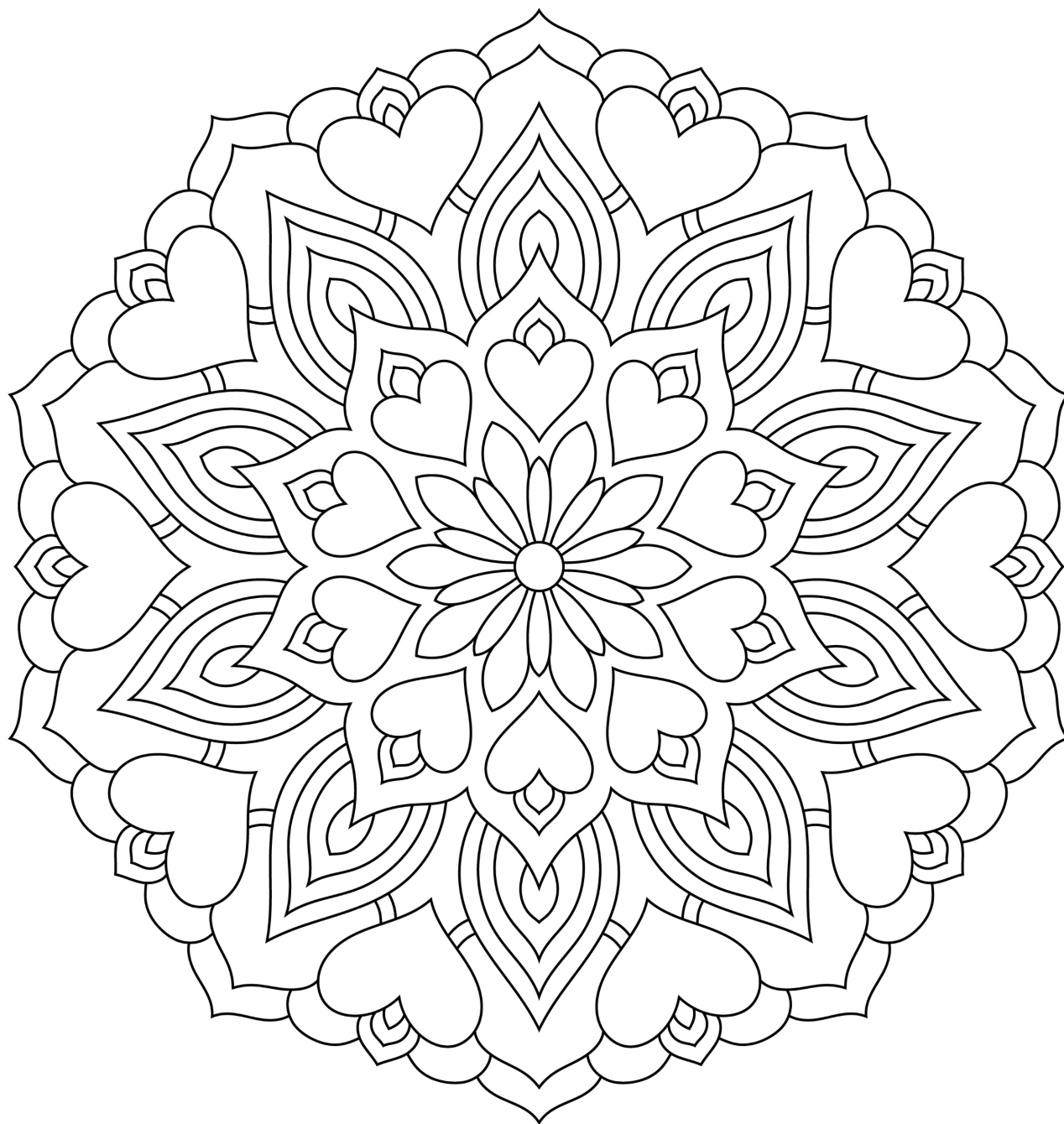
**What are your favorite spots  
in the local area?**

**It could be a favorite park,  
restaurant, or store.**

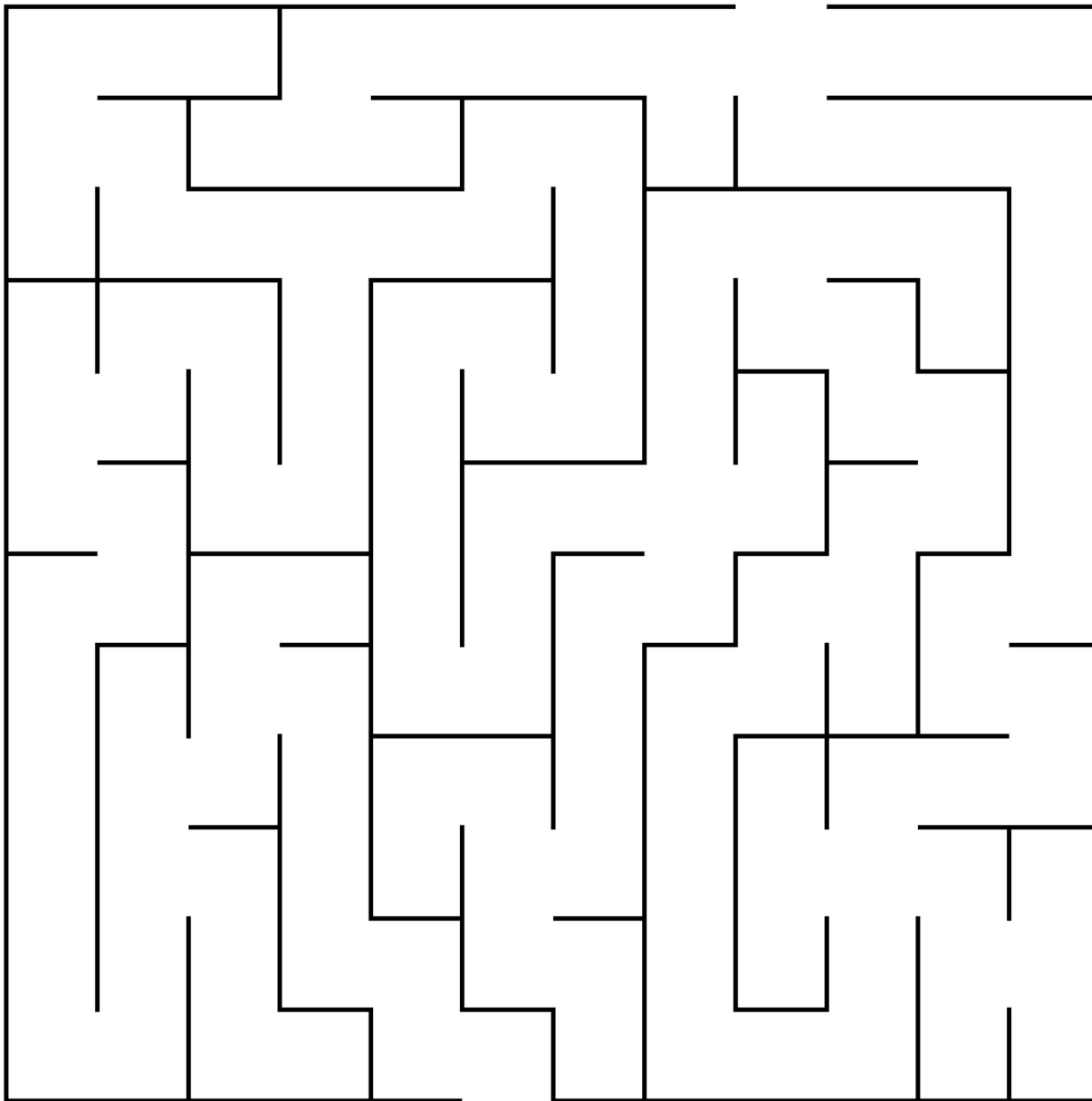
**What makes this place  
special to you?**







Start



End

**Maze  
2**

# Southern Cuisine



Can you find the words below in the box above?

Bacon  
Barbecue  
Biscuits  
Coleslaw

Collard  
Corn  
Fried  
Gravy

Greens  
Grits  
Ham  
Hushpuppy





**Write out the names of 10 special people in  
your life and for how many years you've  
known each person.**



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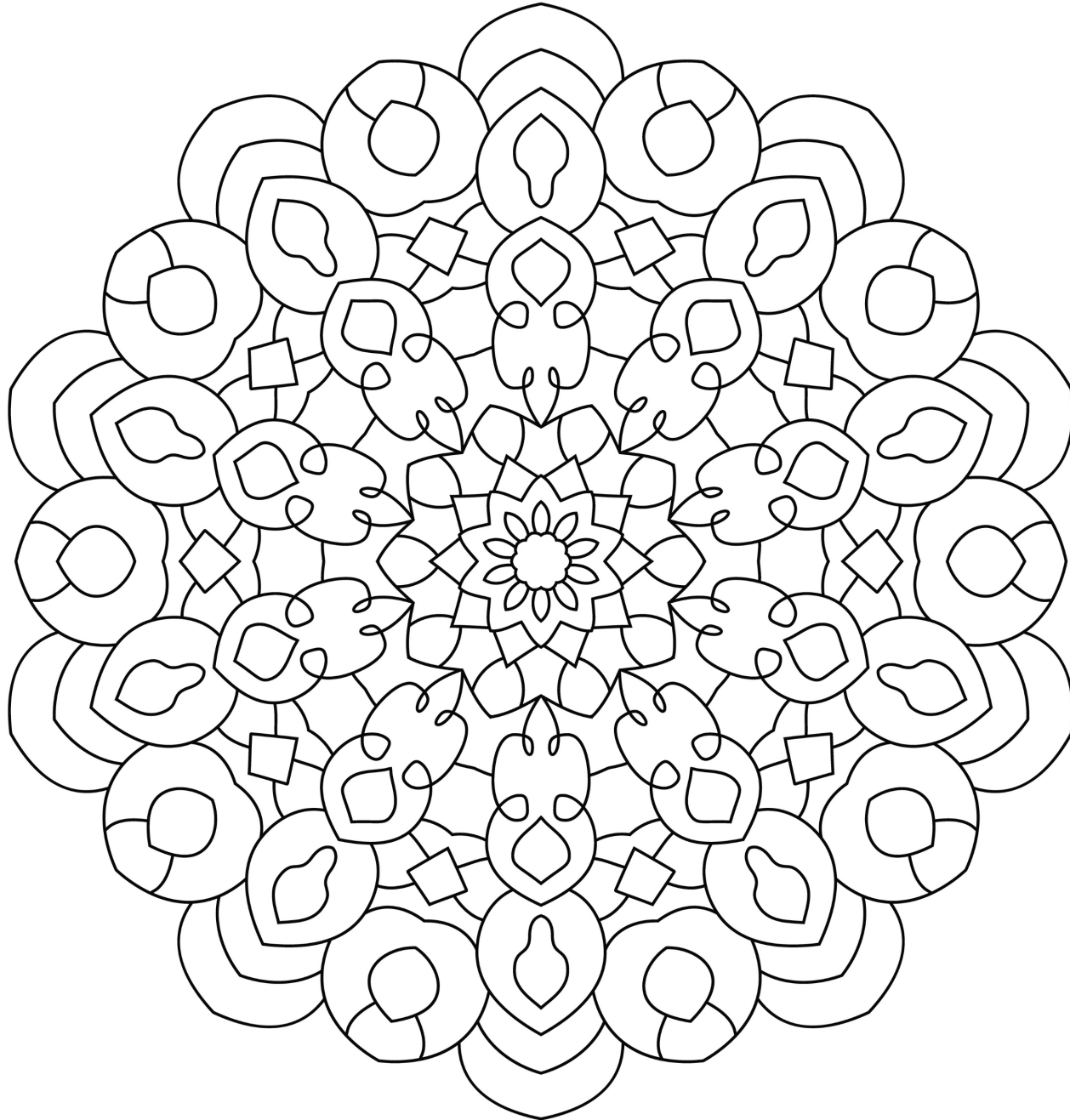
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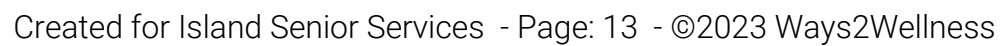
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# Great Smoky Mountain Animals



Can you find the words below in the box above?

Coyote

Deer

Eagle

Opossum

Otter

Quail

Rabbit

Raccoon

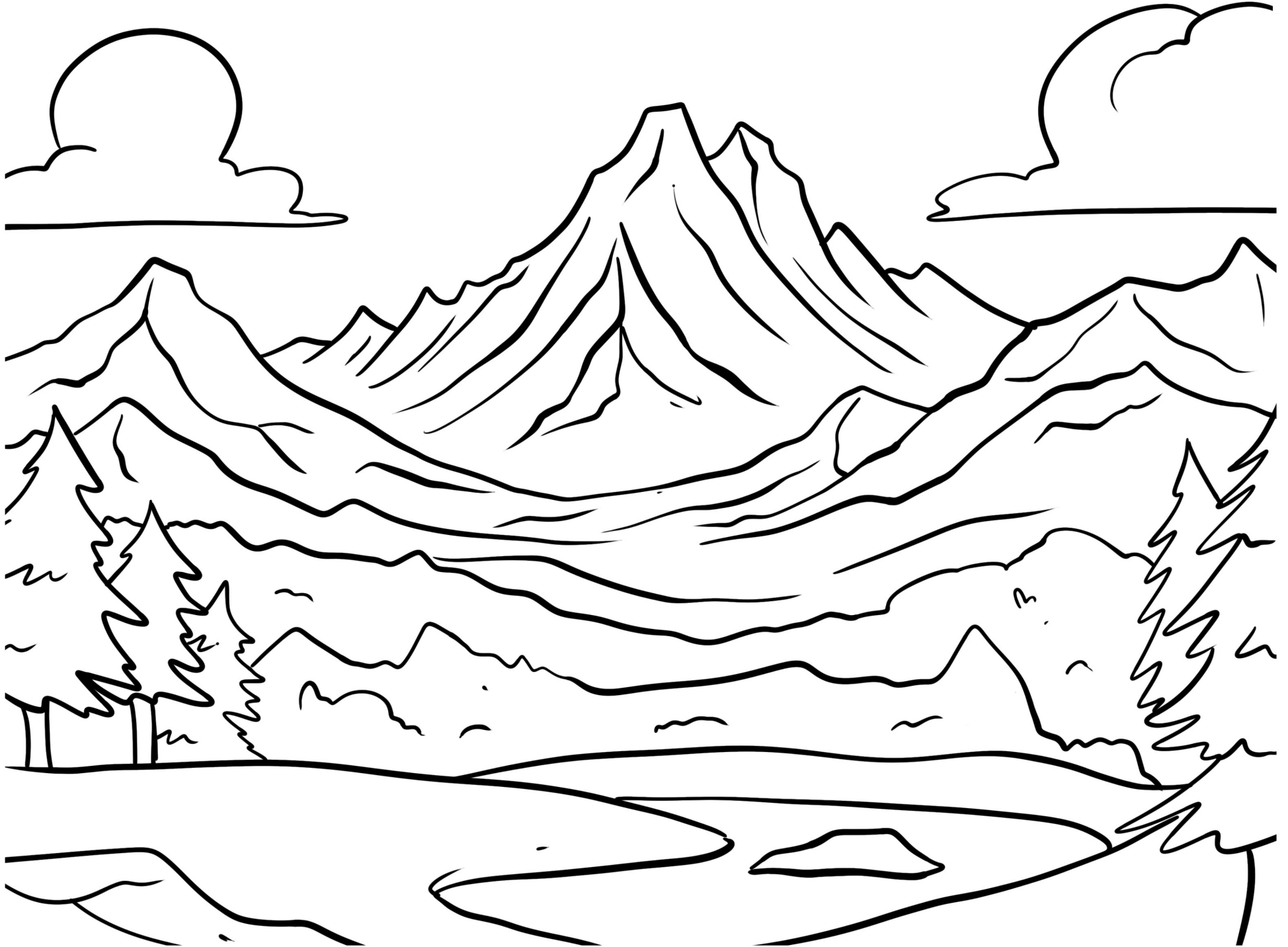
Rattlesnake

Squirrel

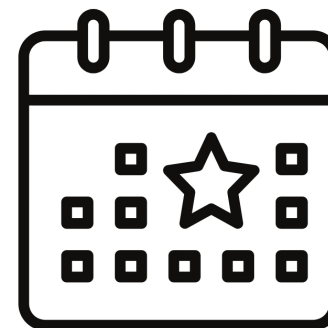
Turkey

Woodpecker

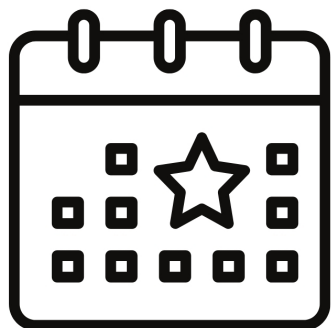


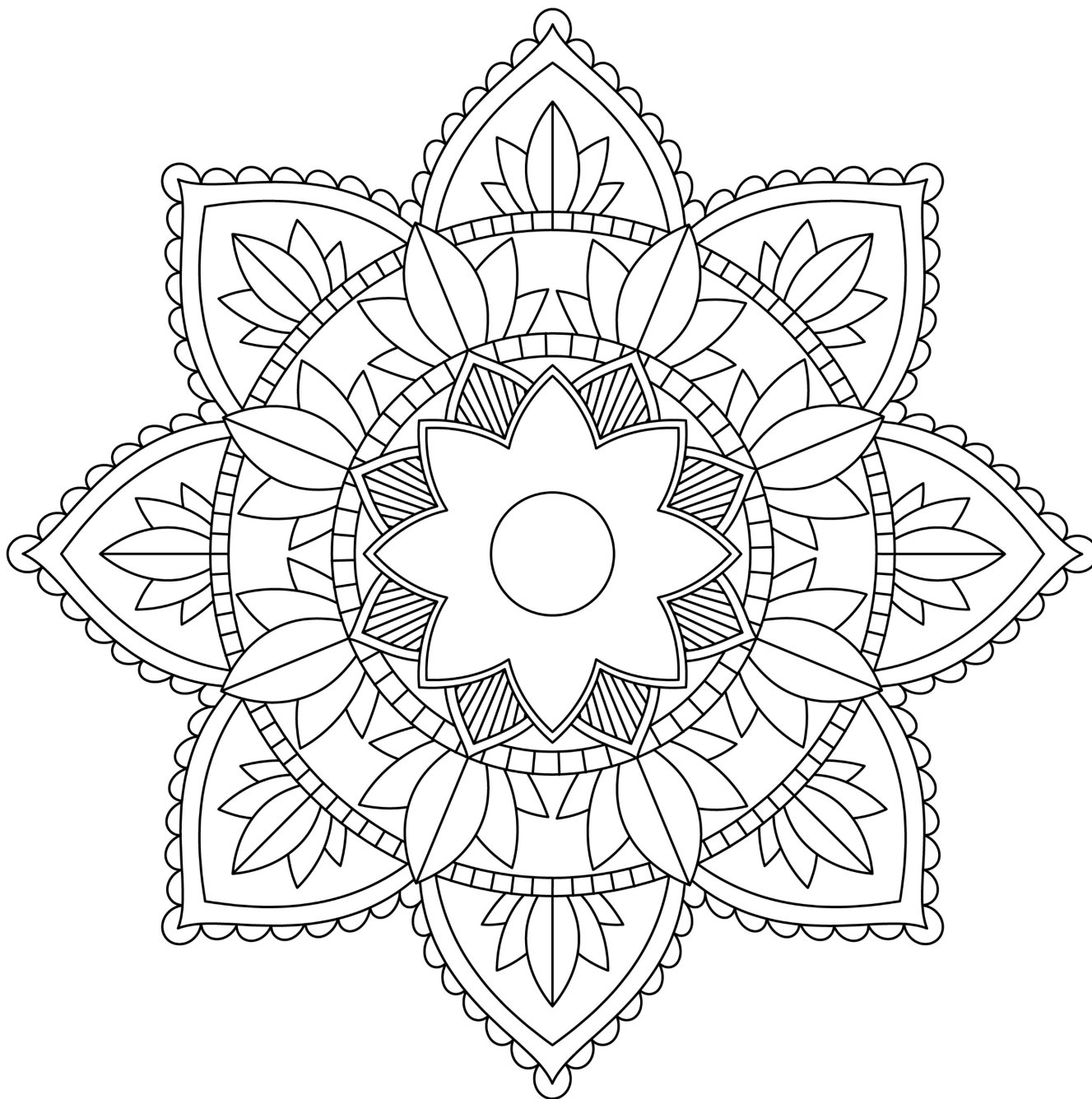


**Do you have any special events or  
appointments this month?**



**Write them down so that you don't forget!**









# Cape Hatteras

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

Can you find the words below in the box above?

Beach  
Breeze  
Cape  
Dune

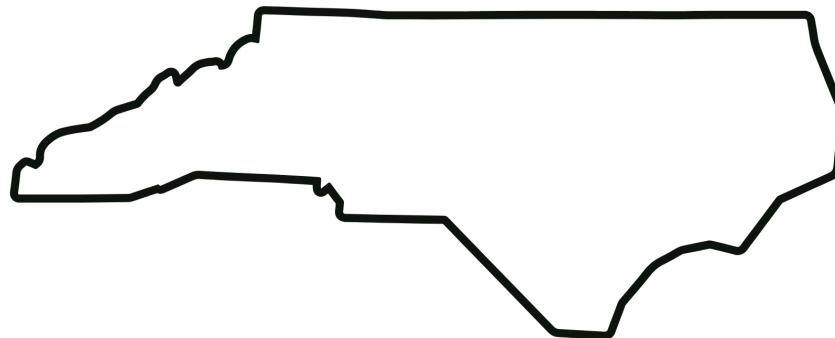
Hatteras  
Islands  
Kite  
Lighthouse

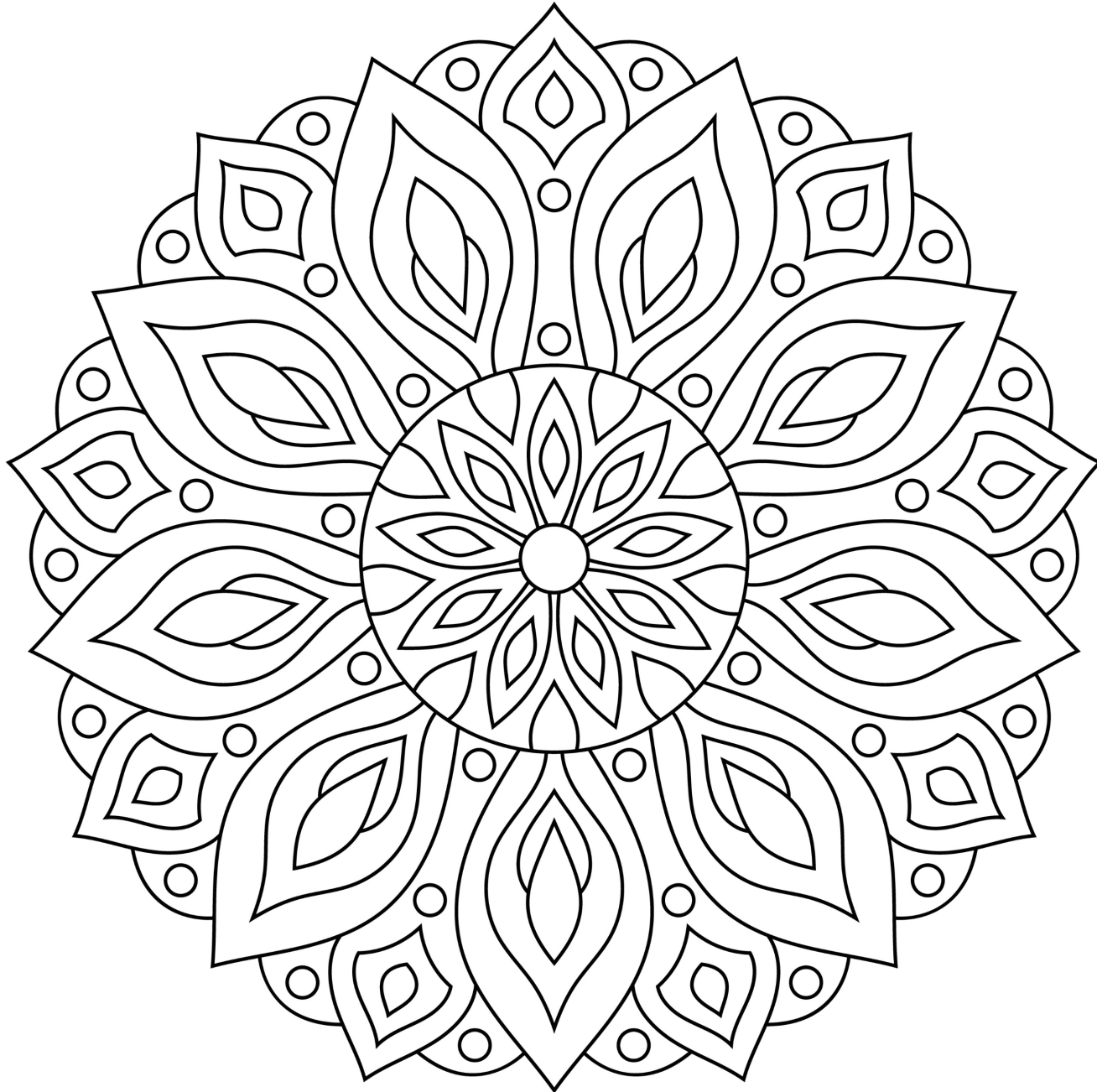
Marsh  
Natural  
Ocean  
Relax

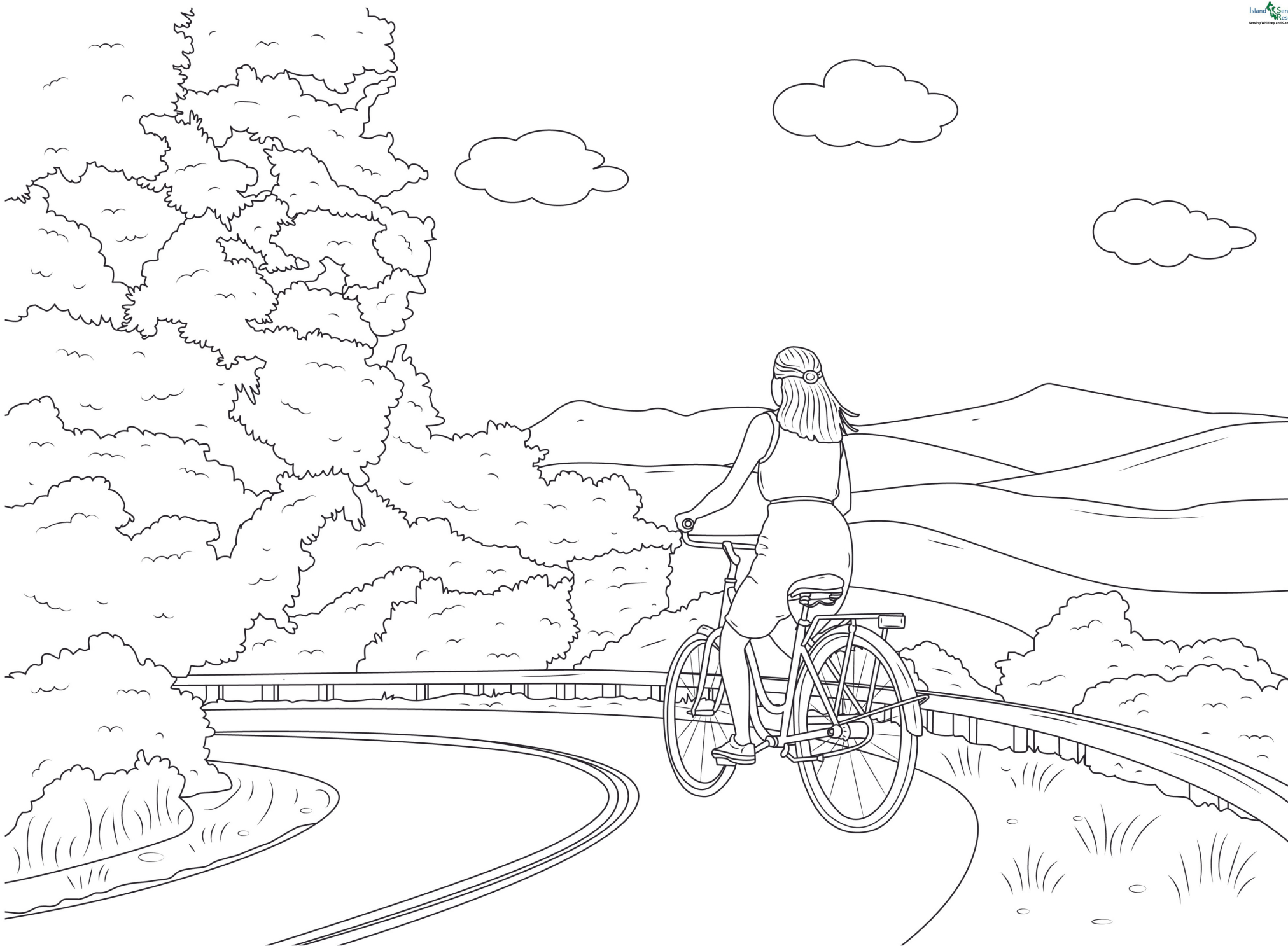




**When you think of North  
Carolina, what comes to your  
mind?**





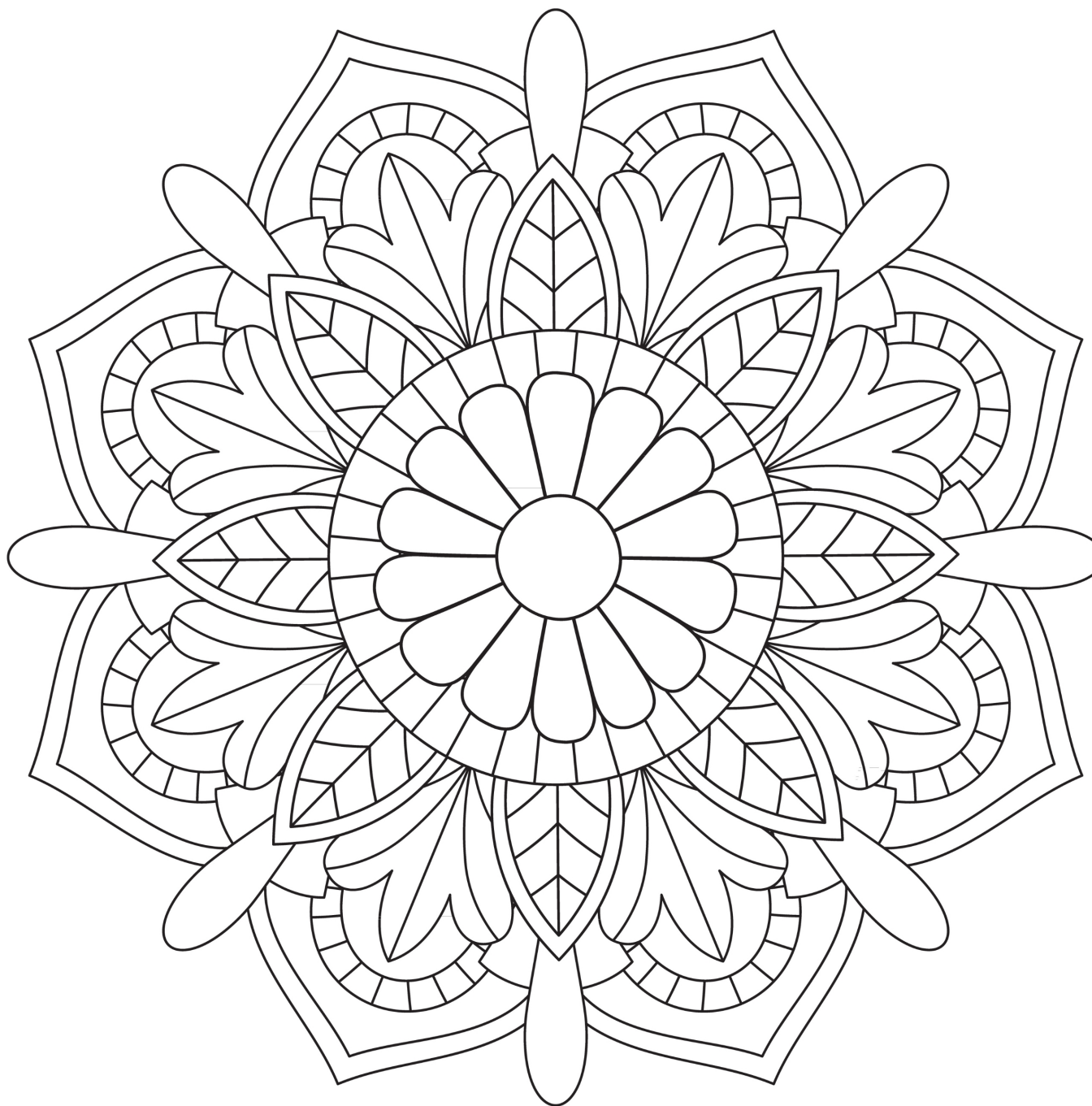


**Can you name a**  
**Sibling:**  
**Child:**  
**Grandchild:**  
**Great grandchild:**

**Take turns and ask a friend!**









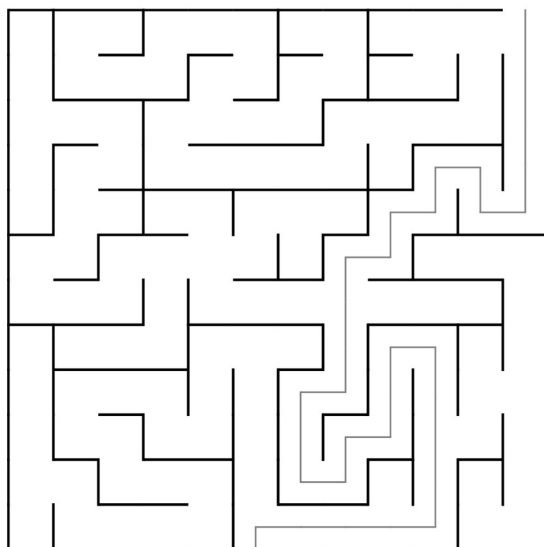
Draw a cozy cabin nestled in the Blue Ridge Mountains, surrounded by lush forests and a backdrop of rolling hills.

Illustrate the beauty of Raleigh as the "City of Oaks," with a focus on the majestic oak trees that line the streets and parks.

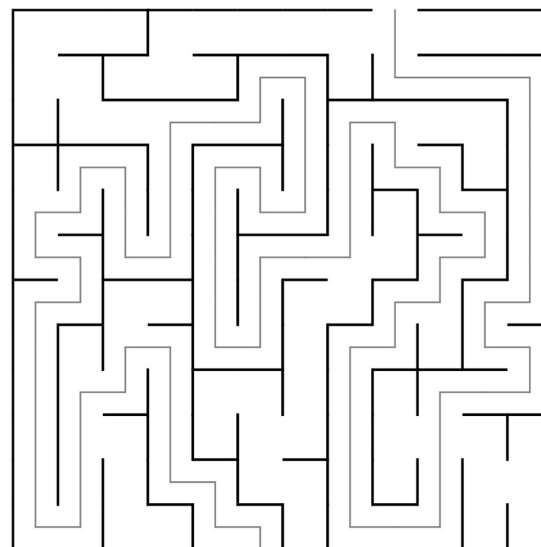
Illustrate a simple scene of the Wright Brothers' historic first flight at Kitty Hawk. Imagine the moment of takeoff with a basic representation of the airplane.

**M  
A  
Z  
E**

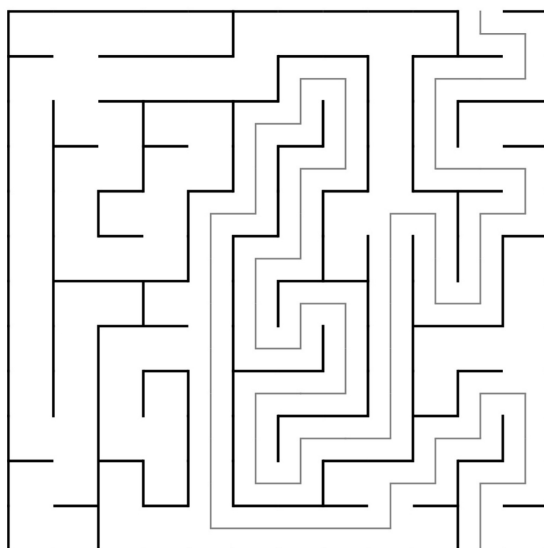
**1**



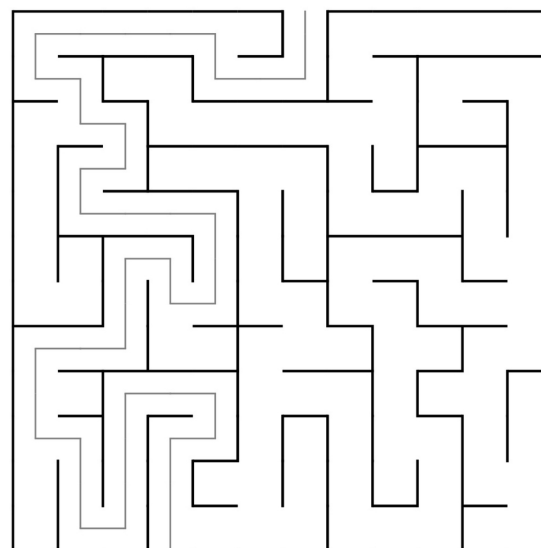
**2**



**3**

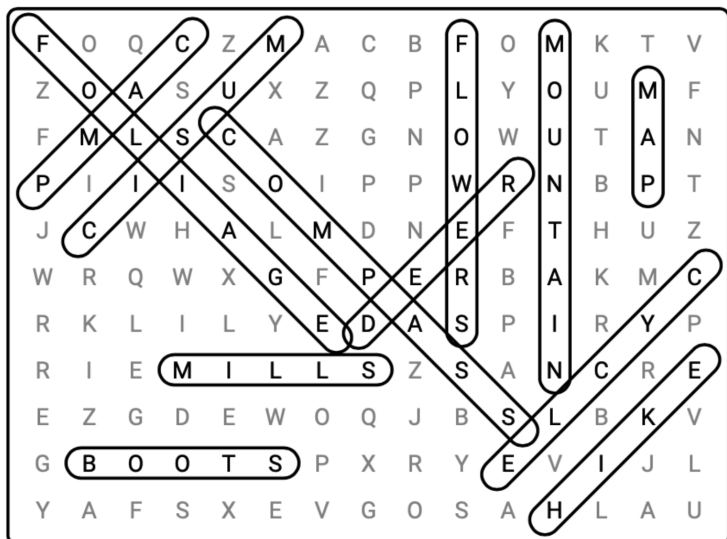


**4**

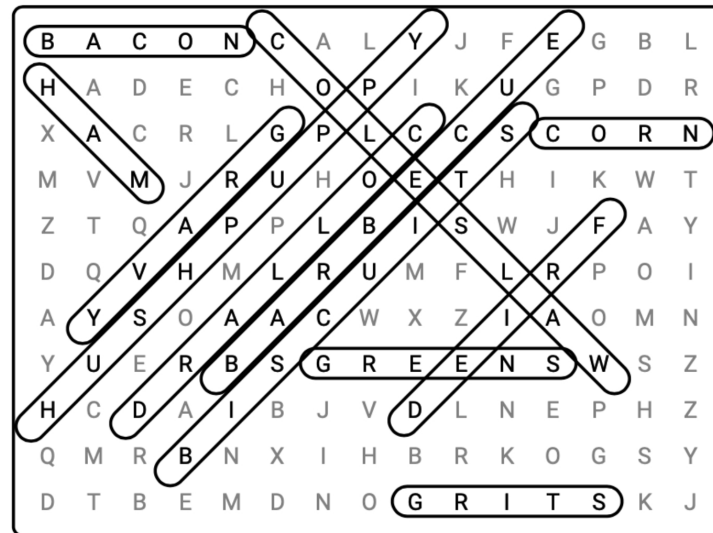


**A  
N  
S  
W  
E  
R  
S**

## Blue Ridge Mountains

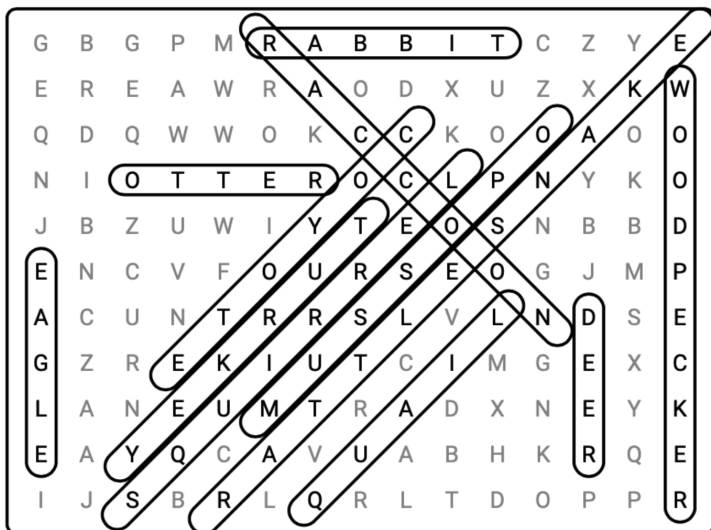


## Southern Cuisine

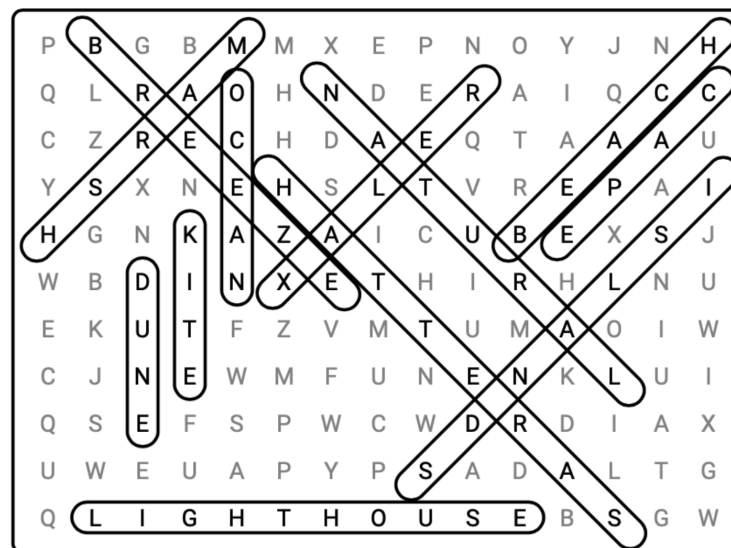


**SEARCH**

## Great Smoky Mountain Animals



## Cape Hatteras



**ANSWERS**



Serving Whidbey and Camano islands

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

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

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