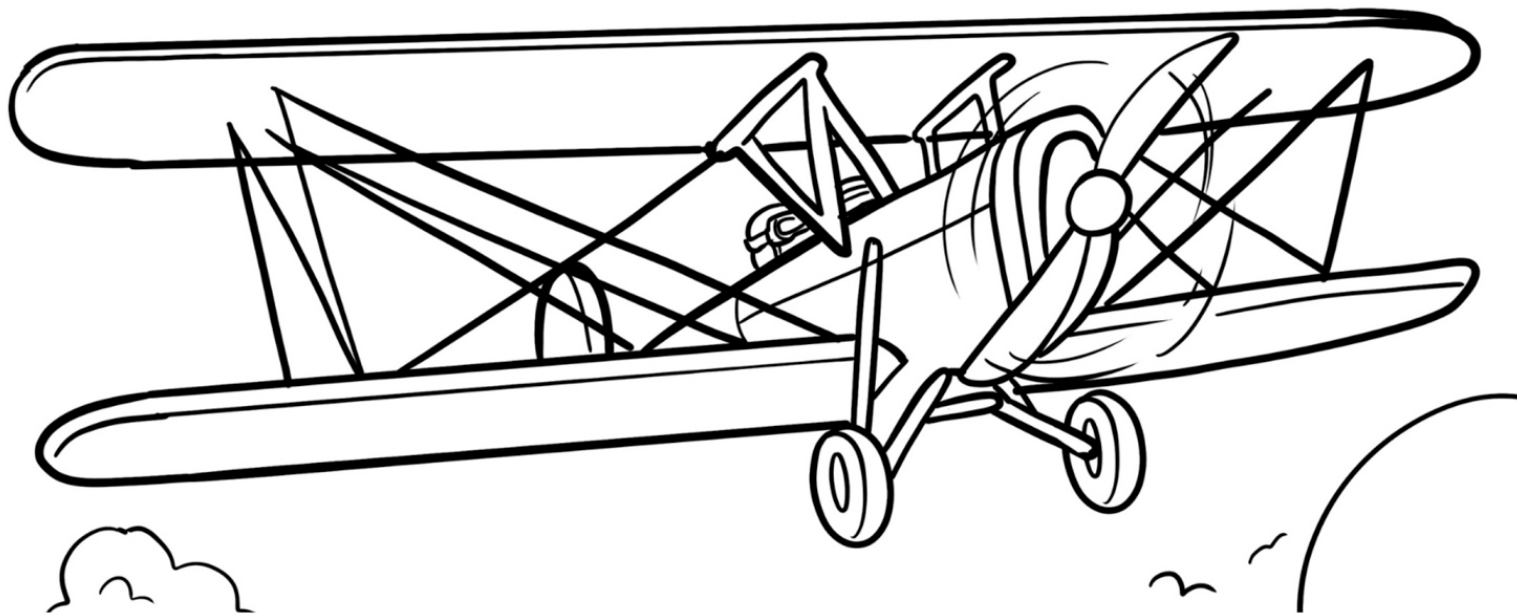


COLORFUL FUN!

ART, MAZES, & WORD SEARCH

February 2024 • **In My Life**





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

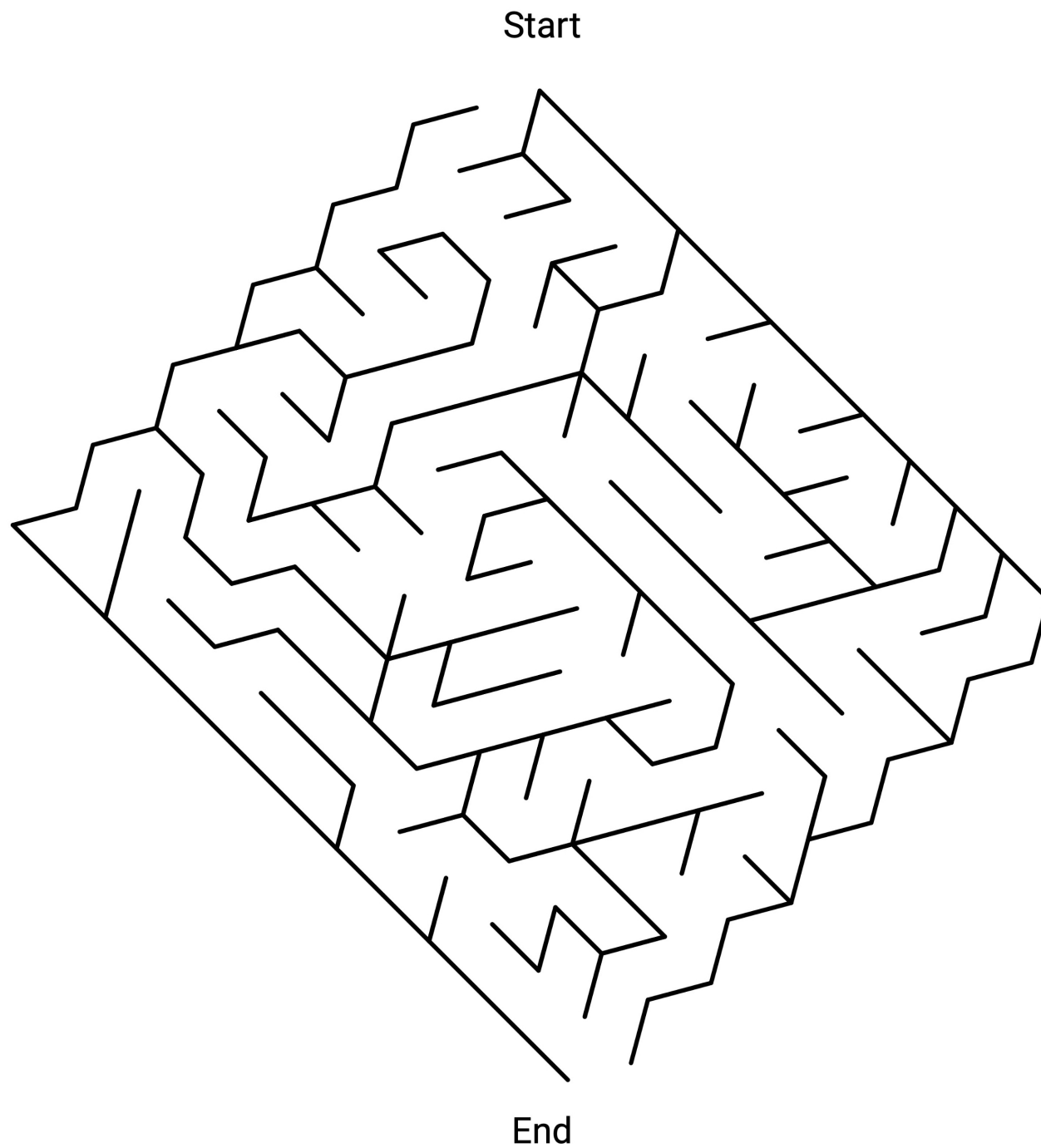
2024 - EDITION #2
IN MY LIFE
NORTH CAROLINA

As we celebrate North Carolina's vibrant history, seniors can take a nostalgic trip down memory lane, revisiting the cherished moments of their youth. The soulful melodies of folk music that once filled the air in the heart of Appalachian culture can transport them back to simpler times, where each note carried a story. Imagine the joy of casting a fishing line into peaceful waters, sharing tales with friends, and relishing the thrill of a successful catch—a pastime etched in the memory of many seniors. Recall the days when the skies above witnessed the early days of aviation, from the Wright Brothers' historic flight to the present, capturing the awe-inspiring progress of airborne exploration. These are more than just recollections; they are precious threads of American cultural fabric, woven into the very fabric of seniors' youthful experiences, waiting to be shared and cherished once again.

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



Folk Music

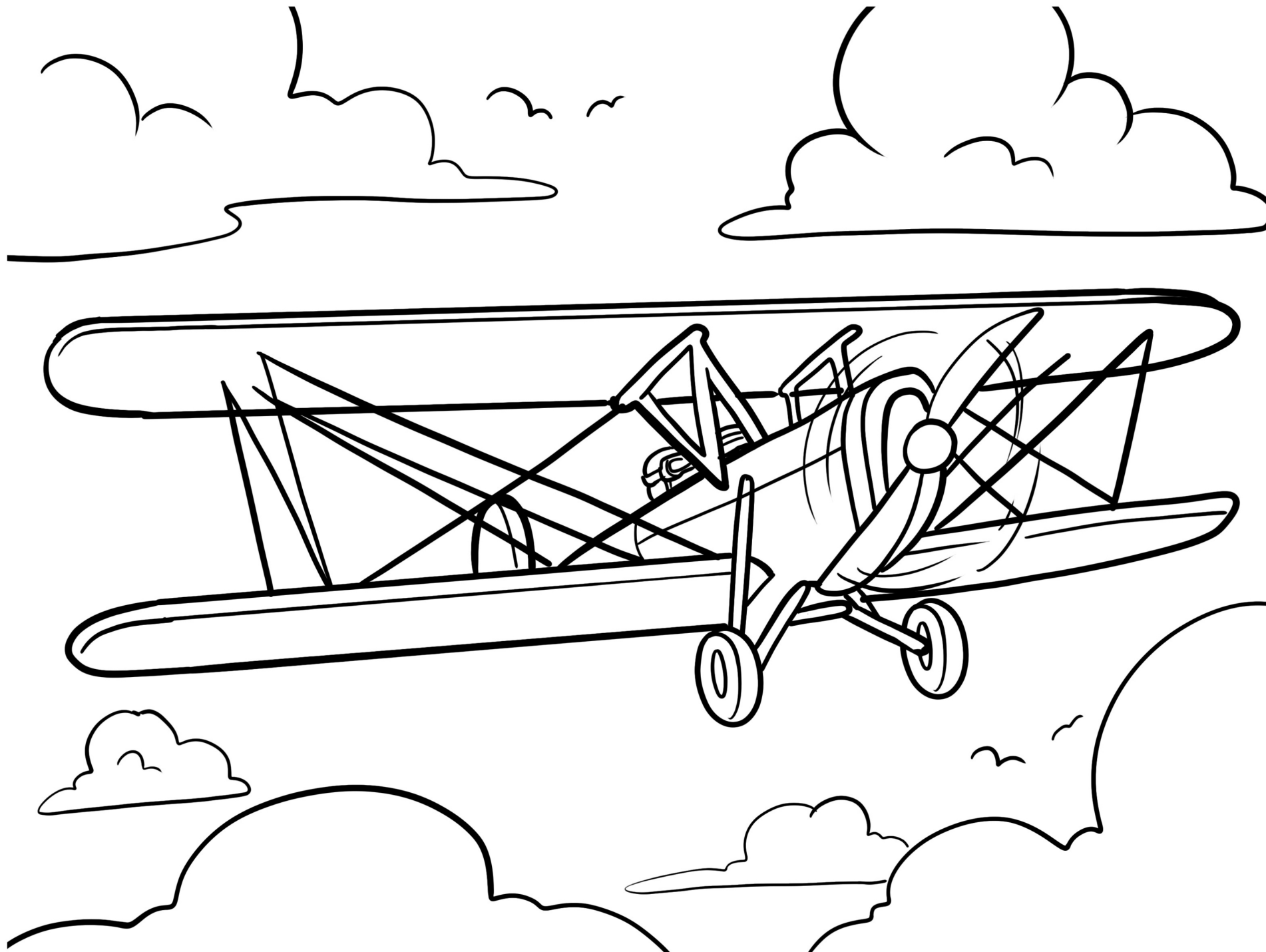


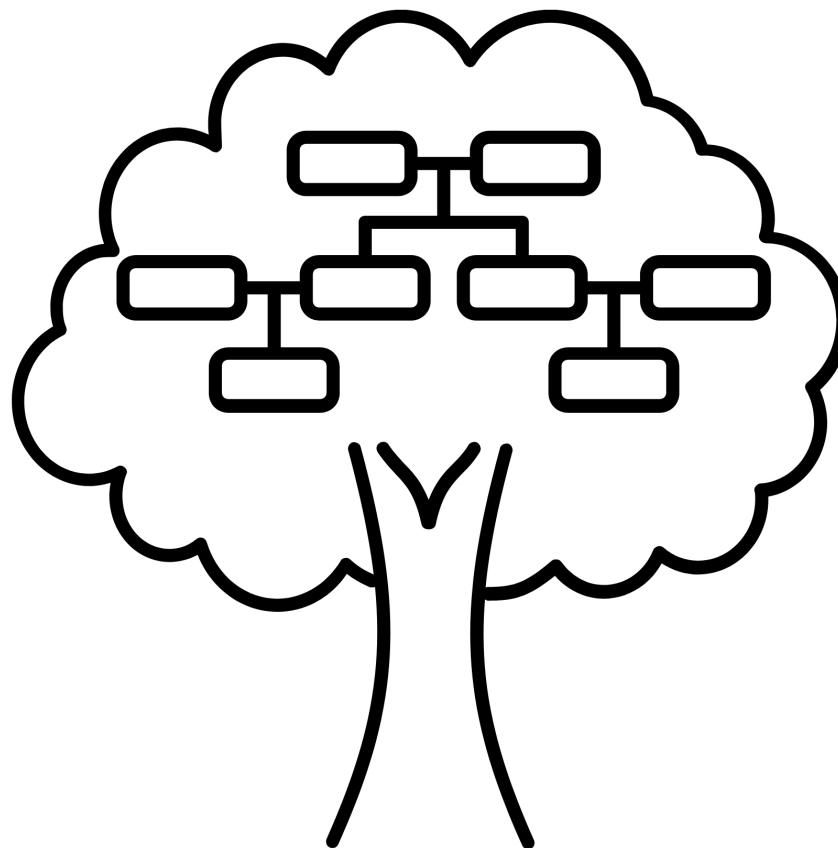
Can you find the words below in the box above?

Acoustic
Album
Anthem
Band

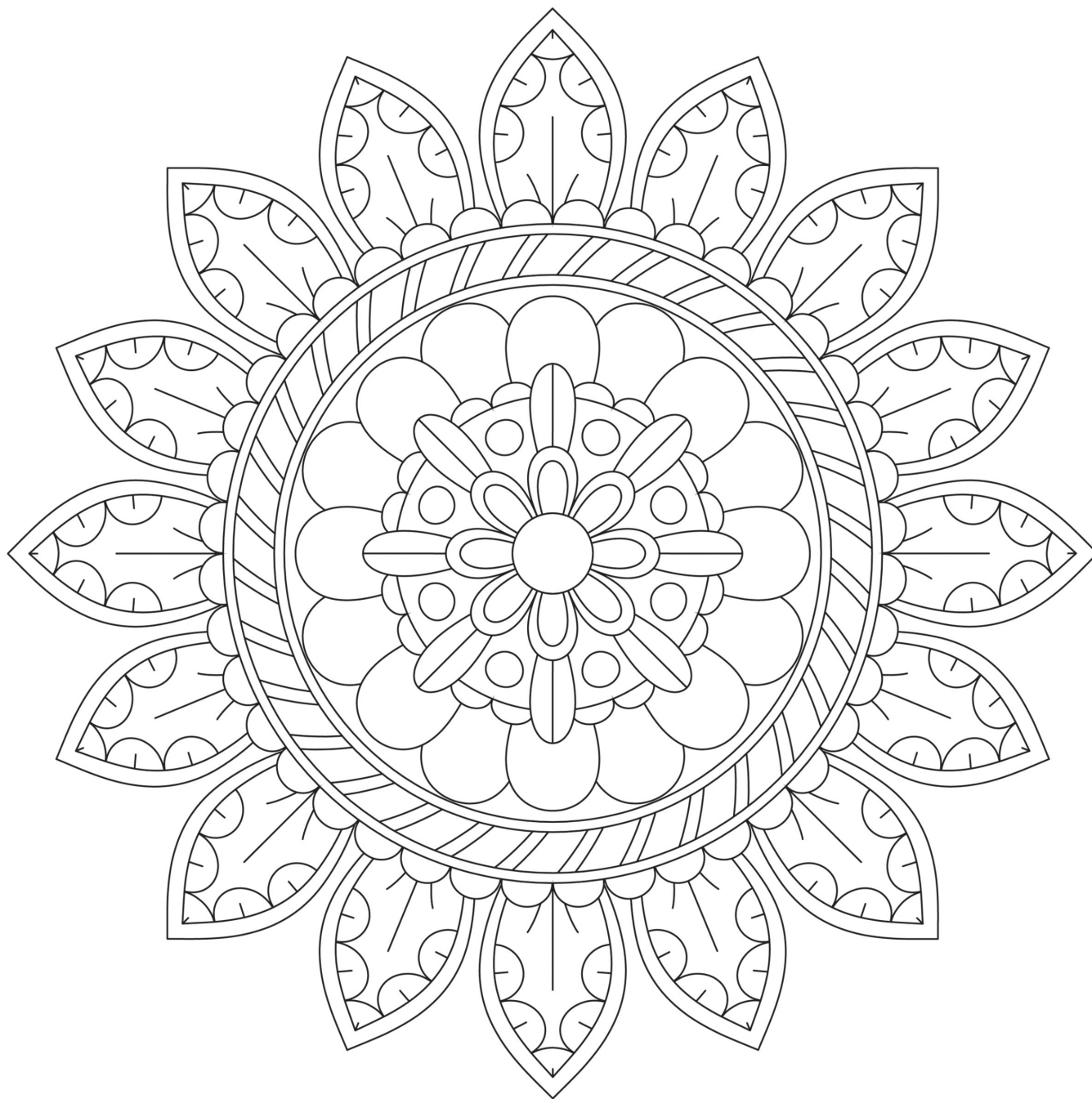
Folk
Lyrics
Music
Peace

Poetic
Rights
Singer
Song

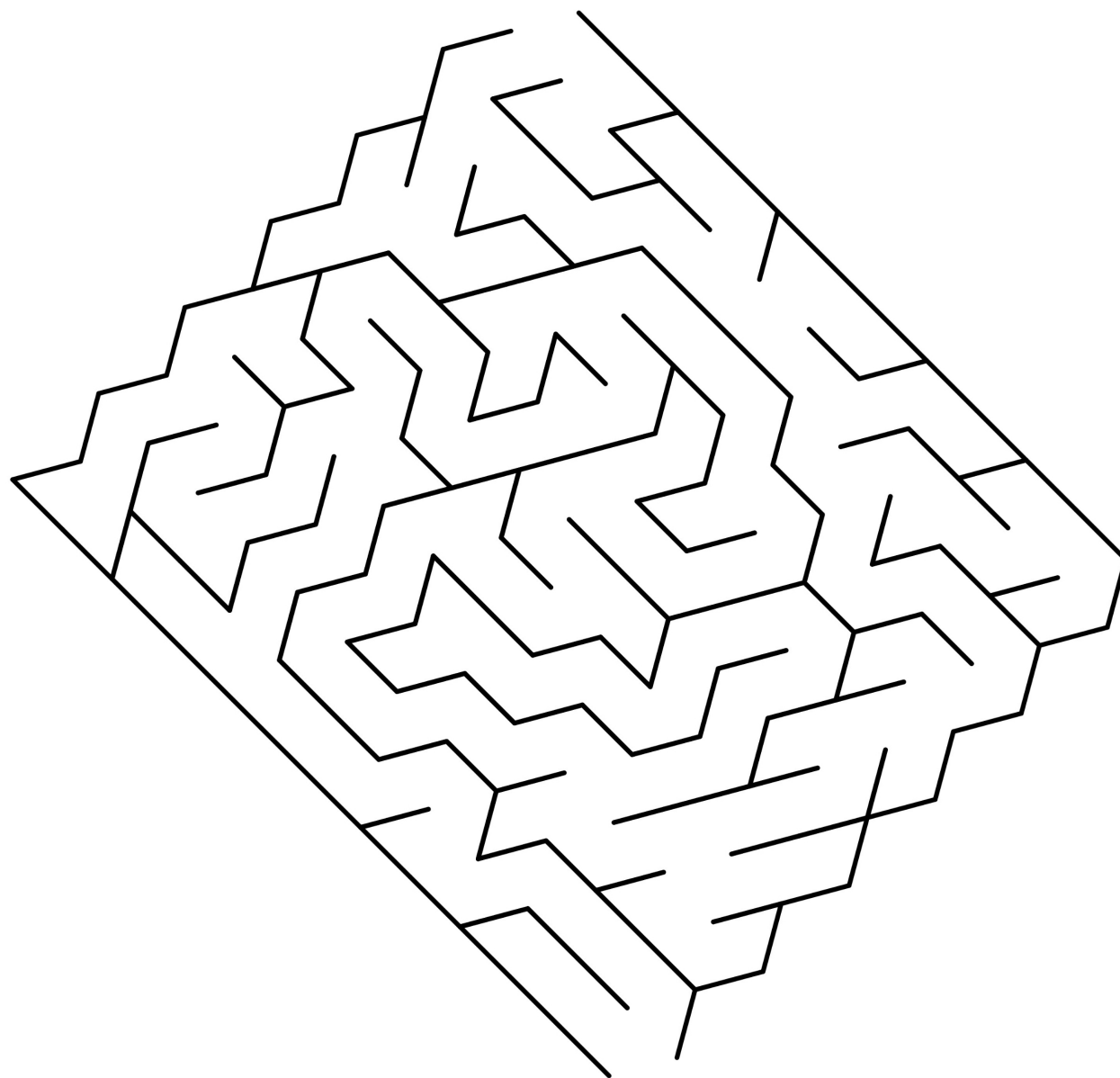




Describe a family member who has been a significant role model in your life.



Start



End

**Maze
10**

Fishing for Fun

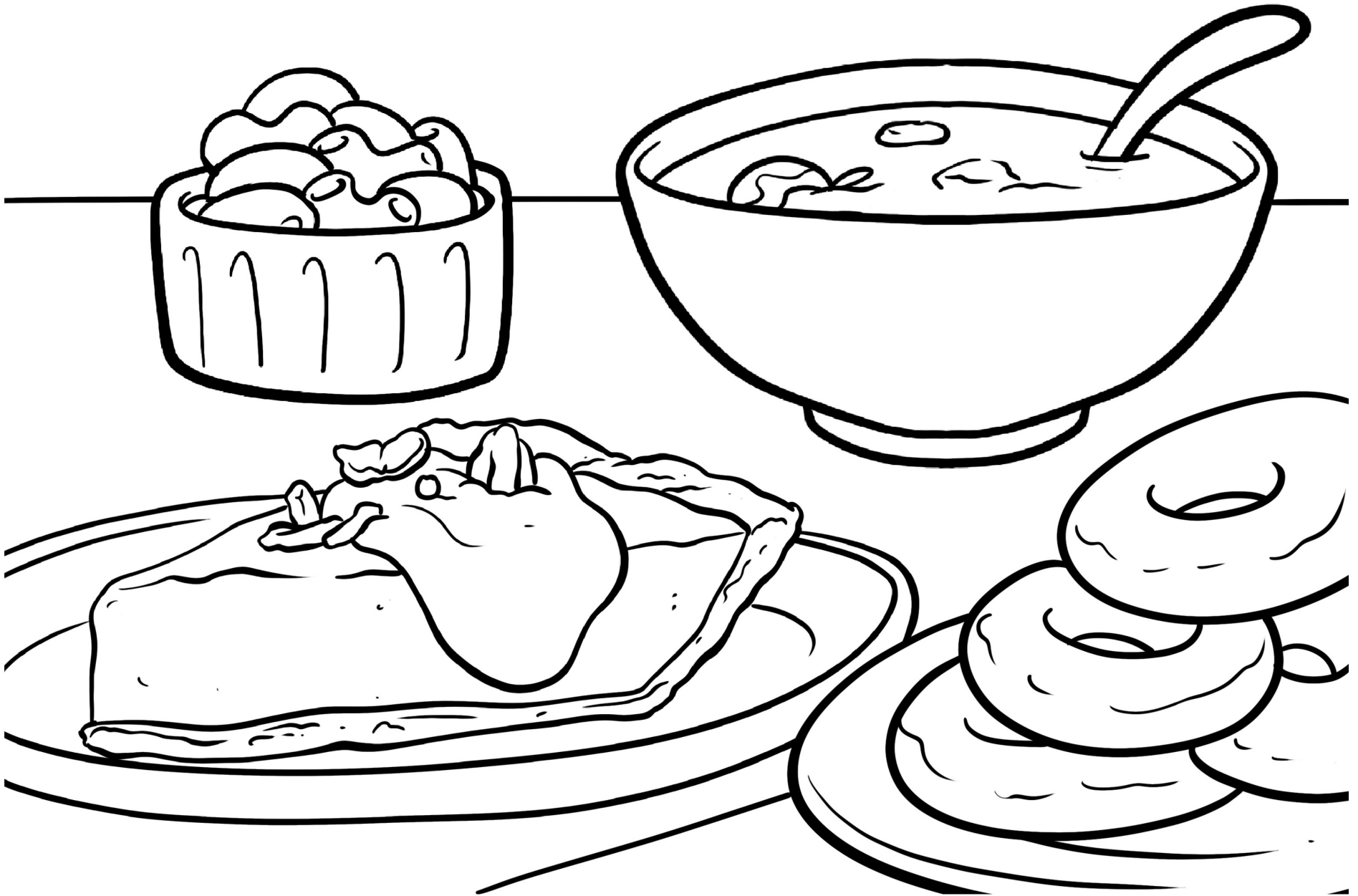


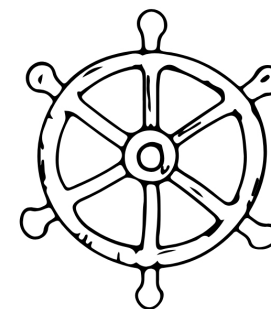
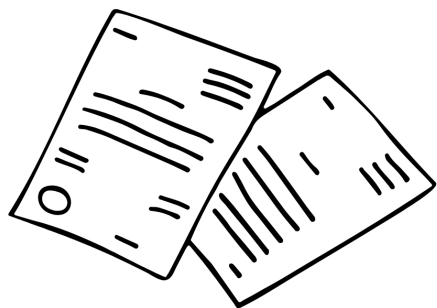
Can you find the words below in the box above?

Bait
Cast
Catch
Fish

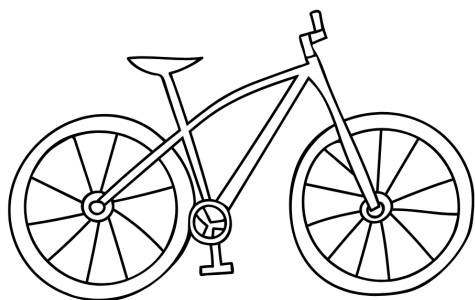
Hook
Jig
Lake
Lure

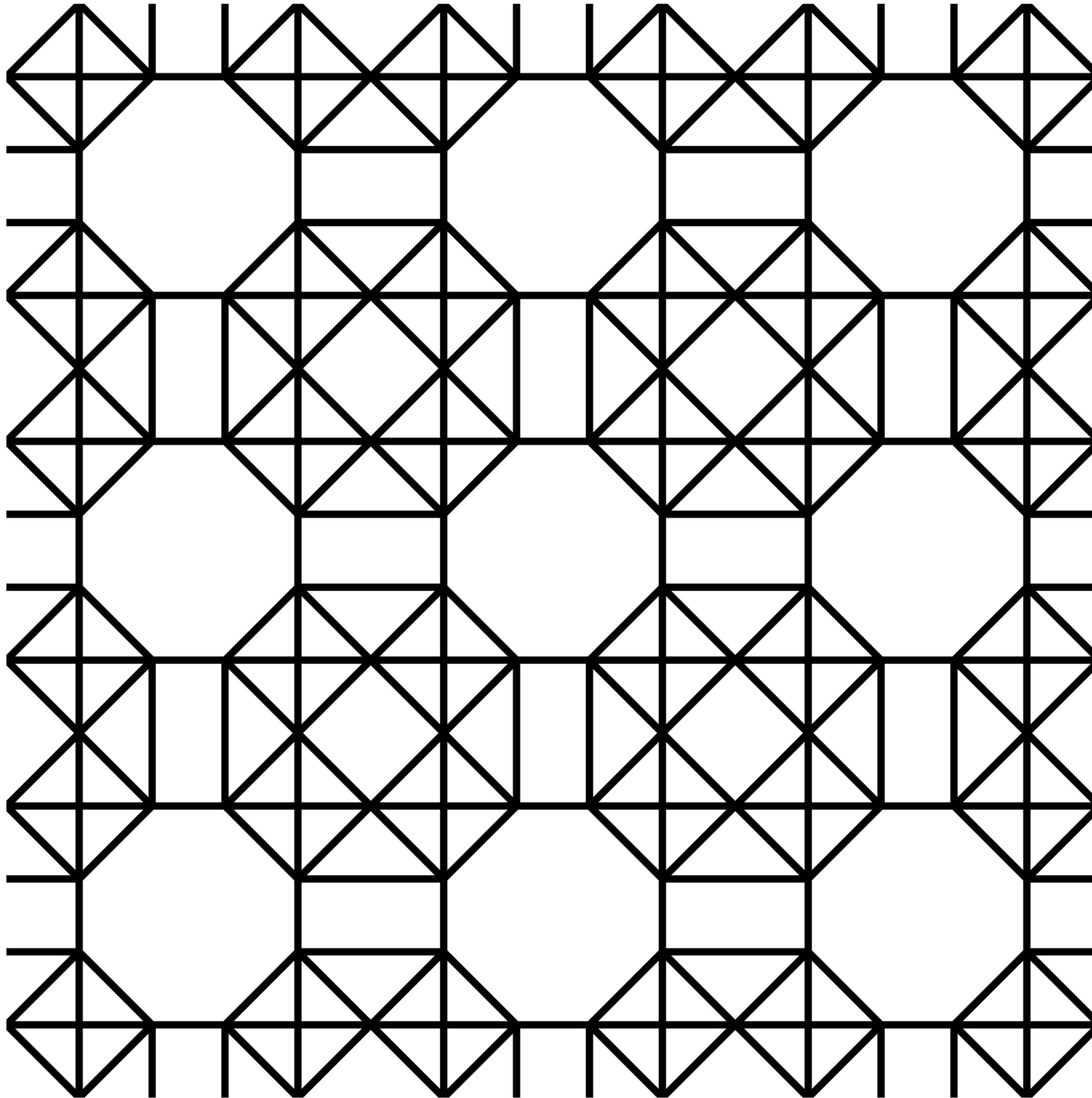
Net
Reel
River
Rod



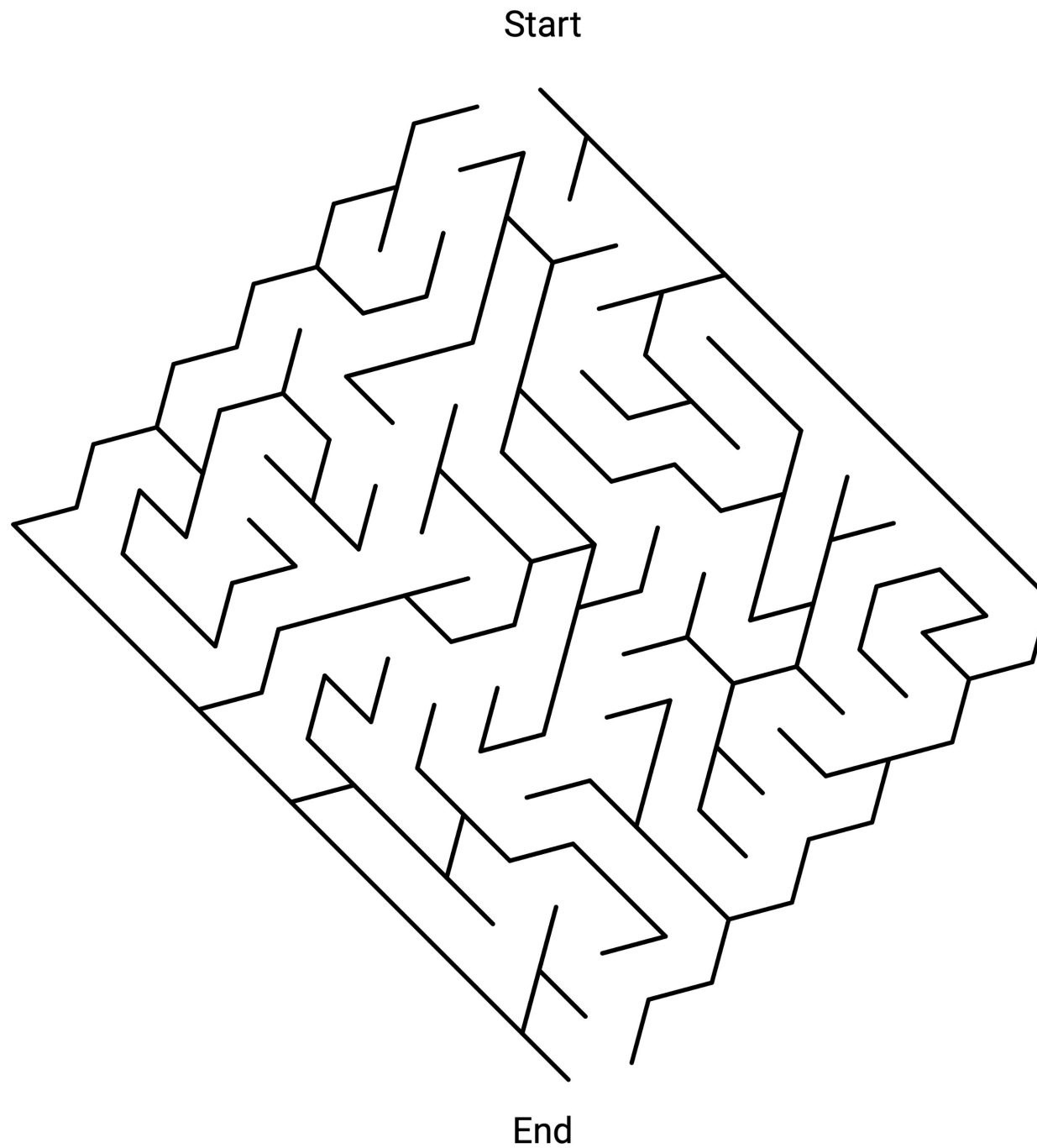


**What's the most
adventurous thing
you've ever done?**





Maze 11



The Wright Brothers

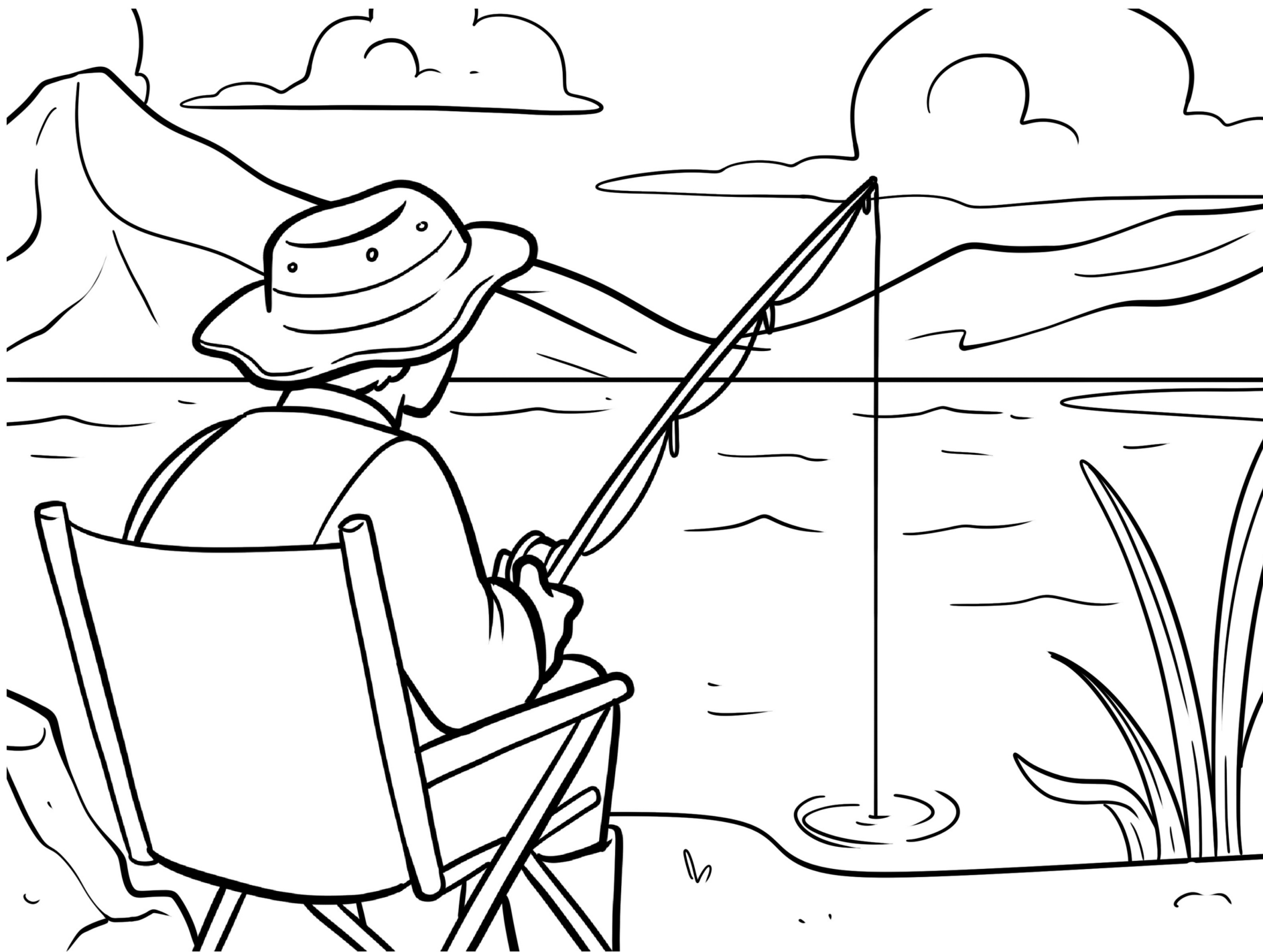


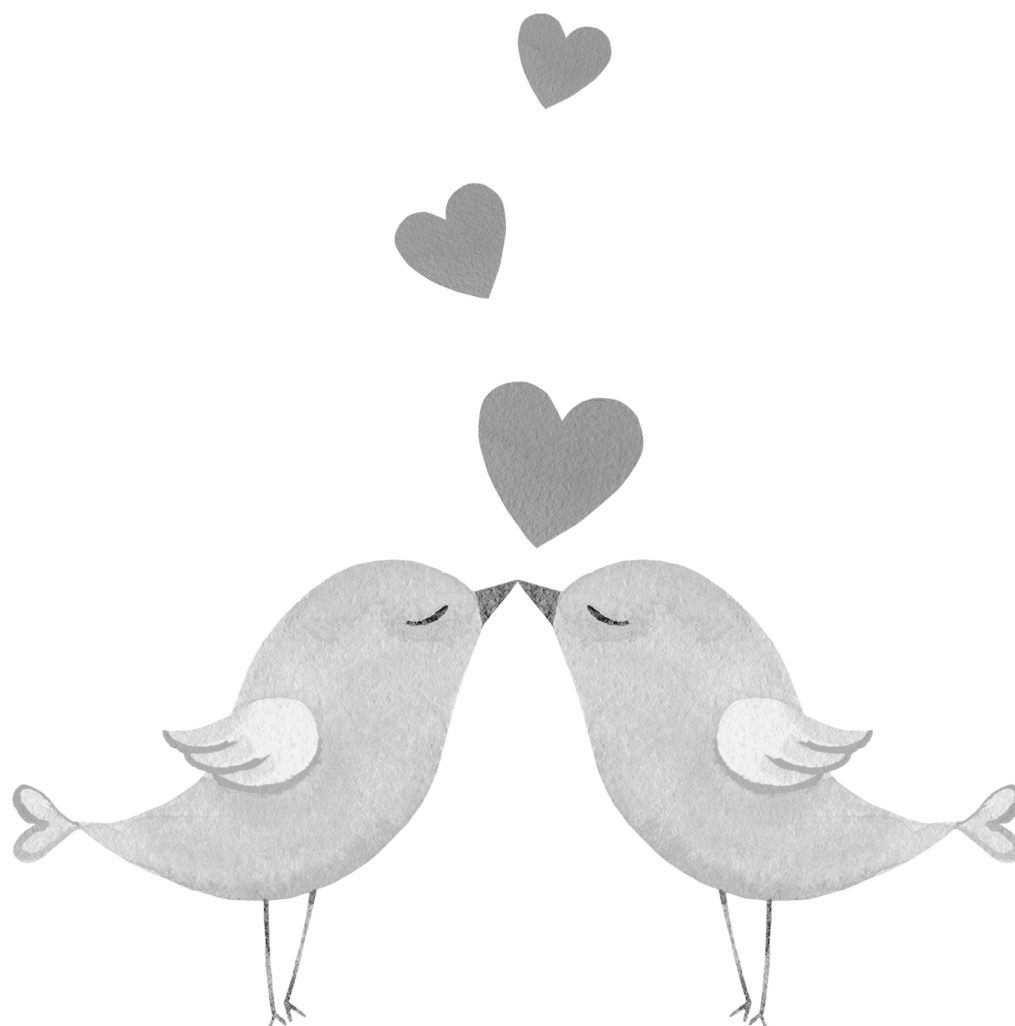
Can you find the words below in the box above?

Airplane
Aviation
Brothers
Cabin

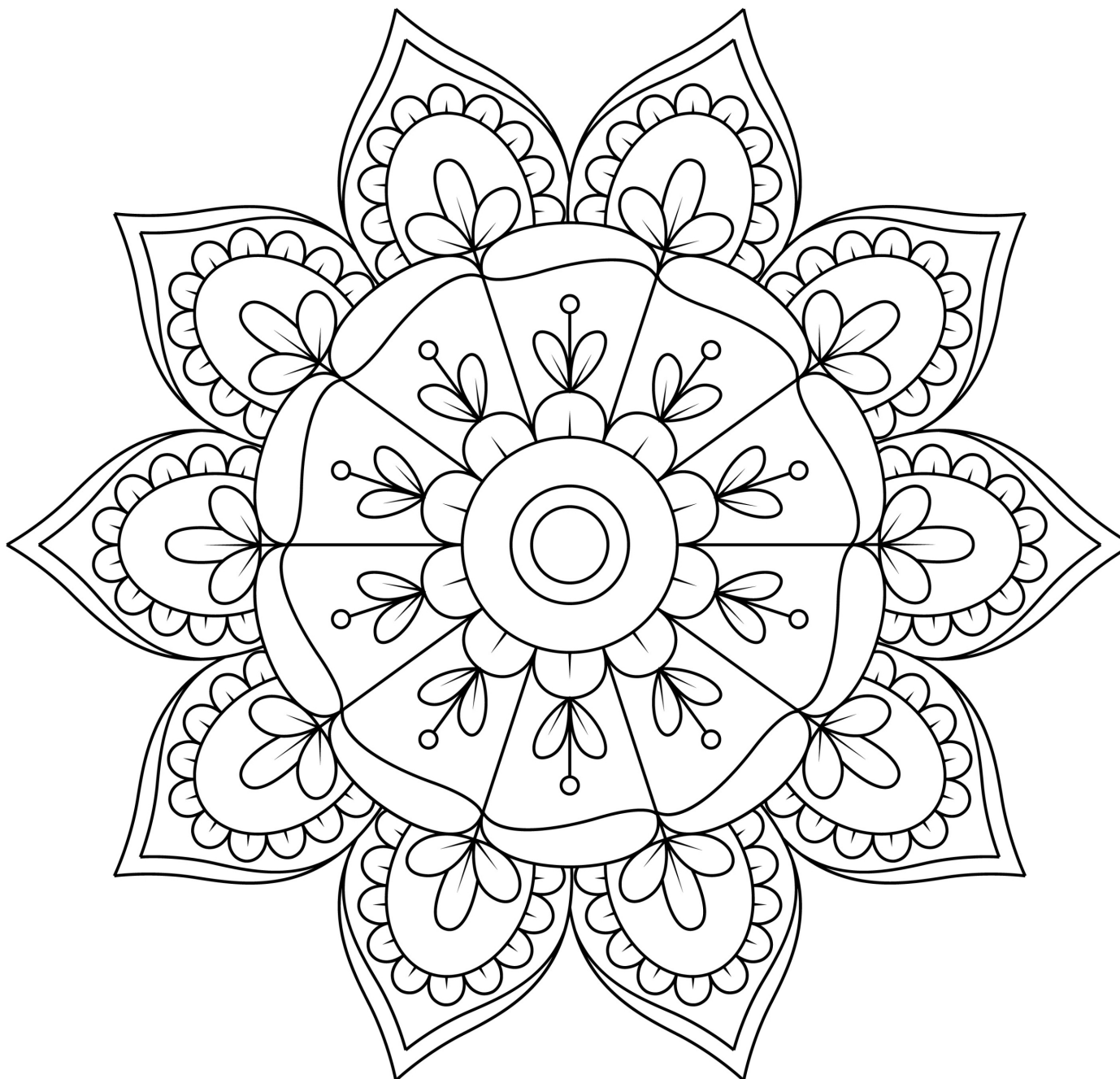
Cockpit
Engine
Flight
Glide

Launch
Orville
Pilot
Wilbur

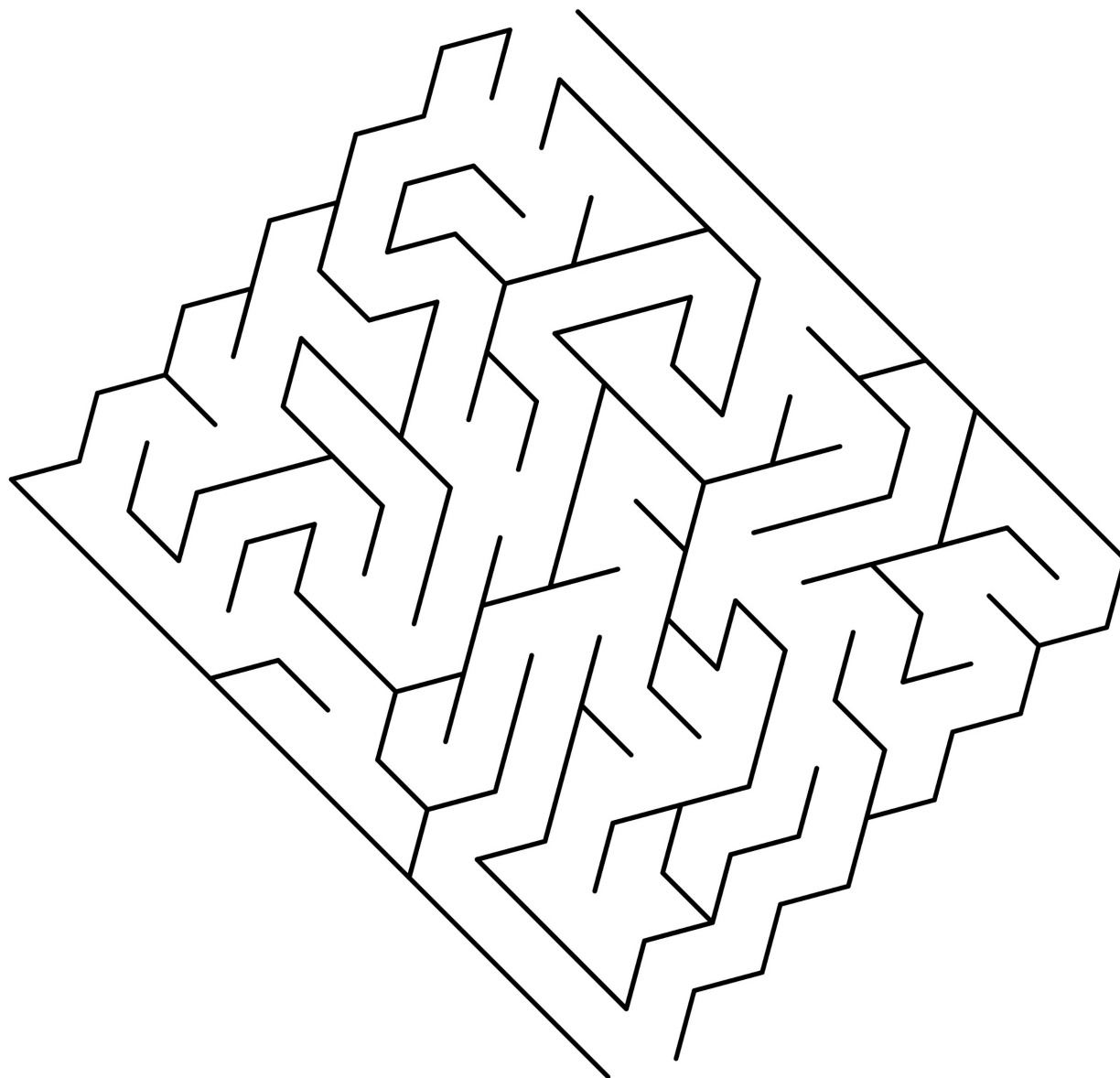




Do you have any Valentine's day traditions?



Start



End

Maze 12

Appalachian Culture



Can you find the words below in the box above?

Americana
Appalachian
Art
Banjo

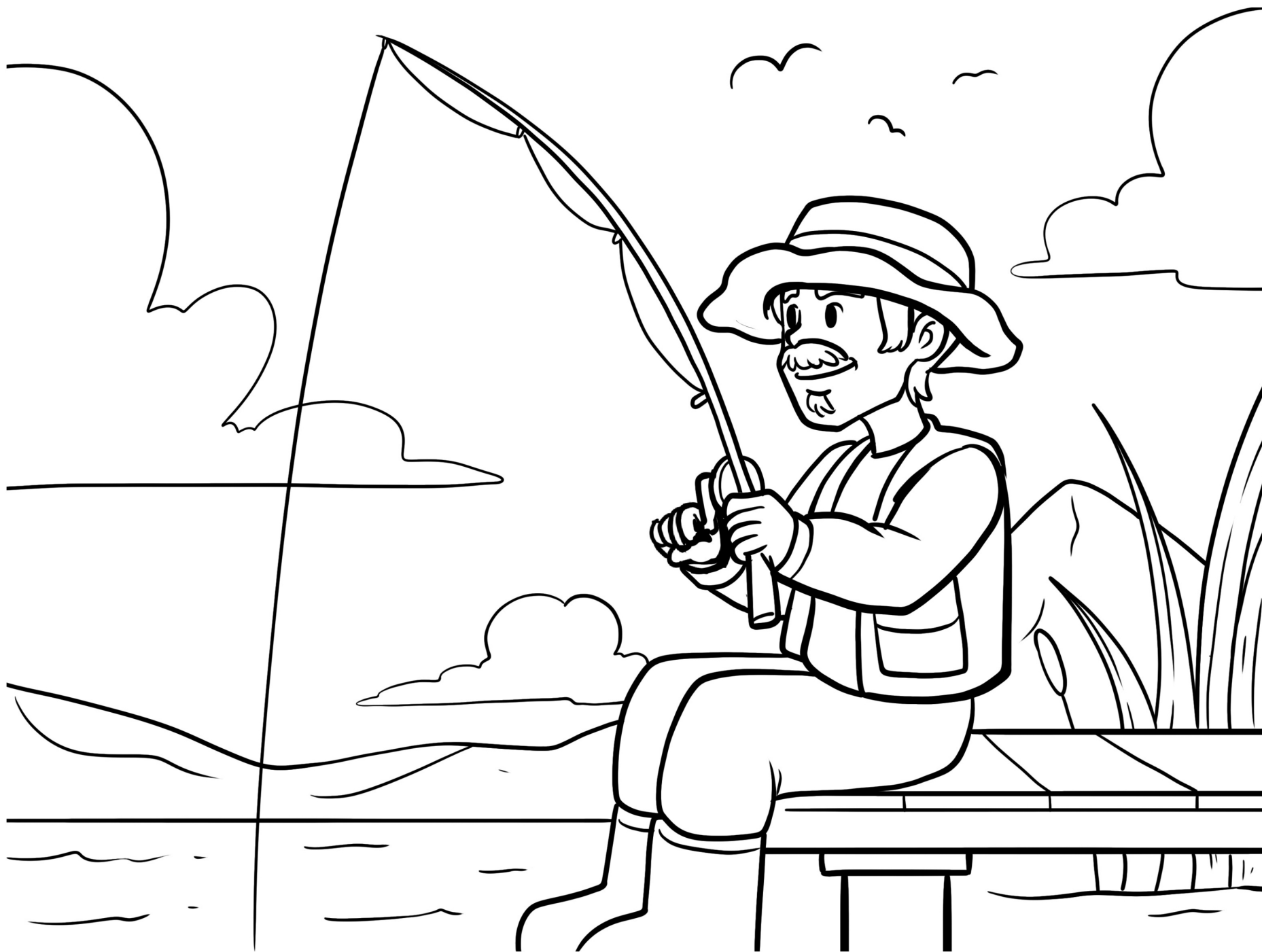
Cabin
Crafts
Culture
Folklore

Friend
Mountain
Music
Myth



**Whom do you know who celebrates a special day in February?
Write their name, date, and occasion.**



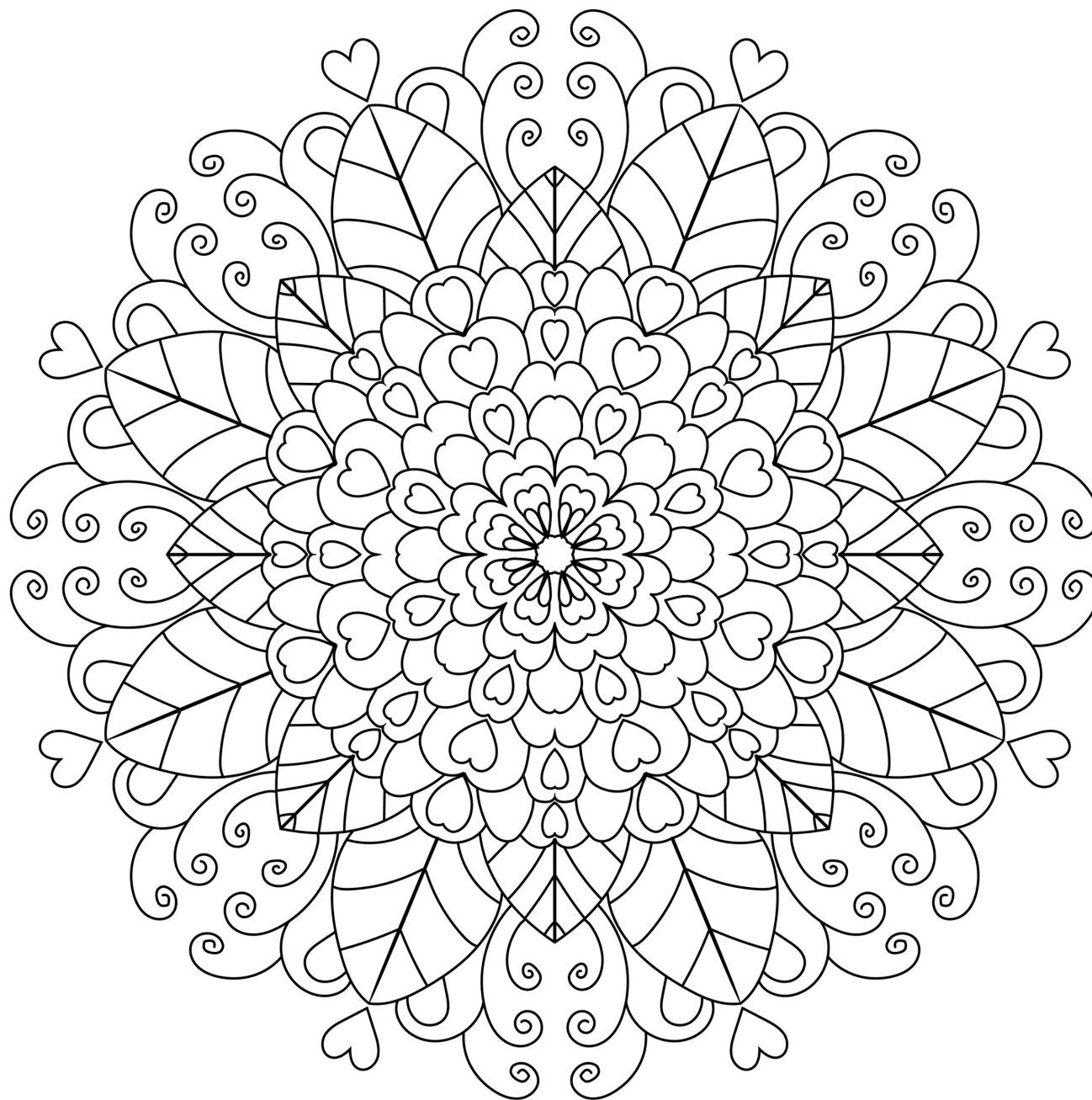


Did you ever go fishing as a child?

If so, what was the experience like?

If not, did anybody in your family like to fish?





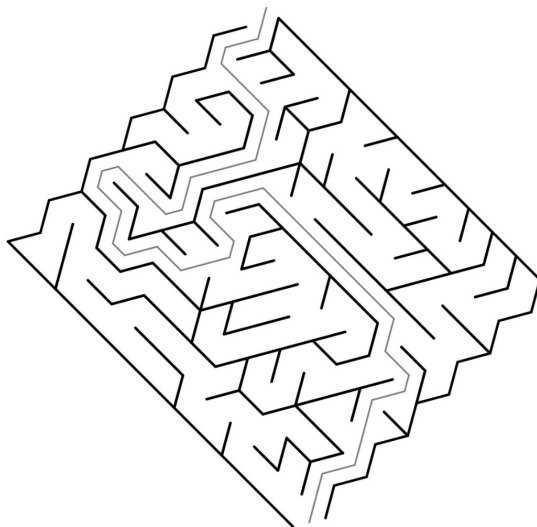
Illustrate a straightforward scene of people enjoying a day at the beach along the Outer Banks, with sand, waves, and perhaps a lighthouse in the background.

Draw a scene depicting daily life in a colonial North Carolina village, showcasing simple houses, people engaged in activities, and perhaps a market or gathering.

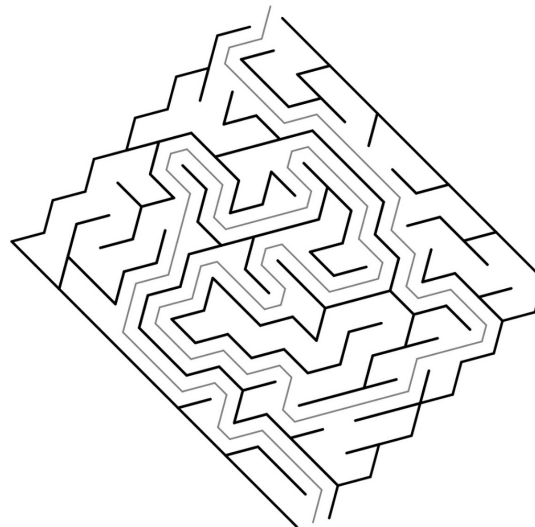
Depict the awe-inspiring sight of salmon migrating upstream, overcoming obstacles like waterfalls or rapids, showcasing their strength.

**M
A
Z
E**

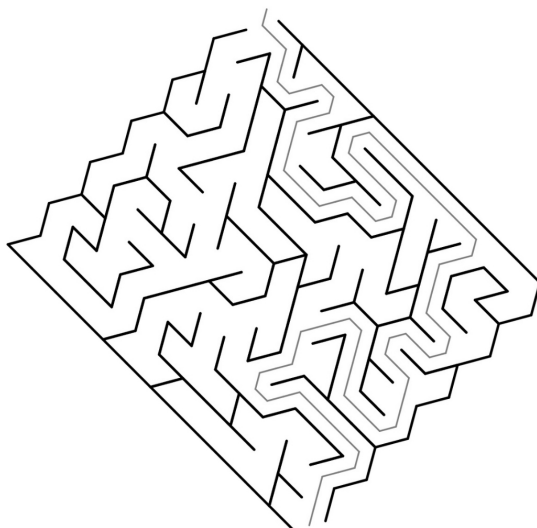
9



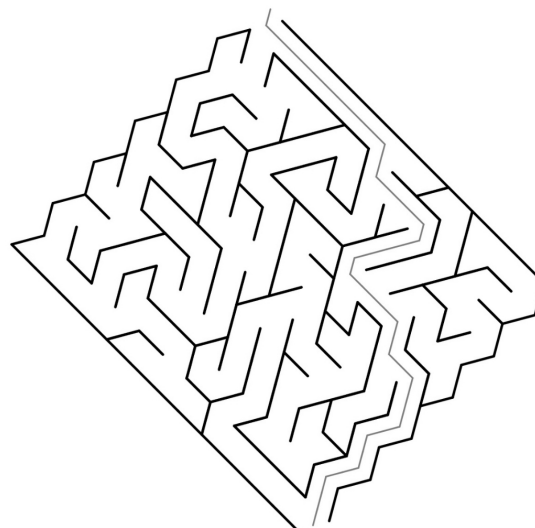
10



11

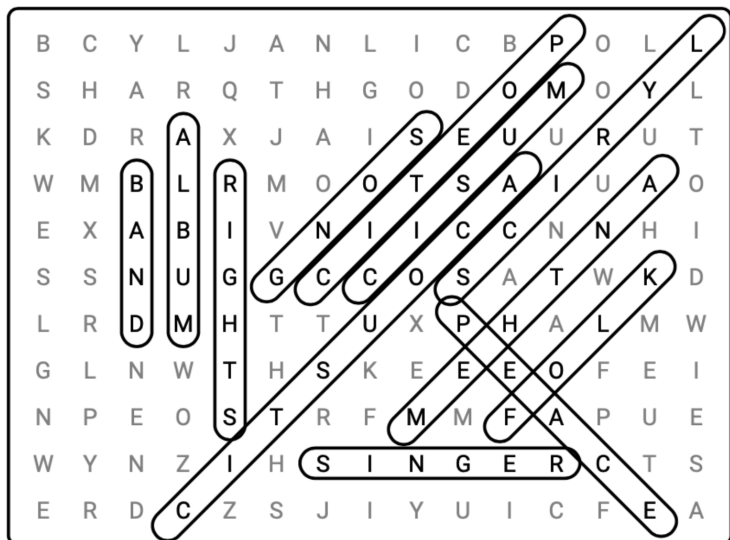


12

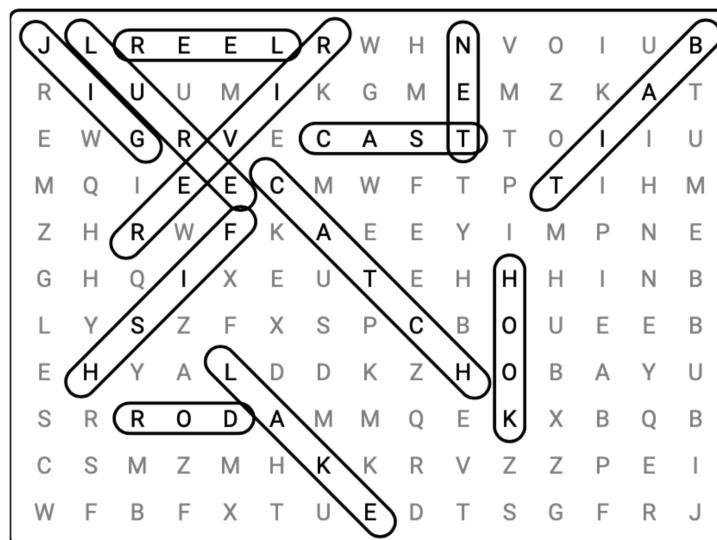


**A
N
S
W
E
R
S**

Folk Music

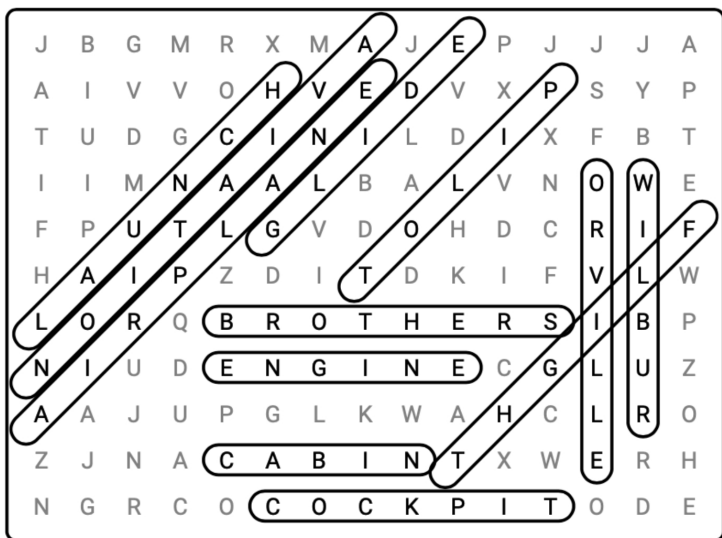


Fishing for Fun

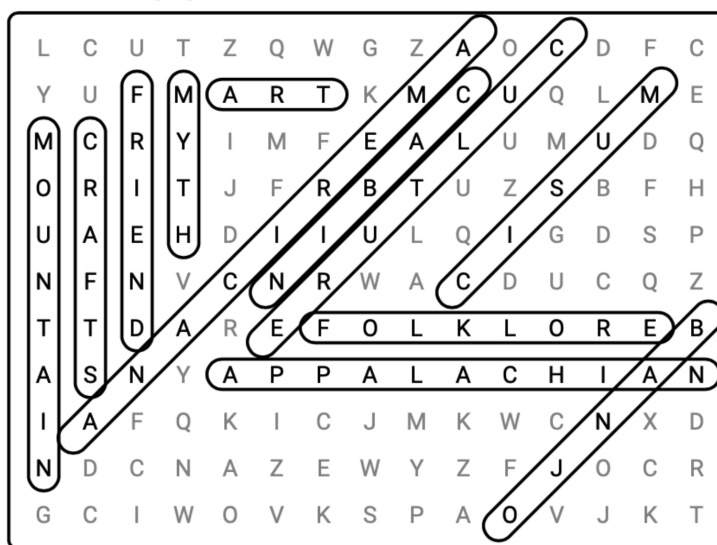


**S
E
A
R
C
H**

The Wright Brothers



Appalachian Culture



**A
N
S
W
E
R
S**



Serving Whidbey and Camano islands

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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

reception@islandseniorservices.org.