

# COLORFUL FUN!

## ART, MAZES, & WORD SEARCH

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

2024 - EDITION #3

## **LIVING IN CANADA**

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Canada extends a warm welcome, inviting you to uncover experiences that await. Explore the enchanting charm of Quebec, where cobblestone streets and historic architecture transport you to a bygone era. Immerse yourself in the vibrant tapestry of Indigenous cultures, discovering traditions and stories that have shaped Canada's identity. In the bustling metropolis of Toronto, embrace the cosmopolitan energy as you explore iconic landmarks and cultural hubs. For nature enthusiasts, Banff National Park in the Canadian Rockies promises awe-inspiring landscapes, pristine lakes, and the majesty of the mountains. Canada beckons seniors to embark on a journey of discovery, blending history, culture, urban vibrancy, and natural splendor for a truly enriching experience.

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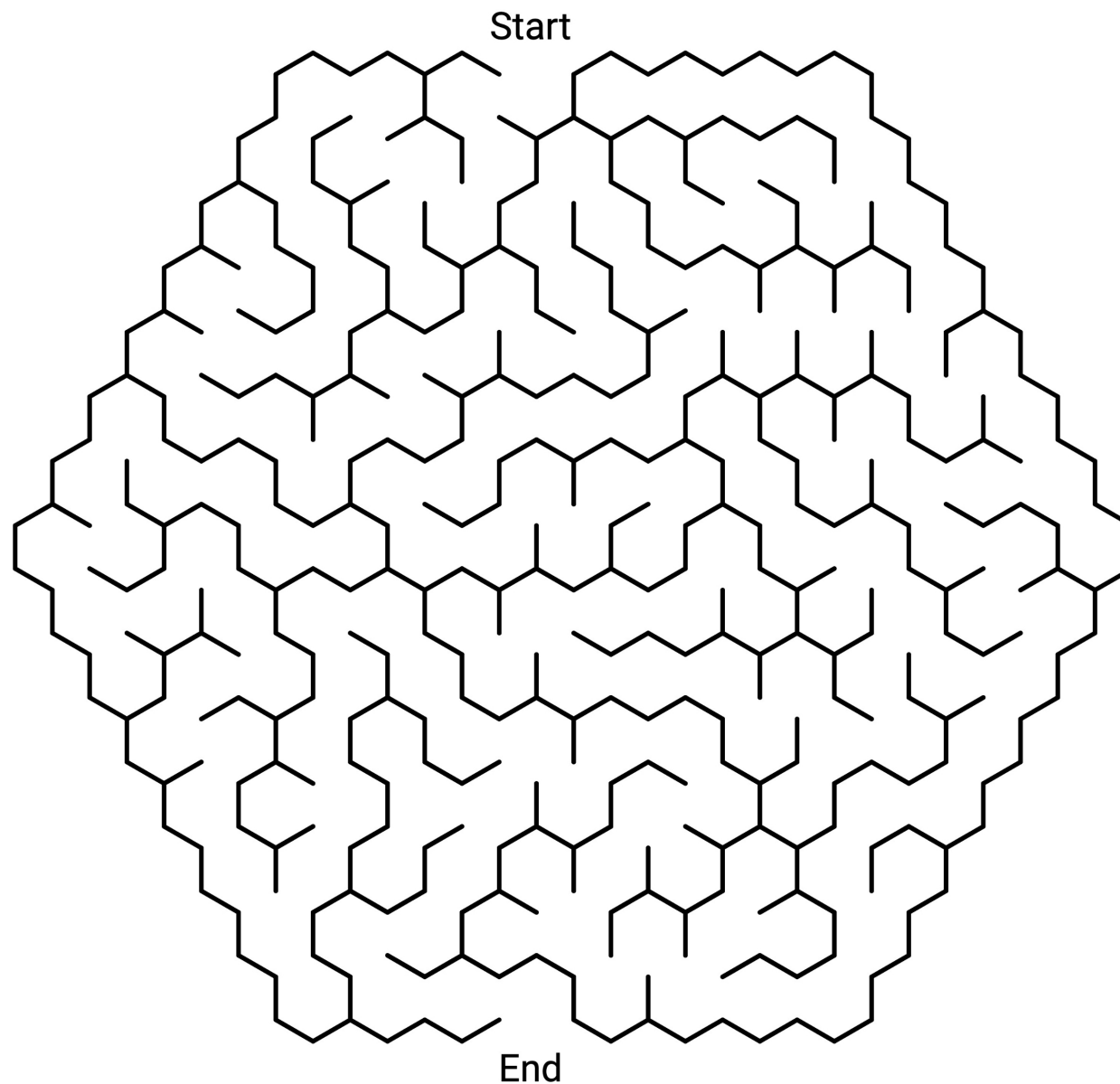
### **CHECK OUT OUR OTHER ACTIVITY BOOKS FOR SENIORS**

- *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 5



# Around Quebec



Can you find the words below in the box above?

Boreal  
Canada  
Capital  
Cobblestone

Fjord  
French  
Heritage  
Laurentian

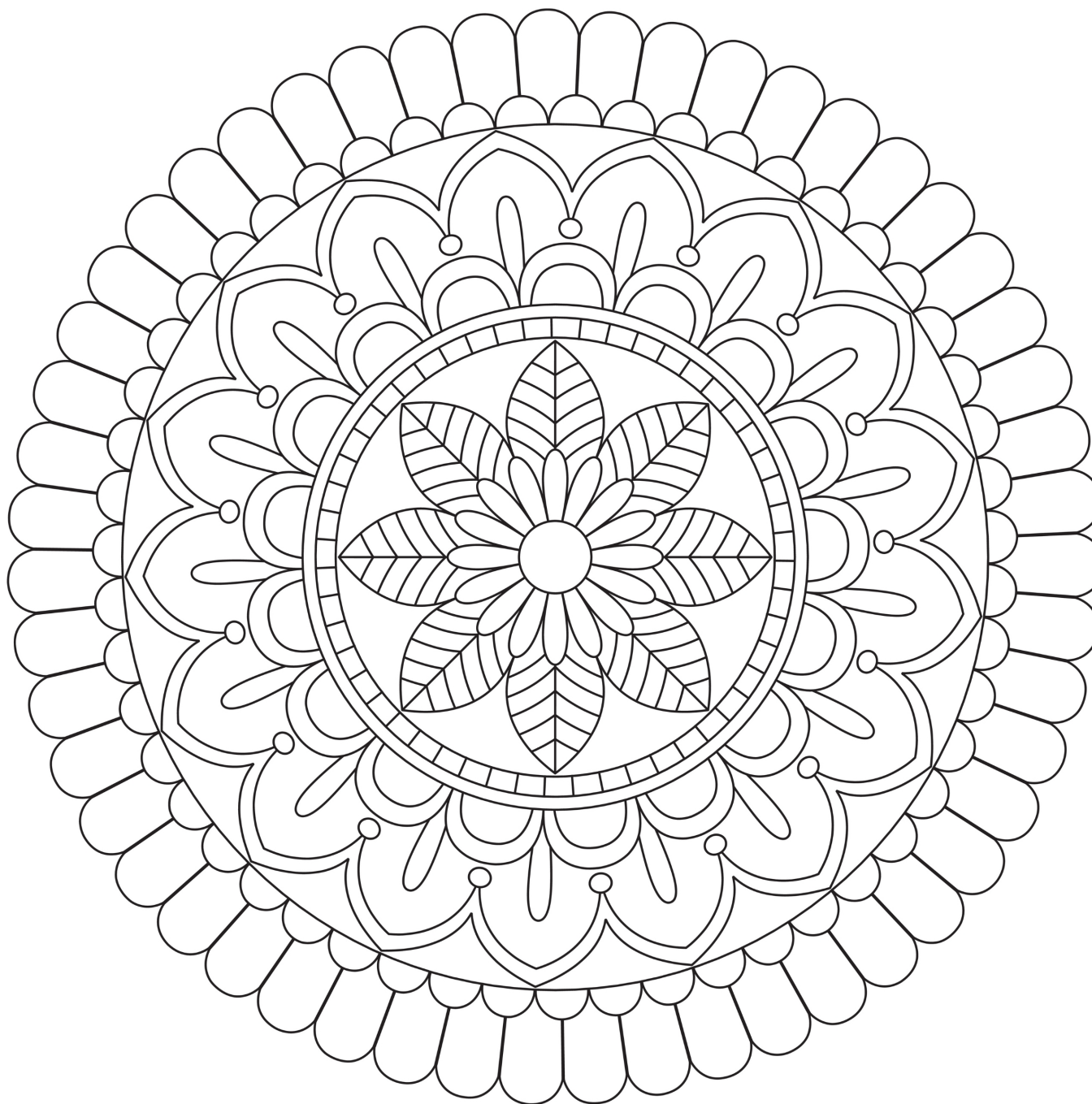
Museum  
Province  
Quebec  
Saguenay



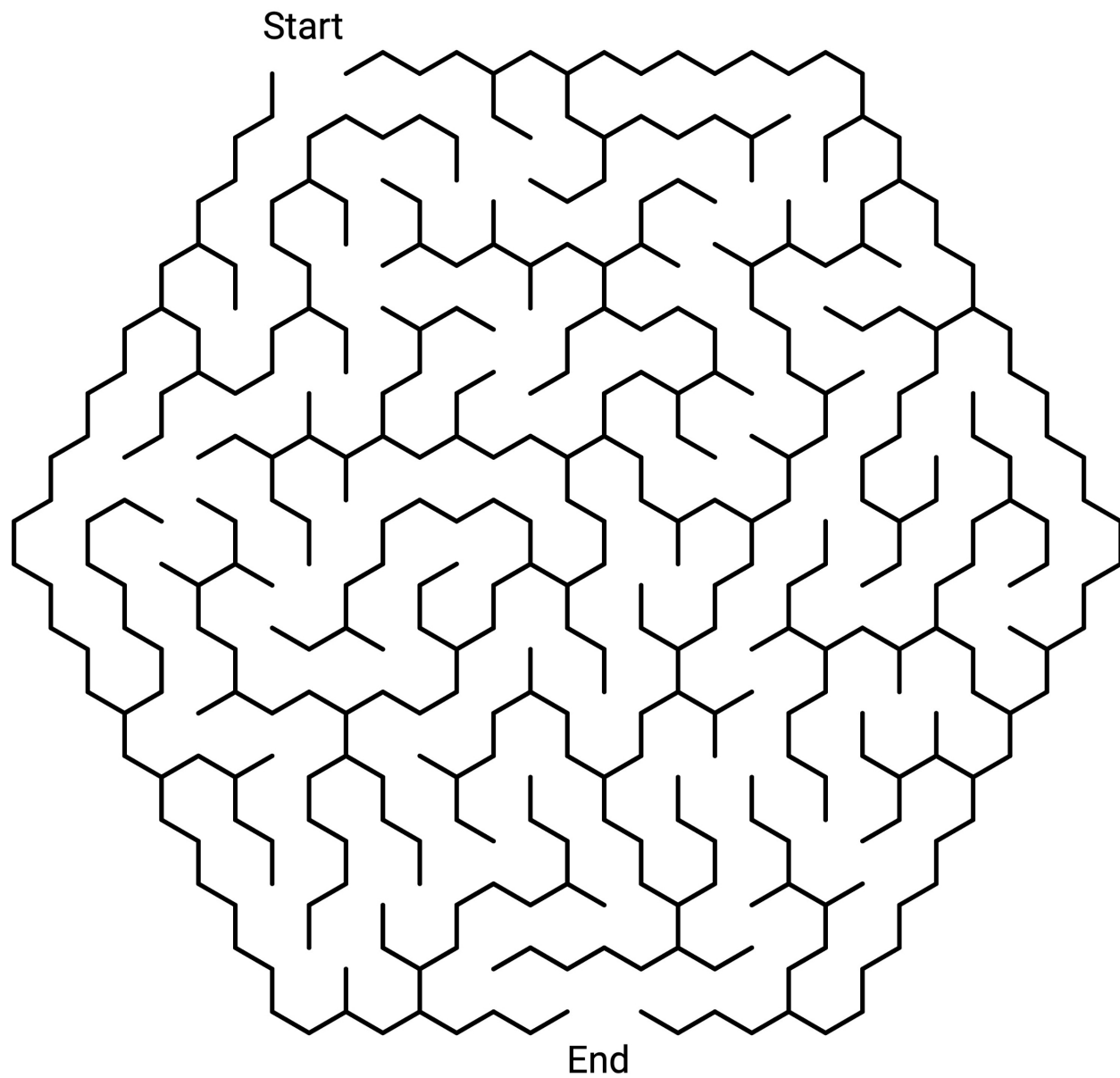


**If you could witness any  
historical event, what would  
it be and why?**









## Maze 6

# Indigenous Heritage

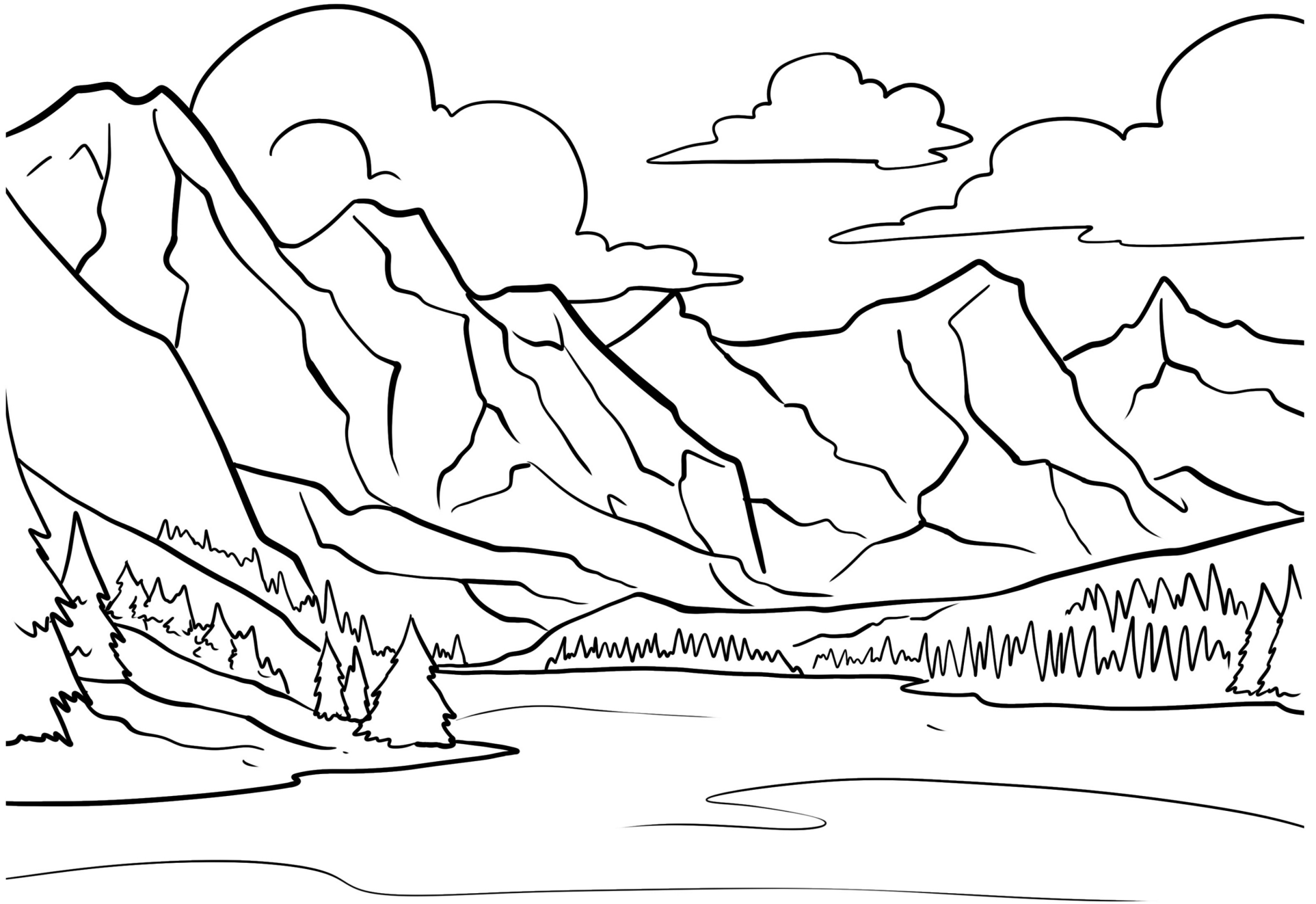


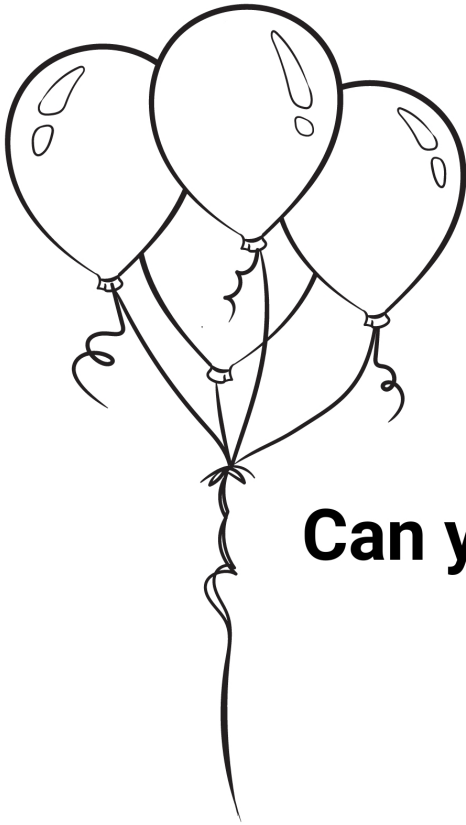
Can you find the words below in the box above?

Ceremony  
Craft  
Culture  
Drum

Elders  
Hunt  
Inuit  
Sacred

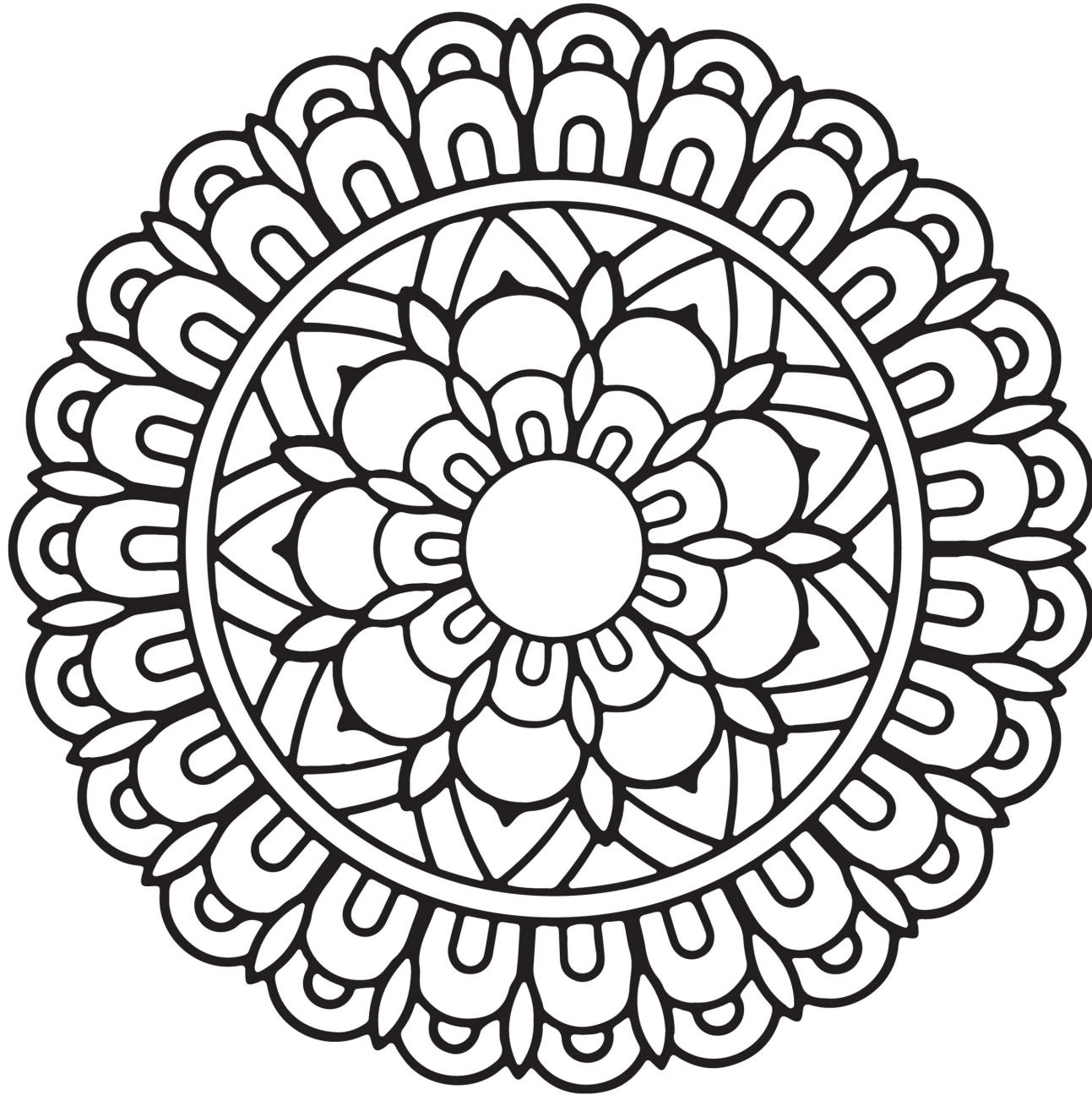
Song  
Spiritual  
Tribe  
Wisdom





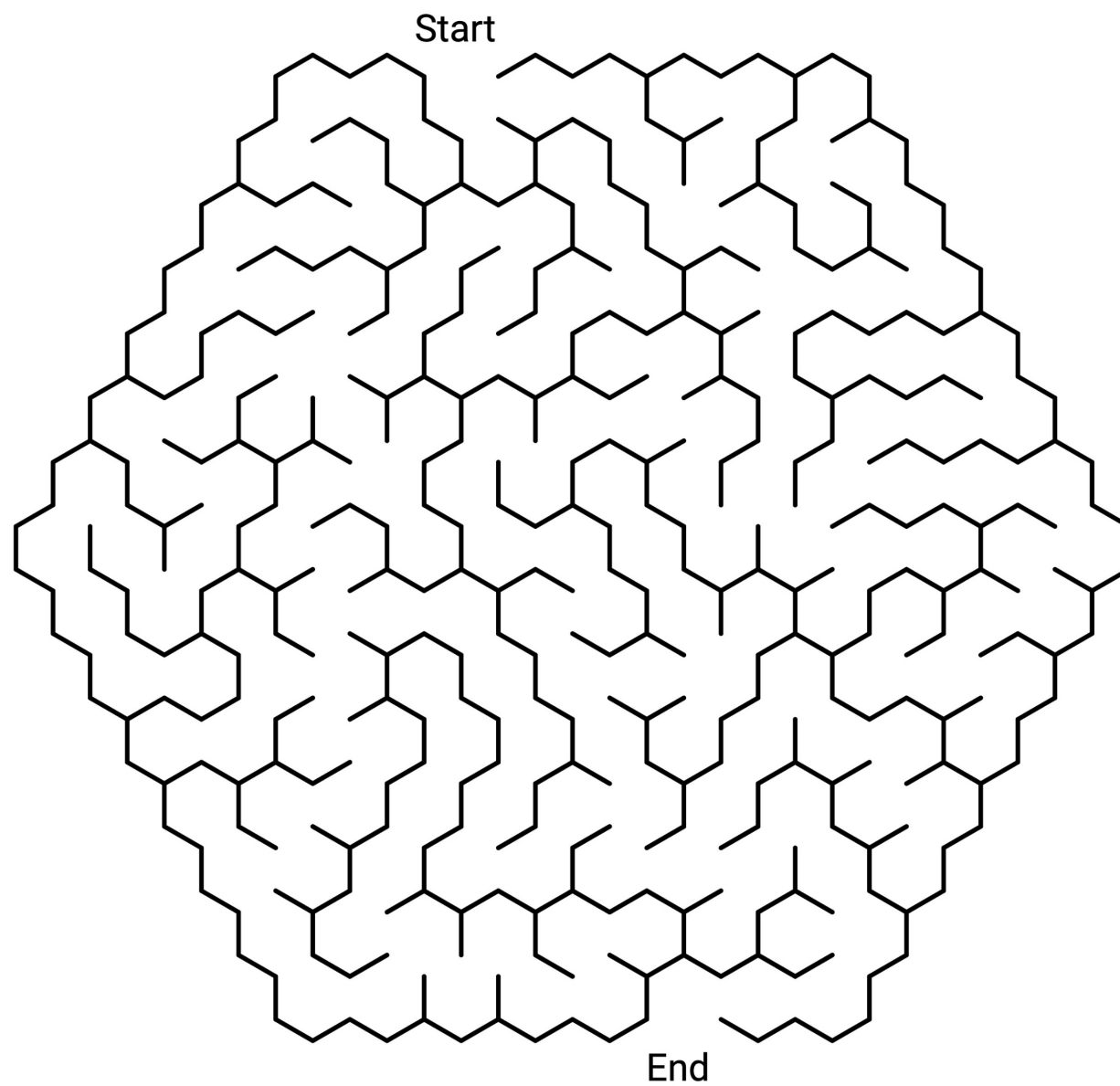
**Can you describe a memorable birthday celebration?**







# Maze 7



# Toronto's Top Sights



Can you find the words below in the box above?

Aquarium  
Bluffs  
Castle  
Chinatown

Gallery  
Garden  
Hockey  
Islands

Kensington  
Market  
Park  
Shopping



## **Can you do the math?**

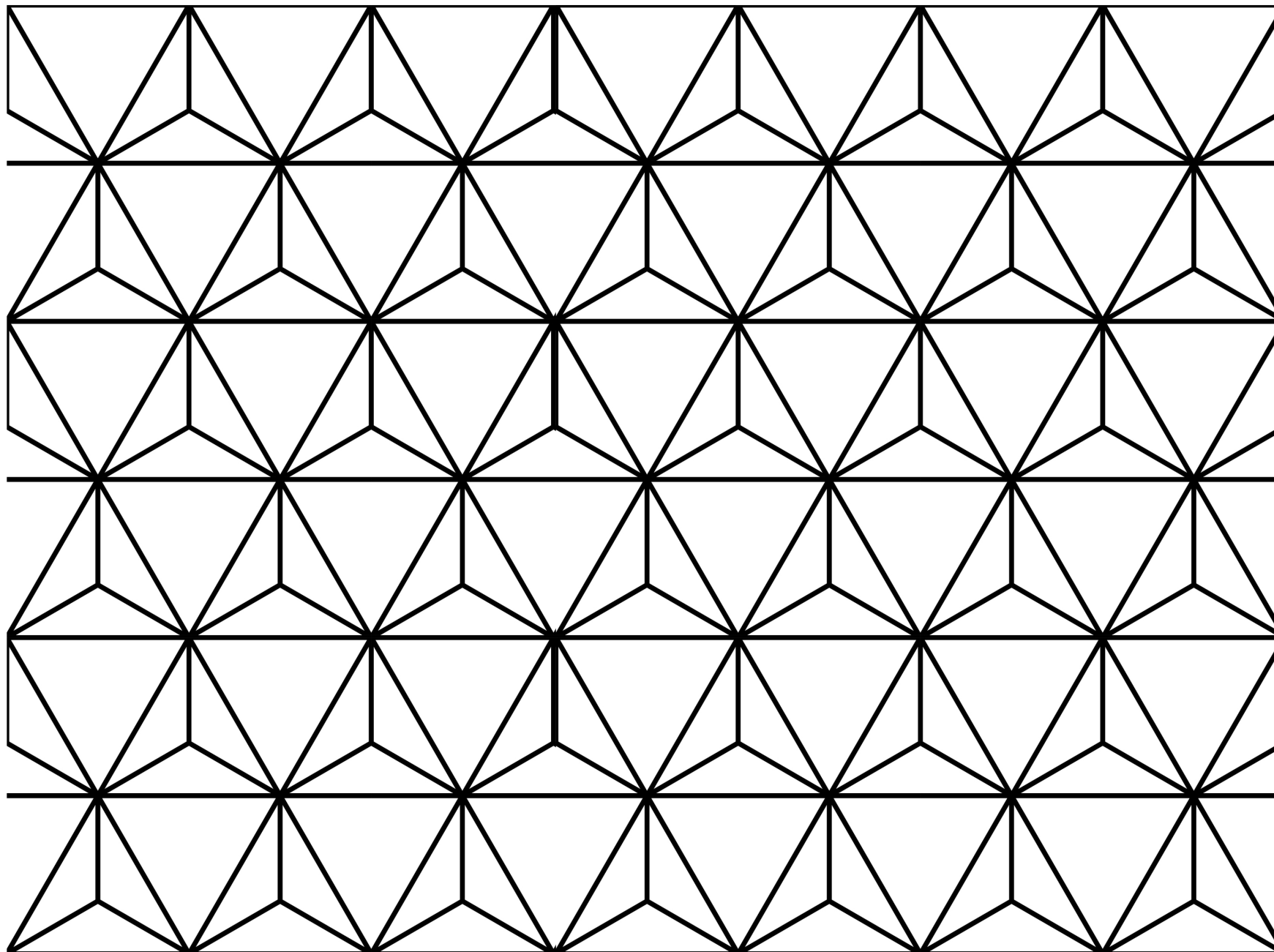
**Calculate the following. Use a calendar to count, a calculator to add, or just this paper to do the math.**

**When is your birthday?**

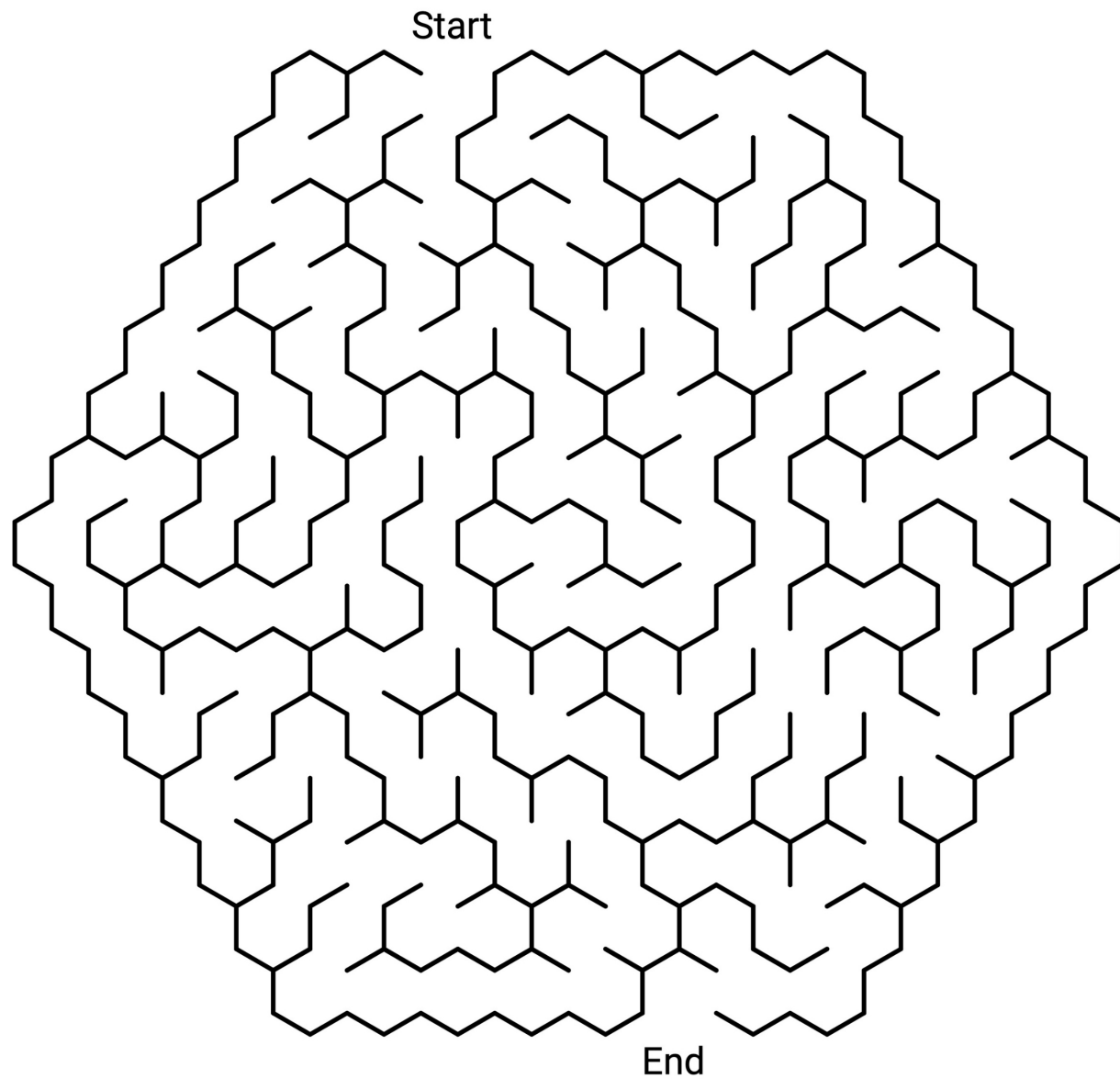
**How many months until your birthday?**

**How many weeks until your birthday?**

**How many days until your birthday?**







## Maze 8

# Banff National Park

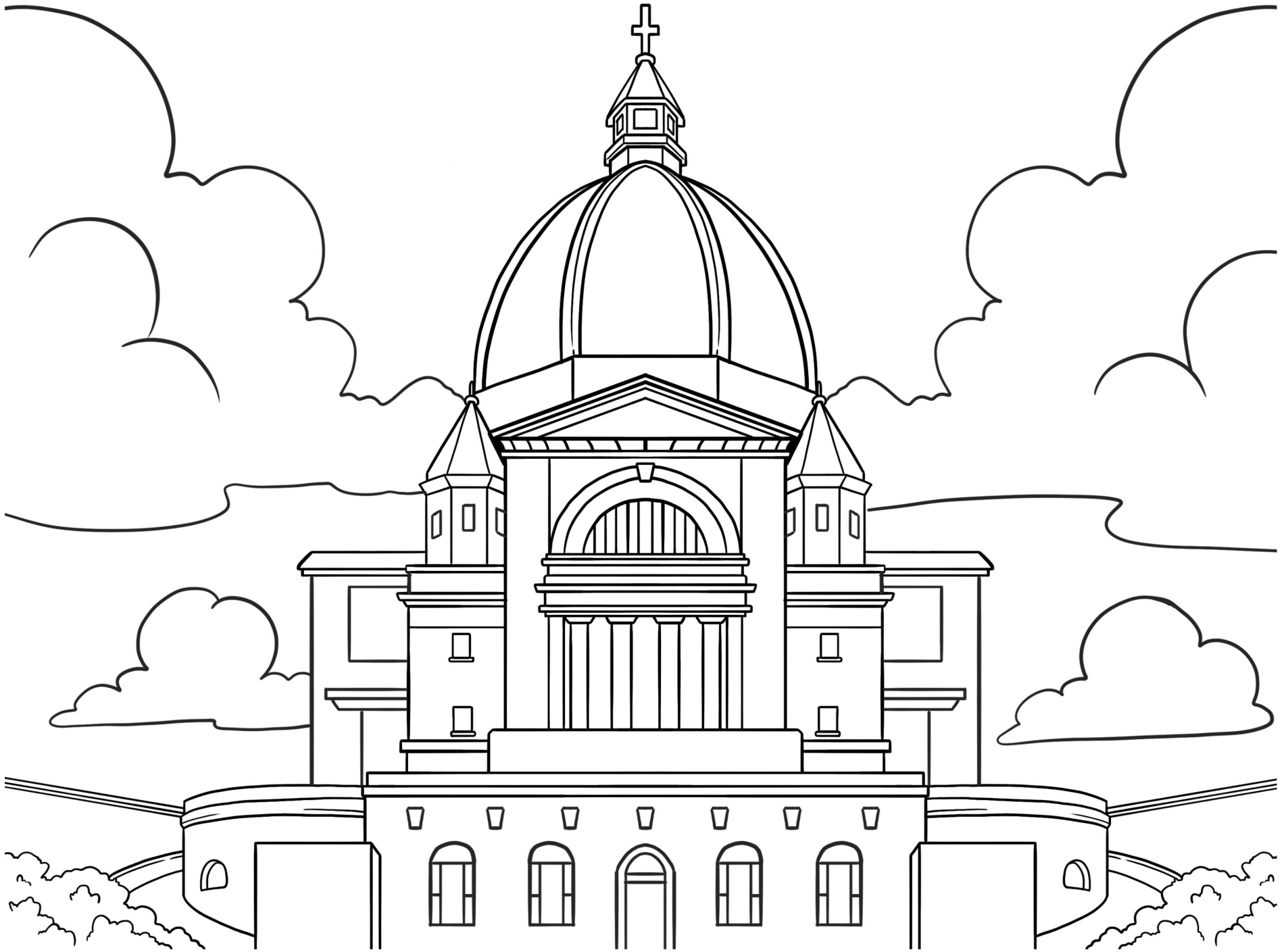
R	U	G	Z	N	S	M	Q	H	S	W	C	A	M	A
W	W	L	N	N	E	F	B	C	R	K	M	B	L	L
O	T	J	X	A	V	L	A	X	P	H	T	P	A	N
E	J	O	D	Z	R	E	G	L	H	R	I	K	Z	E
N	G	O	W	B	J	O	R	I	L	N	E	R	D	S
K	W	L	A	N	N	D	K	M	E	S	W	X	K	P
S	X	N	A	D	N	E	P	K	I	X	K	U	E	L
O	F	S	O	C	I	W	V	A	L	L	E	Y	G	S
F	L	L	I	U	I	I	J	S	P	R	I	N	G	S
Q	A	Q	C	H	U	E	V	M	X	I	Y	O	K	L
Y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

Can you find the words below in the box above?

Alpine  
Banff  
Falls  
Glacier

Gondola  
Hike  
Lake  
Meadows

Springs  
Town  
Valley  
Vermilion



**Do you know what these Canadian words mean?**



**Mountie**

**Loonie**

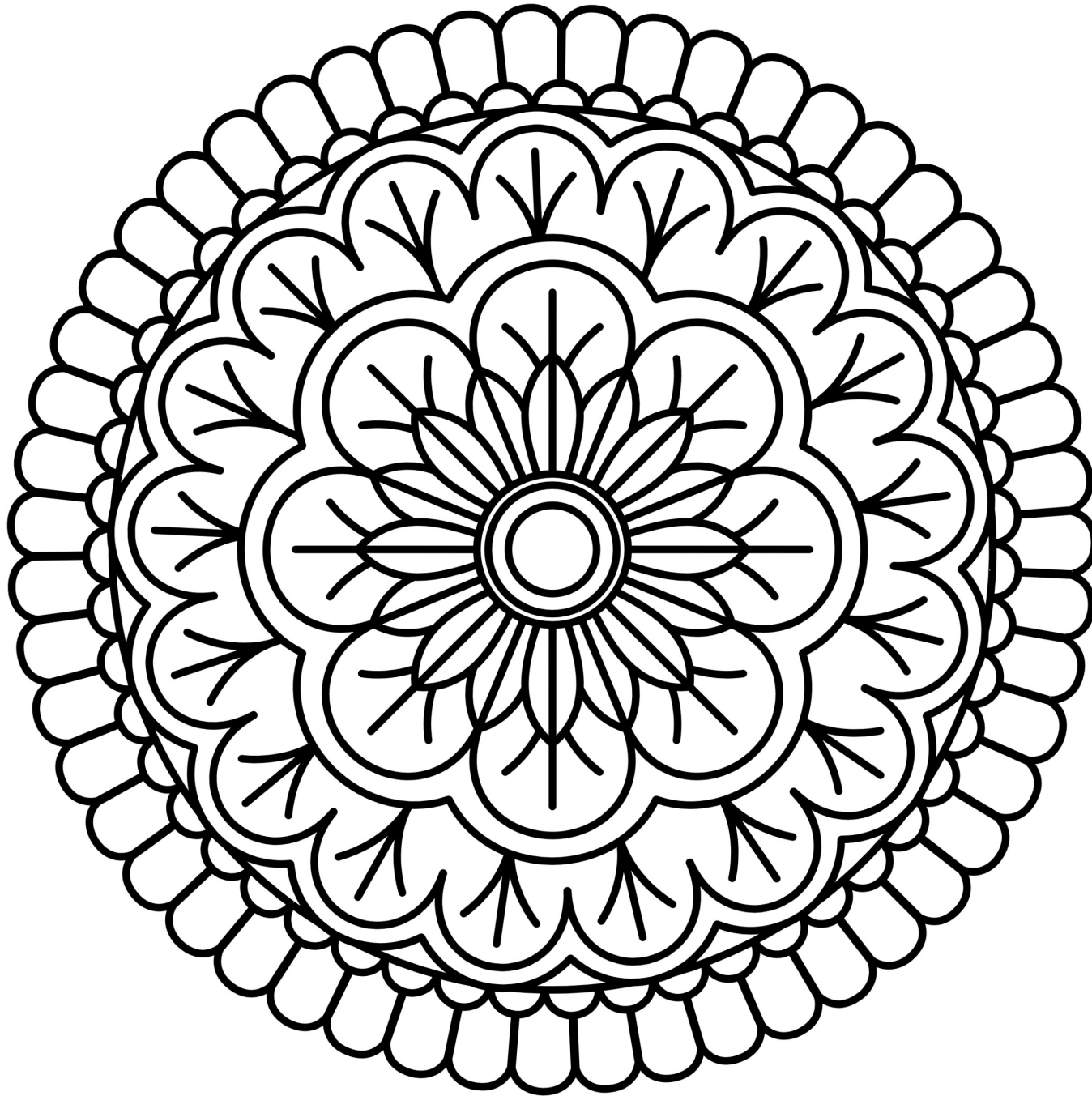
**Toonie**

**Canuck**



**When did you learn what these words meant? Were you a child or an adult?**

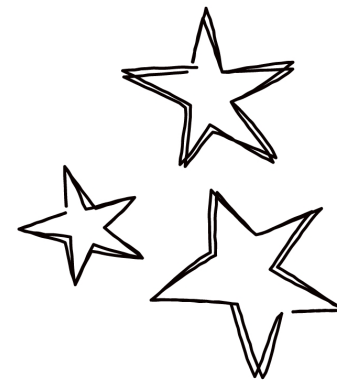
Answers: Member Royal Canadian Mounted Police. Canadian dollar. Coin worth 2 Canadian dollars. Slang for a Canadian







**If you could possess  
any superpower, what  
would it be, and how  
would you use it?**



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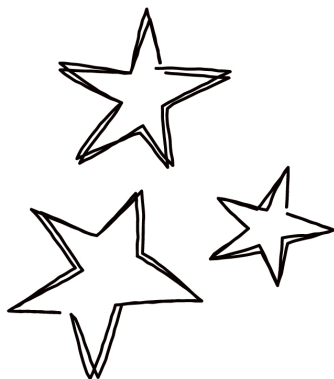
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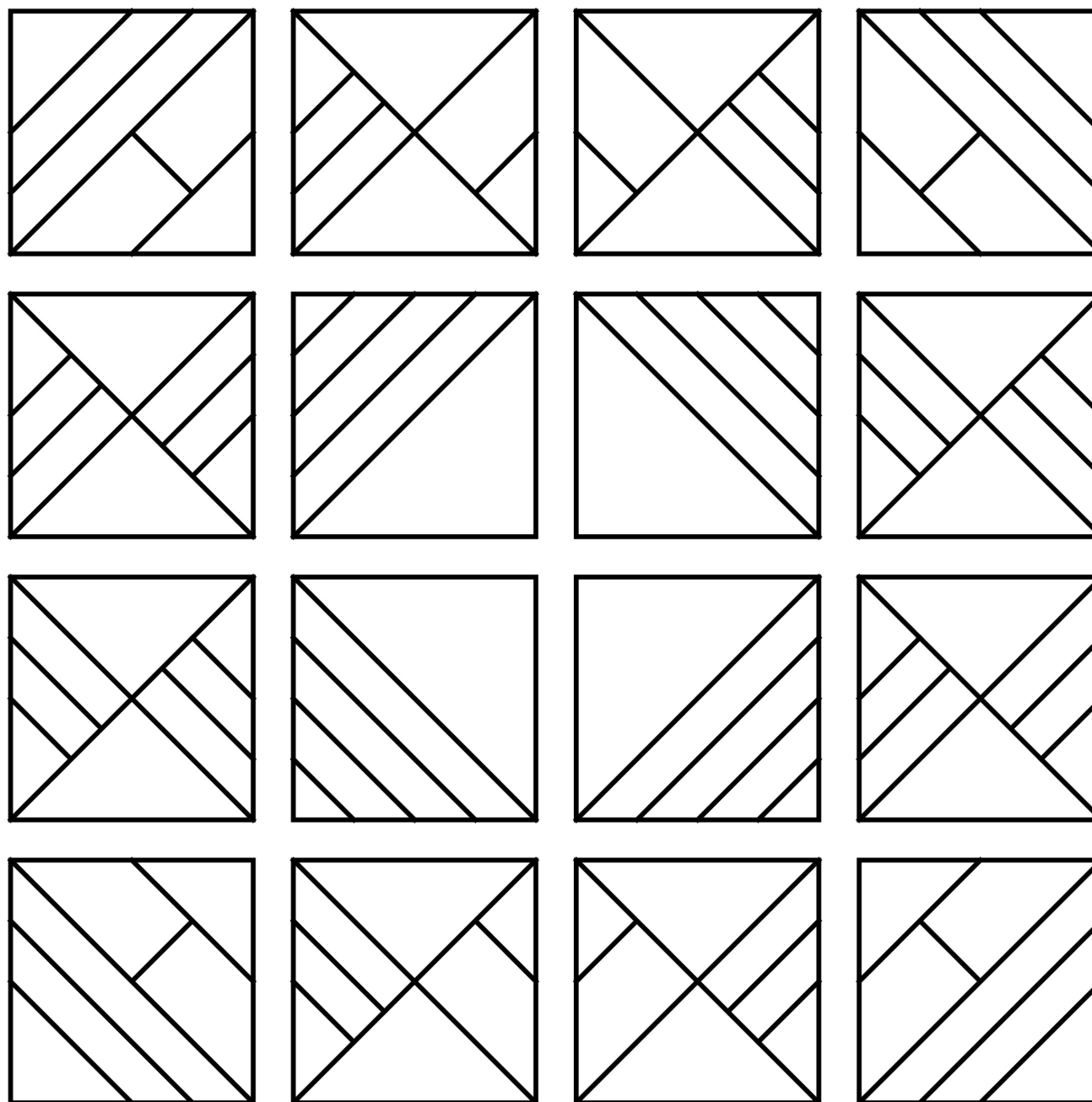
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Depict wildlife, such as elk or grizzly bears, peacefully coexisting with the natural surroundings. Convey a sense of serenity that makes Banff a haven for nature lovers.

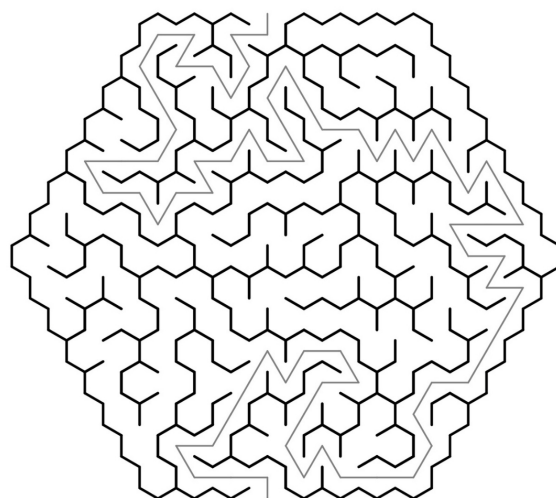
Capture the dynamic flow of water, the mist rising into the air, and the surrounding landscape. Include elements like the Maid of the Mist boat or the Rainbow Bridge.

Celebrate the flavors and richness of Canada's coastal culinary traditions in your artwork. Highlight dishes such as lobster rolls, poutine with seafood toppings, or a classic plate of Nova Scotia scallops.

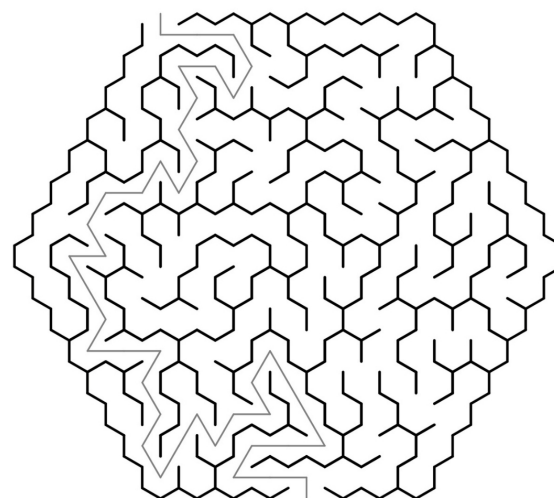


**M  
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E**

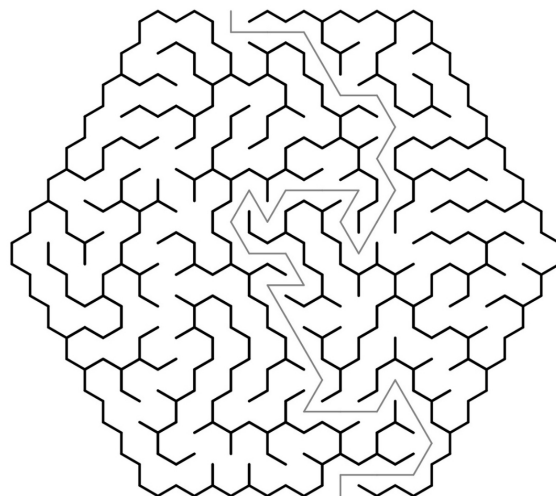
**5**



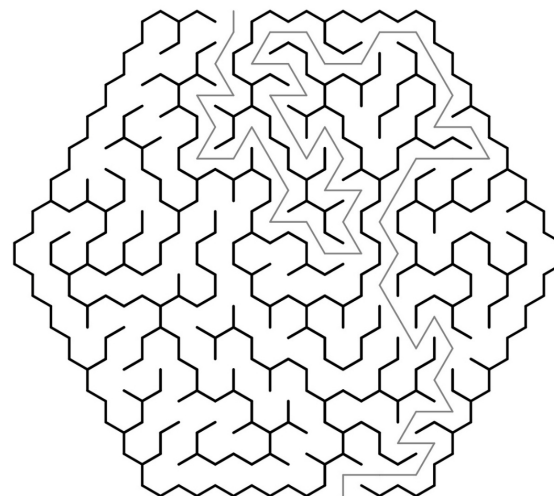
**6**



**7**

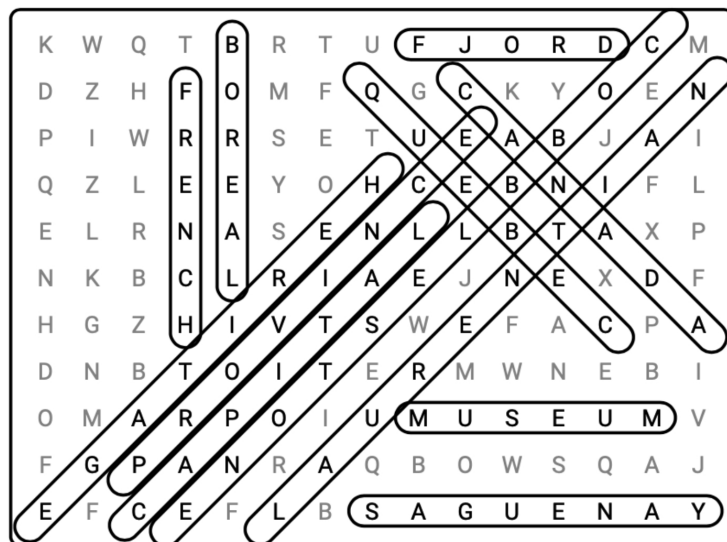


**8**

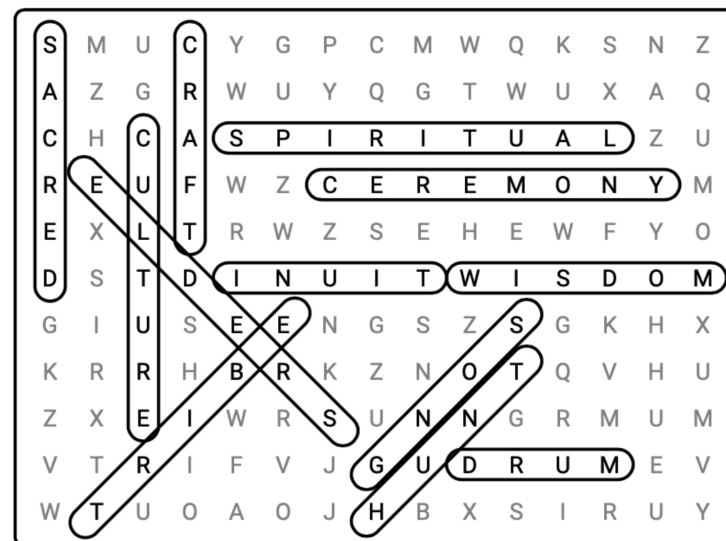


**A  
N  
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R  
S**

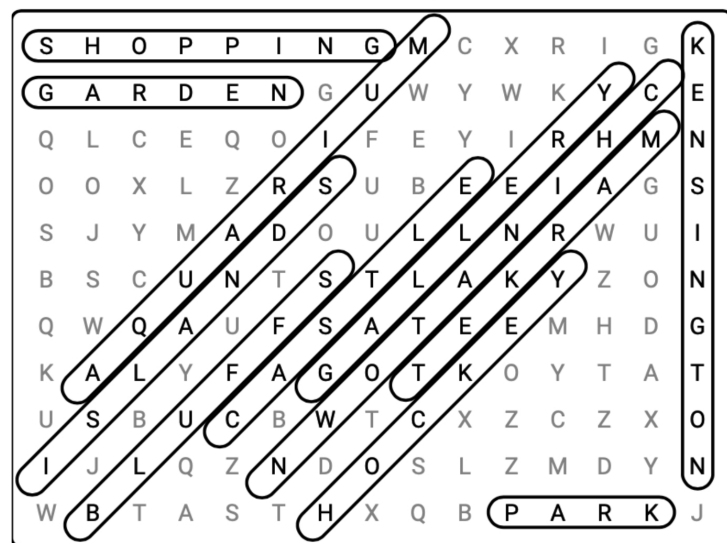
## Around Quebec



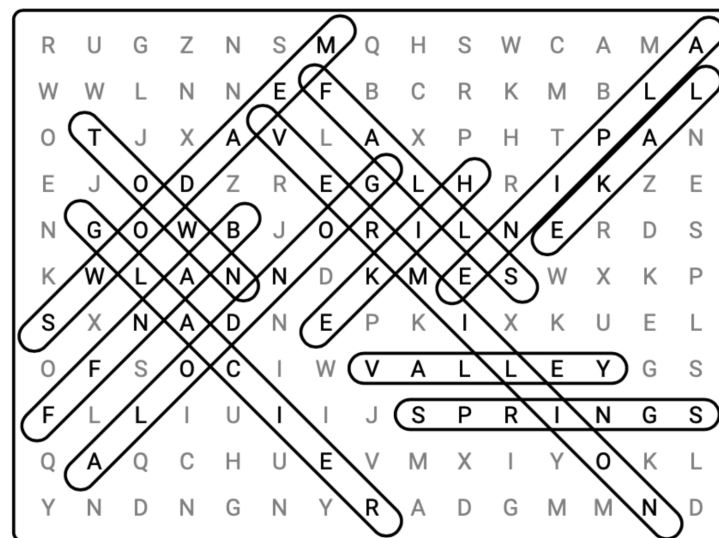
## Indigenous Heritage



## Toronto's Top Sights



## Banff National Park



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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).