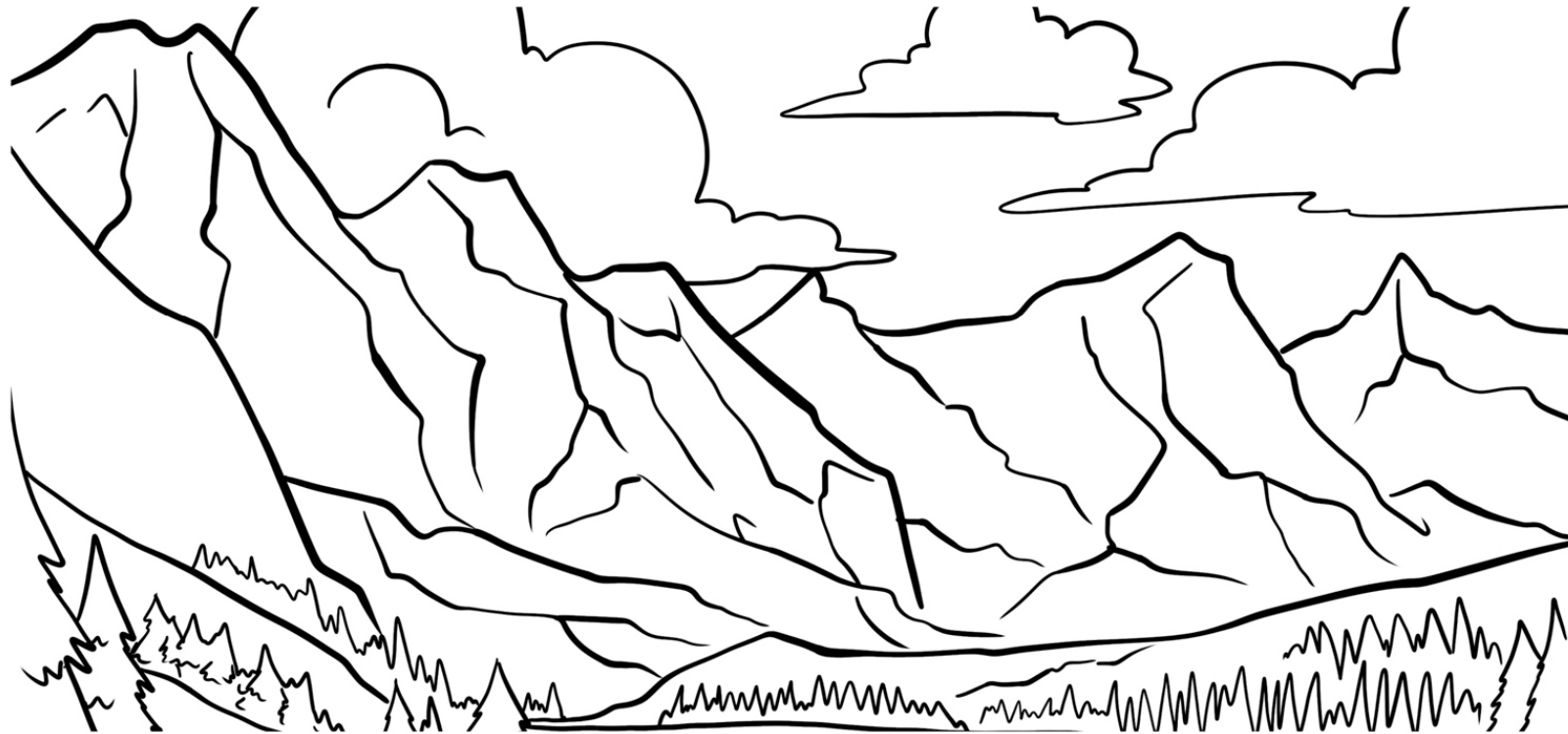


COLORFUL FUN!

ART, MAZES, & WORD SEARCH

March 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

2024 - EDITION #3

OUT AND ABOUT CANADA

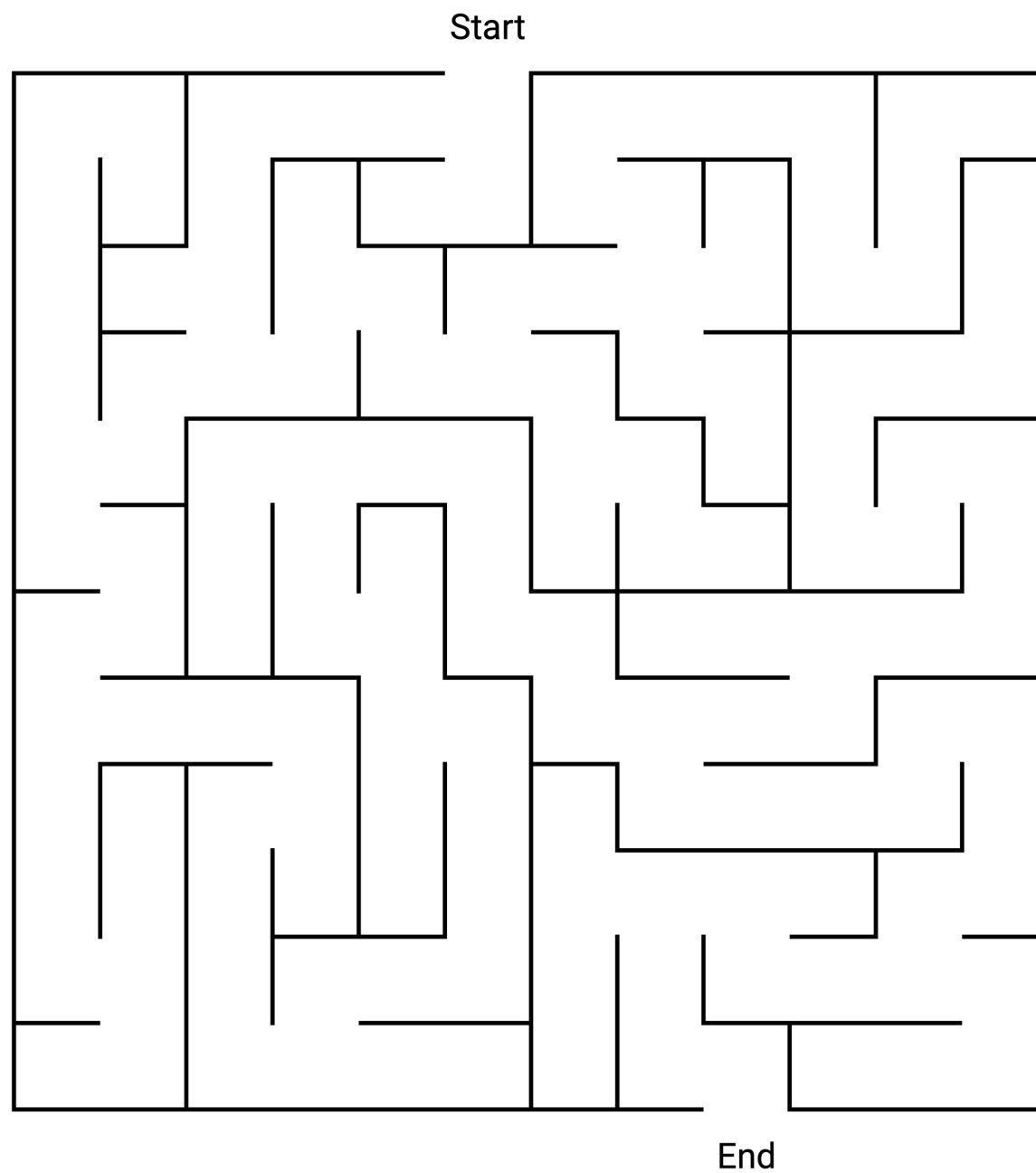
Envision an extraordinary journey to Canada, where a mosaic of experiences awaits your exploration. Immerse yourself in the cultural treasures at the Royal Ontario Museum, offering a captivating exploration of history, art, and natural wonders. For those seeking adventure, the Canadian Rockies beckon with world-class skiing opportunities, where crisp mountain air and breathtaking landscapes create an idyllic winter retreat. Discover the awe-inspiring spectacle of Niagara Falls, a natural wonder that never fails to leave a lasting impression. Indulge in the culinary delights of Canada with its renowned seafood cuisine, where the freshest catches from the Atlantic and Pacific coasts promise a delectable culinary journey. Canada invites seniors to embrace the diversity of its attractions, promising a blend of culture, adventure, natural beauty, and gastronomic delights for an enriching and memorable experience.

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



Royal Ontario Museum

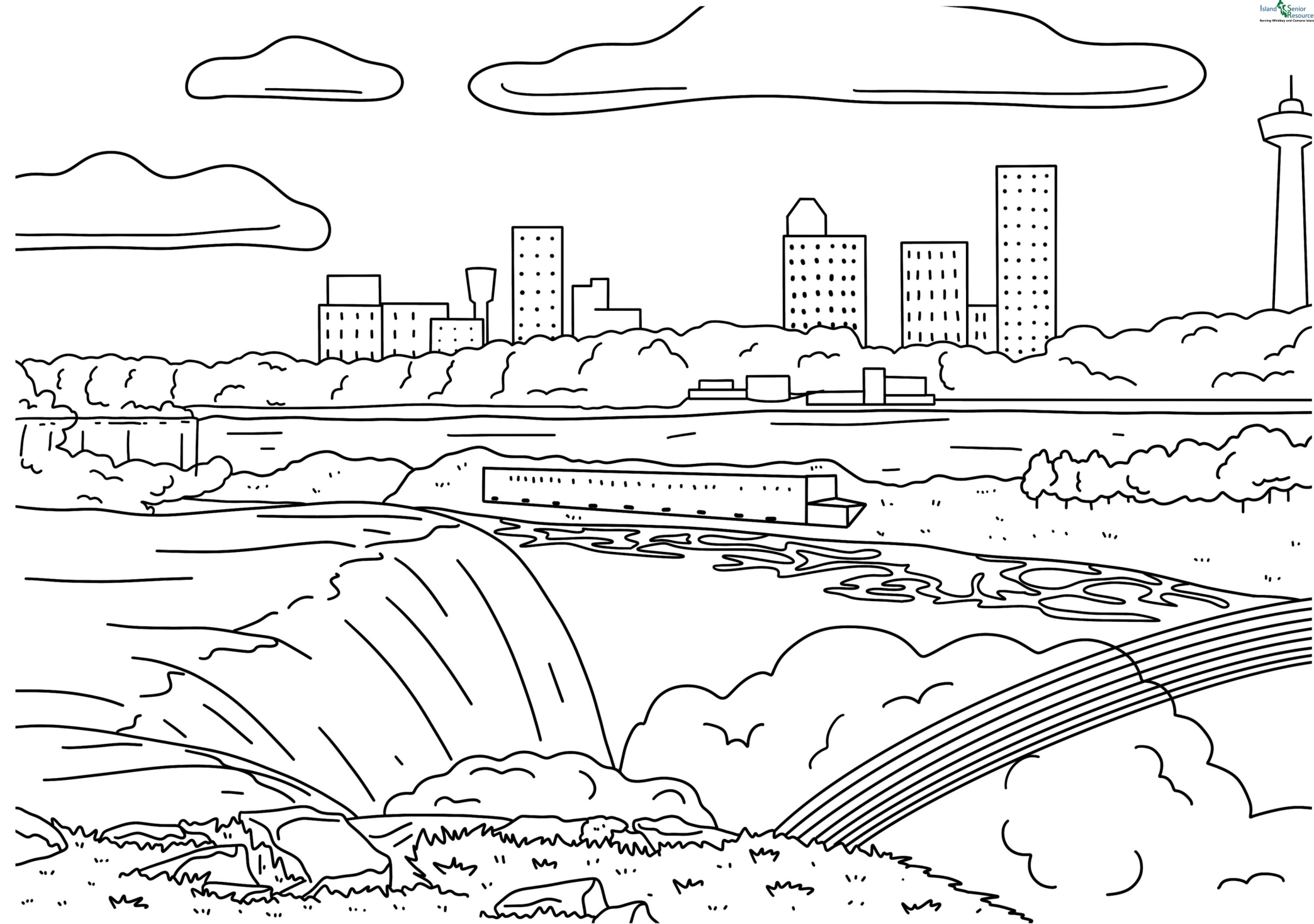


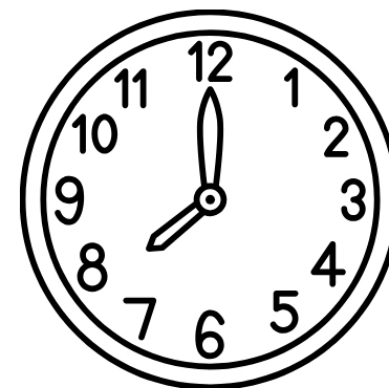
Can you find the words below in the box above?

Ancient
Artifacts
Chinese
Crystal

Dinosaur
Egypt
Exhibit
Fossils

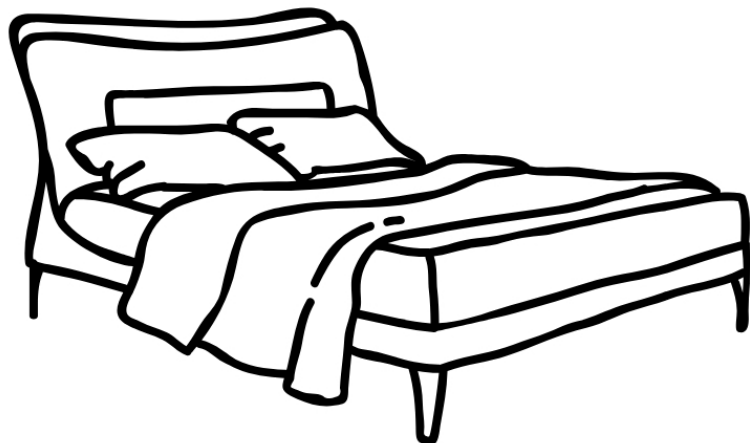
Gems
Minerals
Museum
Ontario

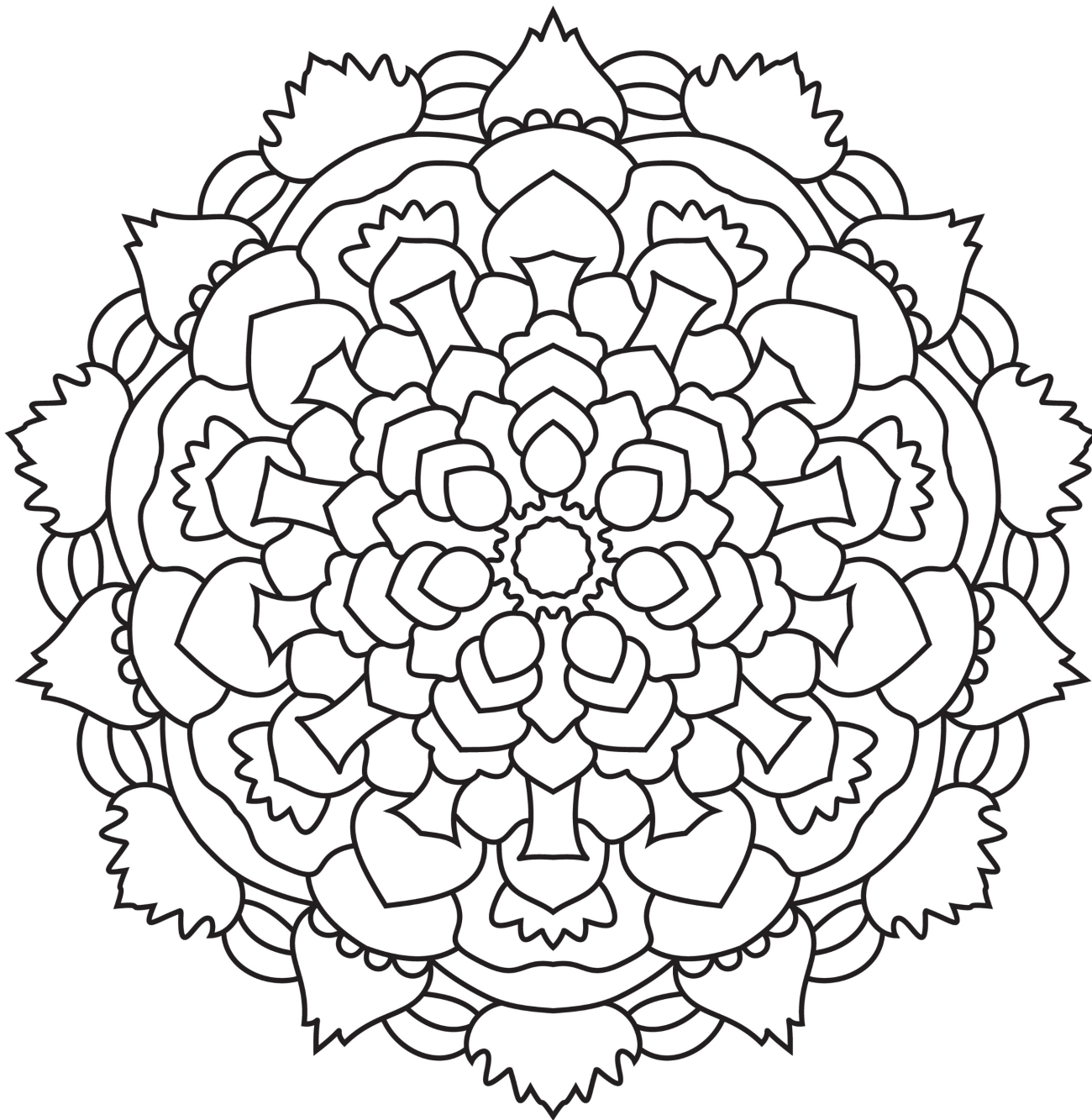




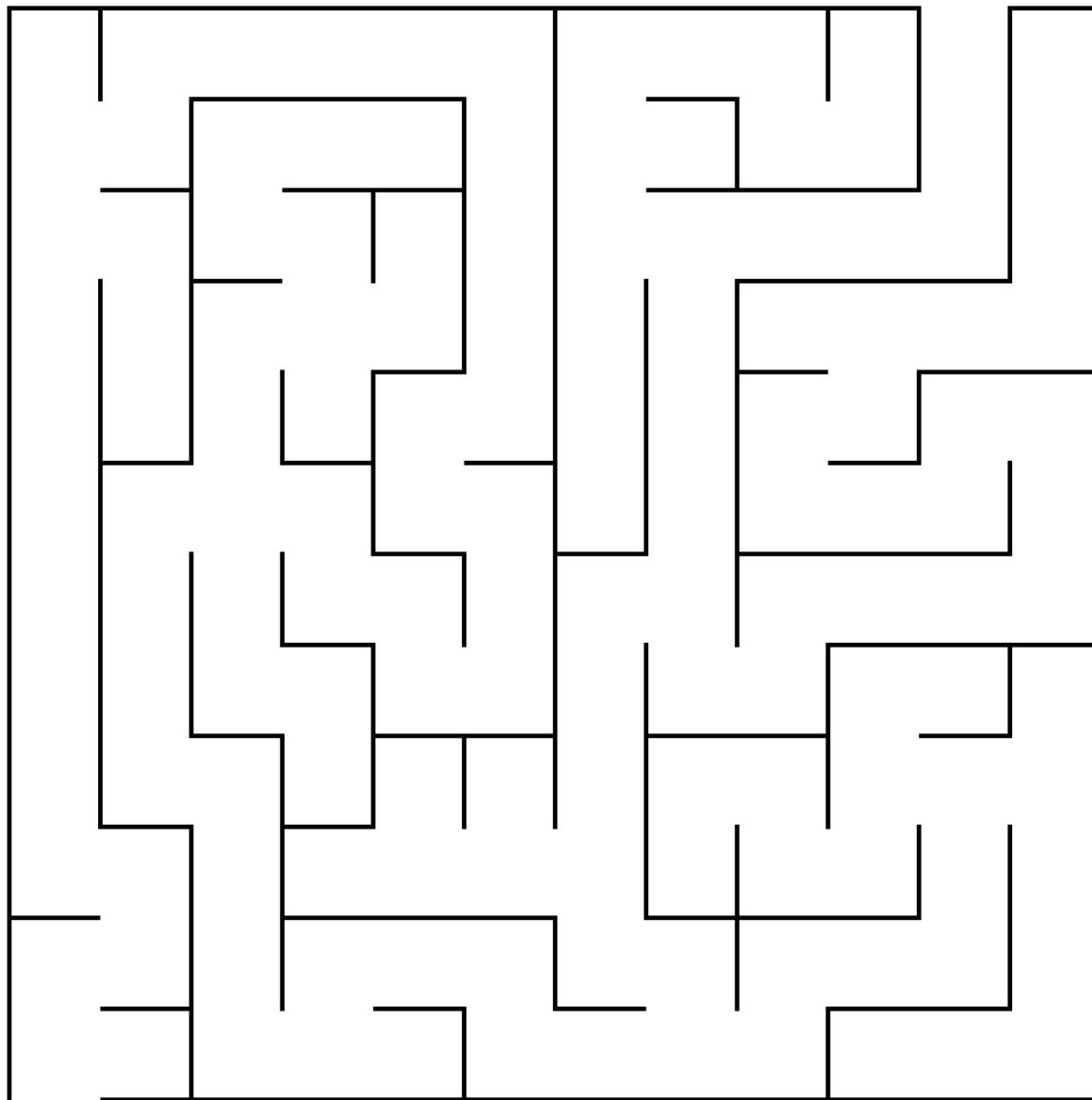
**Are you getting enough
sleep every night?**

**What could you do tonight to
improve your sleep?**





Start



End

Maze 2

Skiing in the Rockies



Can you find the words below in the box above?

Bindings
Boots
Chairlift
Downhill

Halfpipe
Lodge
Mogul
Patrol

Poles
Powder
Rental
Resort

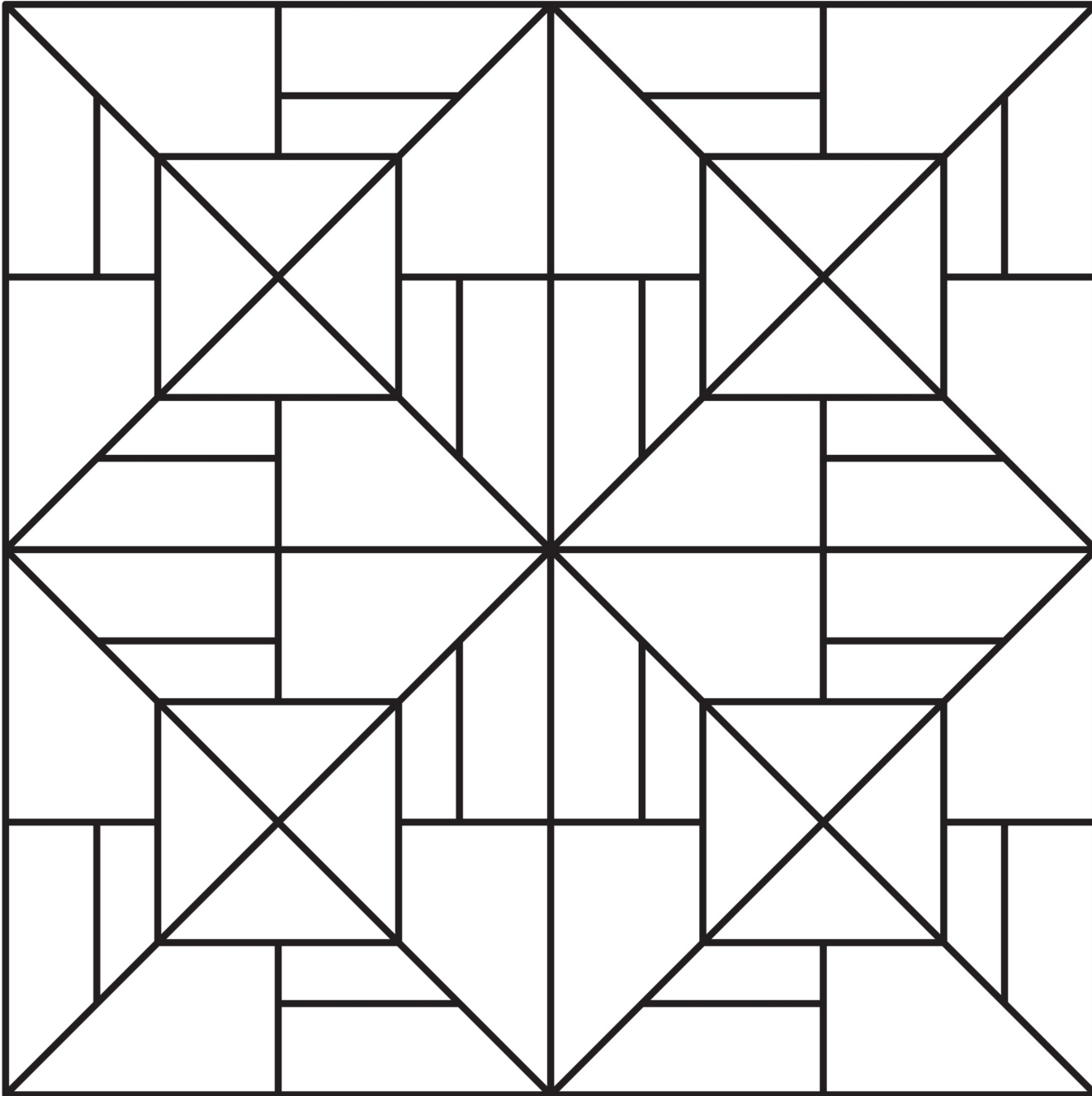


Name 3 of your best qualities.

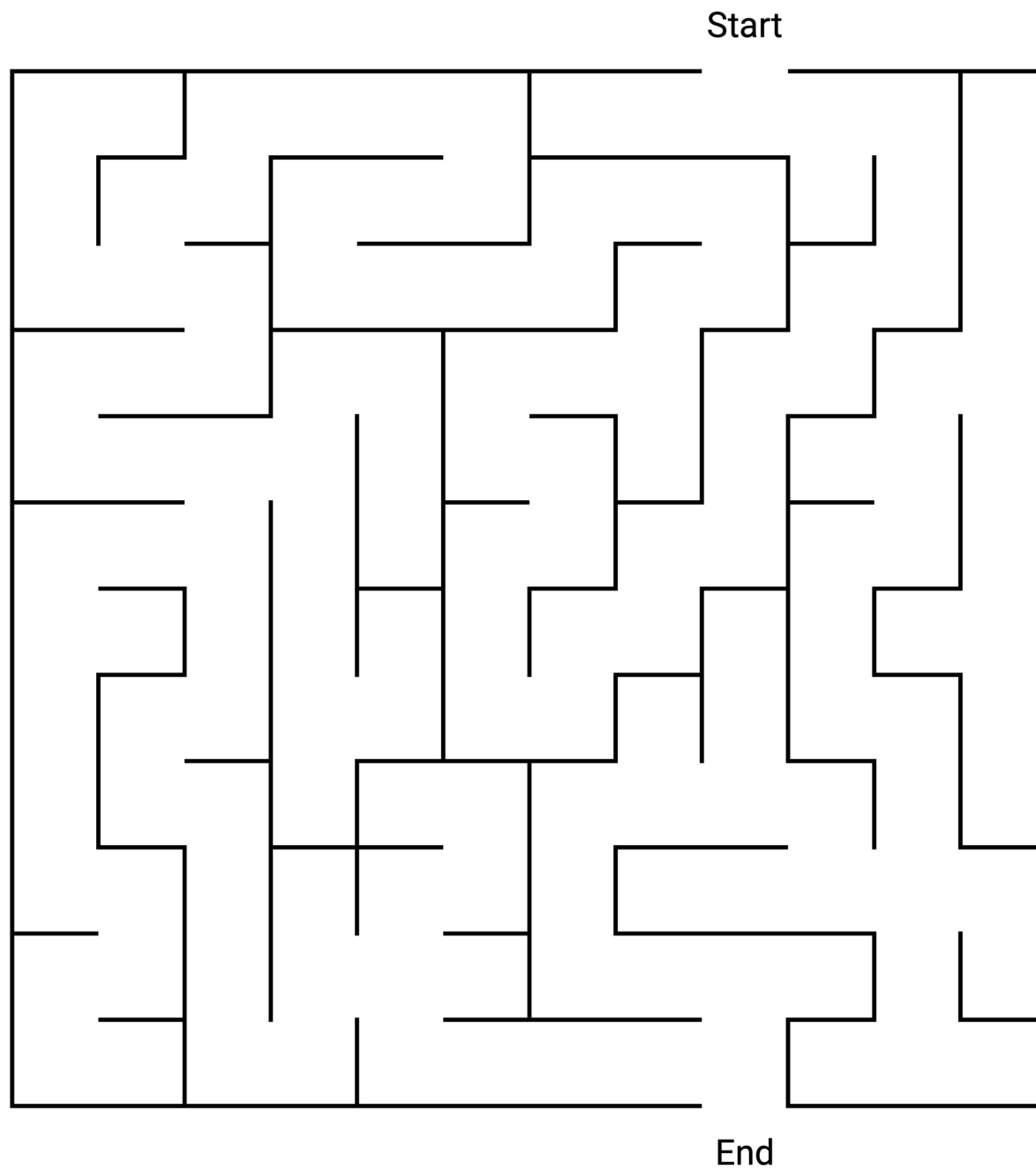
1

2

3



Maze 3



Seeing Niagara Falls

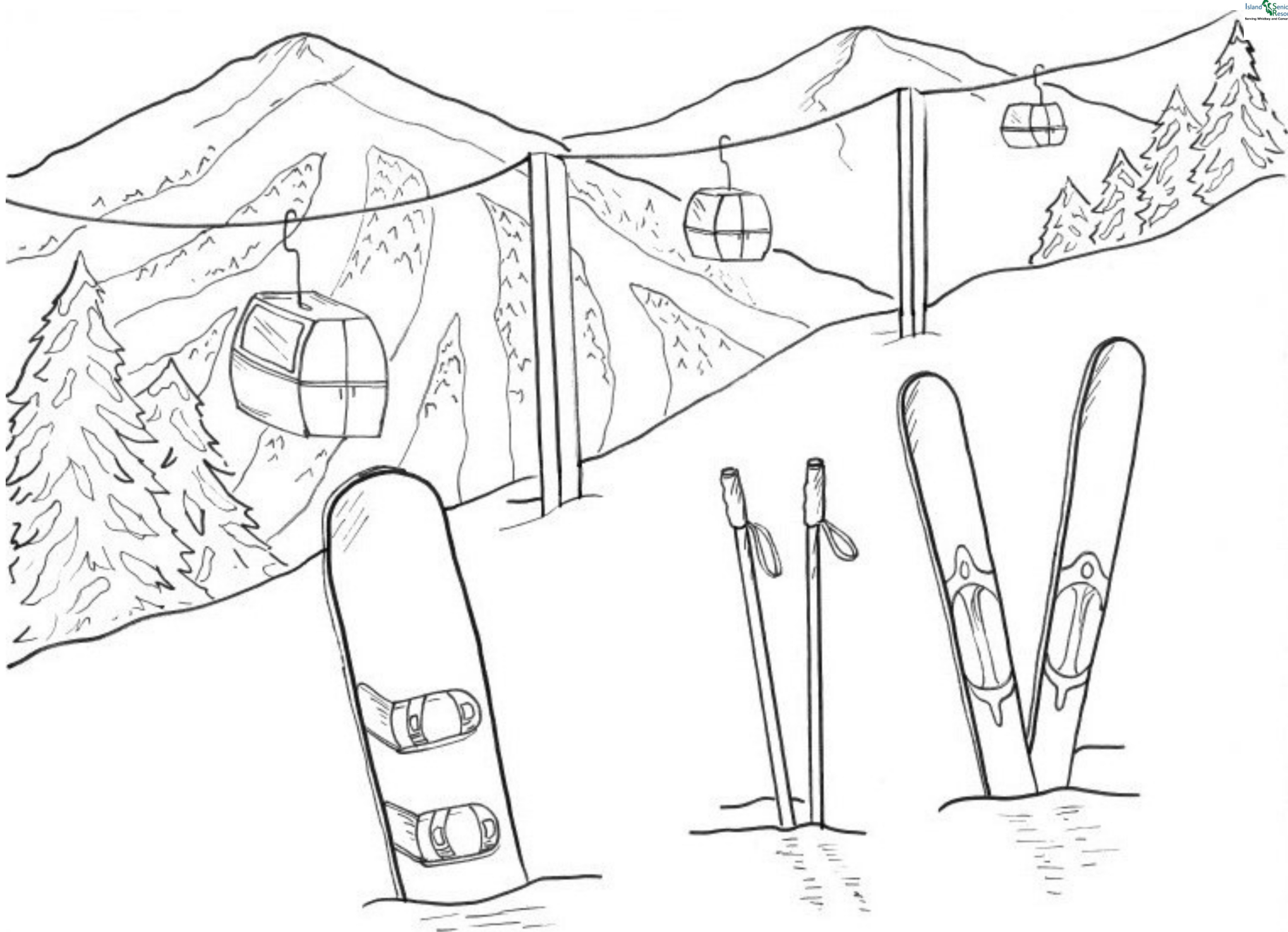
H	A	U	J	G	U	O	G	M	C	M	I	S	T	V
O	P	M	O	W	L	P	F	G	E	P	N	Y	Z	M
R	H	R	V	L	M	O	A	V	N	R	E	B	X	A
S	G	Z	I	J	M	C	O	N	A	P	N	U	D	J
E	C	X	S	C	L	N	X	I	O	A	N	L	Q	E
S	Q	R	O	I	T	C	N	W	T	R	I	U	B	S
H	F	B	F	A	A	B	A	U	W	G	A	D	R	T
O	K	F	R	R	O	G	R	N	D	B	G	M	K	I
E	S	I	V	W	M	A	T	B	A	L	A	P	I	C
H	O	P	X	L	L	A	L	Z	I	D	R	X	Y	C
E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

Can you find the words below in the box above?

Canada
Cliffs
Gorge
Horseshoe

Majestic
Mist
Natural
Niagara

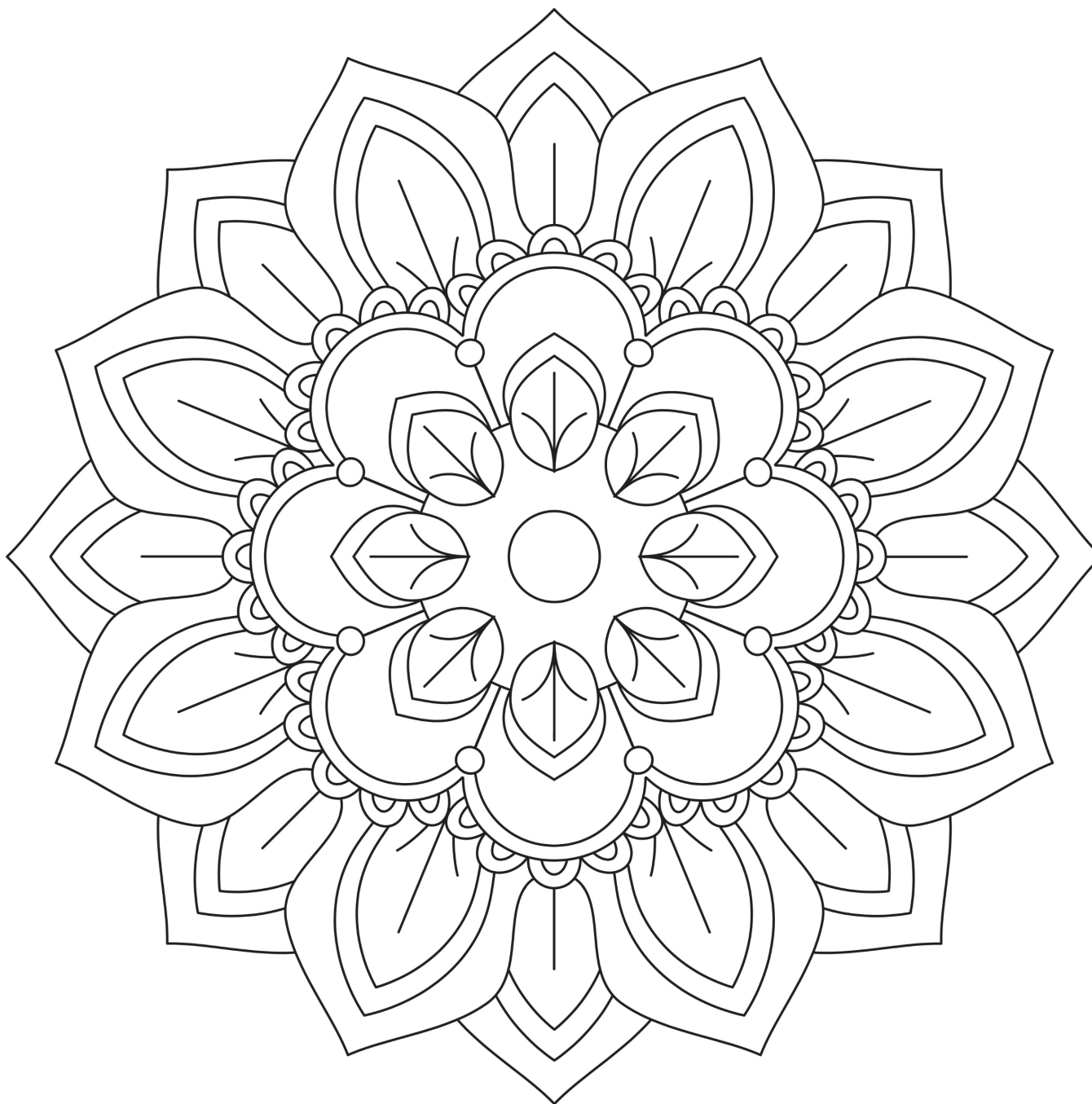
Ontario
Overlook
Panoramic
Rainbow



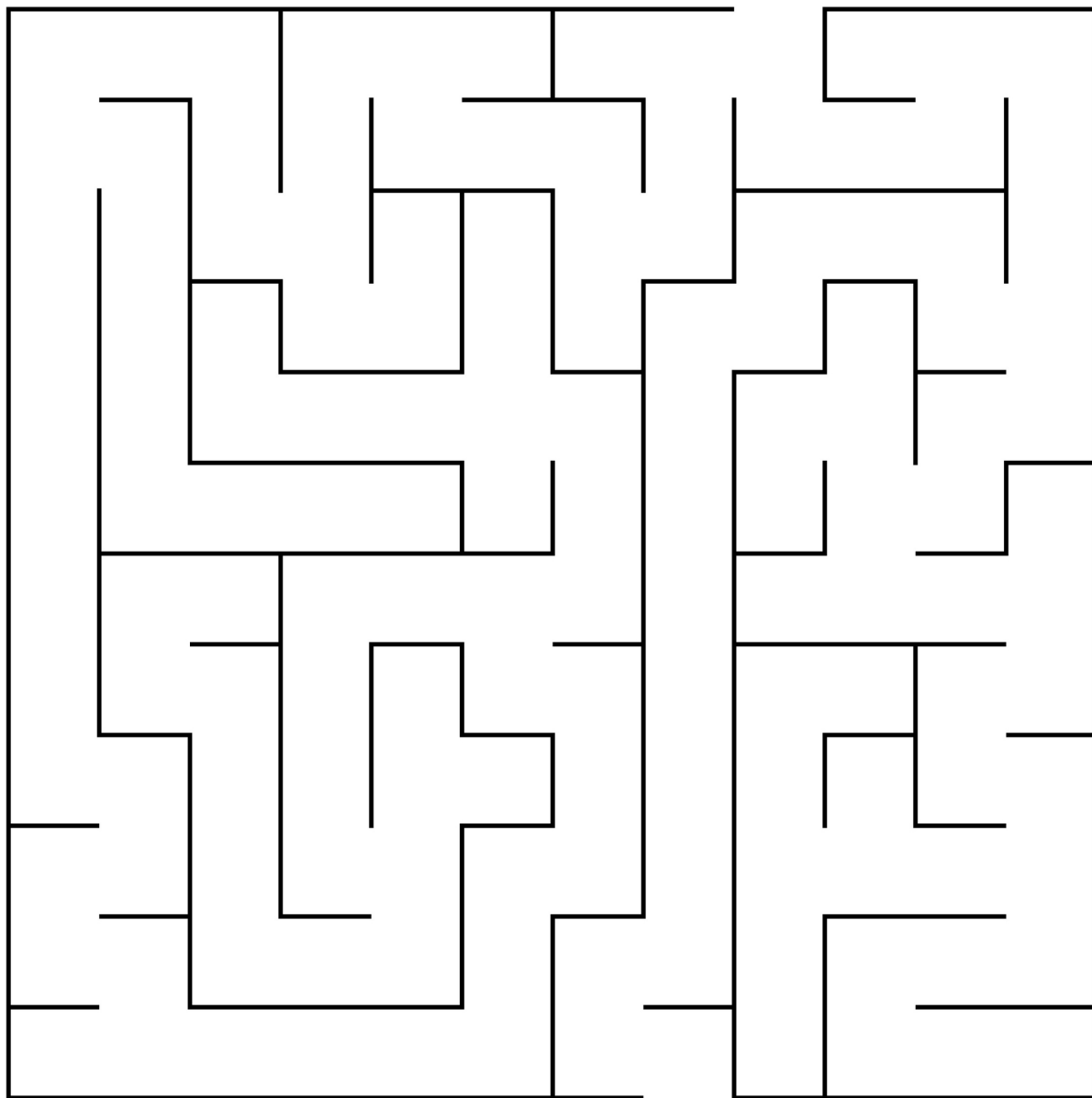
**Maintain a positive
outlook and resilience
in the face of
challenges.**

**Focus on strengths,
accomplishments, and
things to be grateful
for.**





Start



End

Maze 4

Canadian Seafood

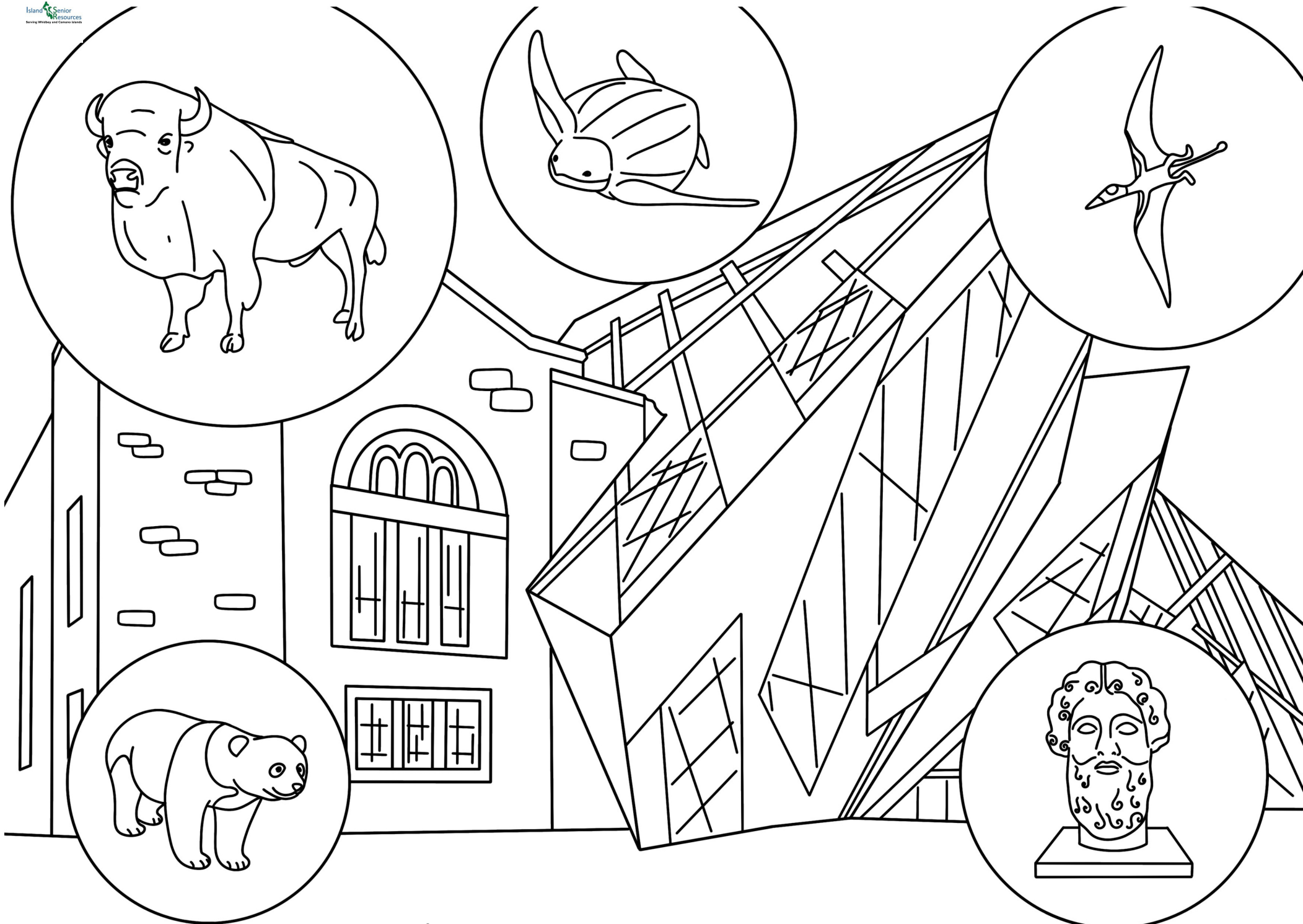


Can you find the words below in the box above?

Char
Clams
Cod
Crab

Halibut
Lobster
Mussels
Octopus

Oyster
Prawns
Salmon
Sardine

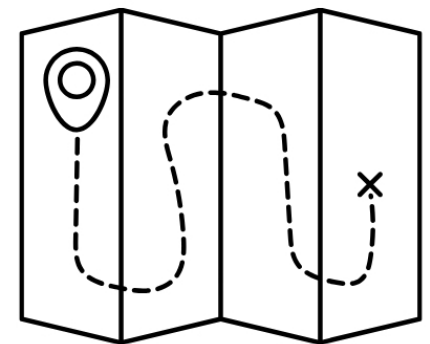


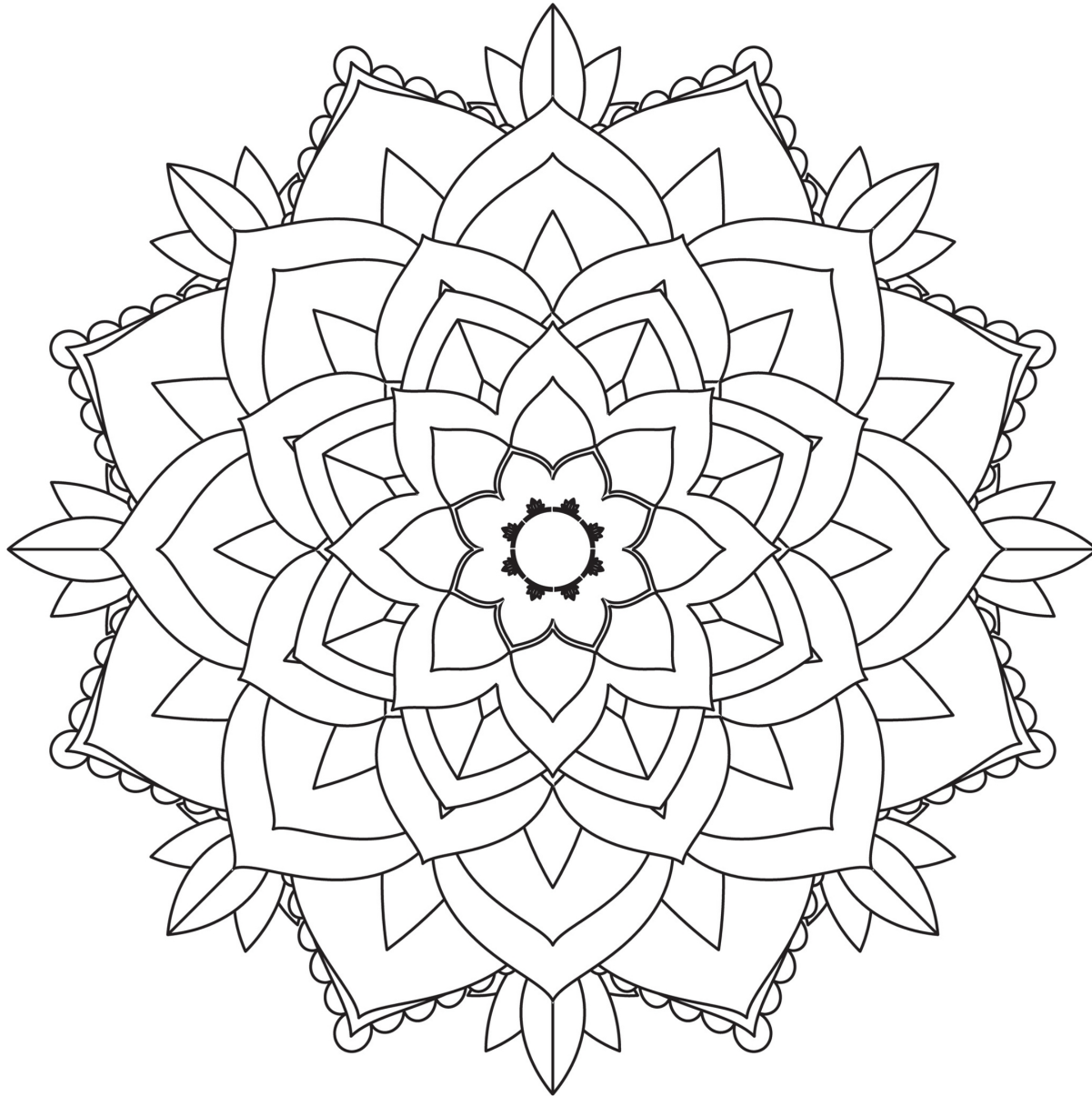


What is the closest national park to you?

Could you describe the park?

Is it a place that is highly visited? Why or why not?







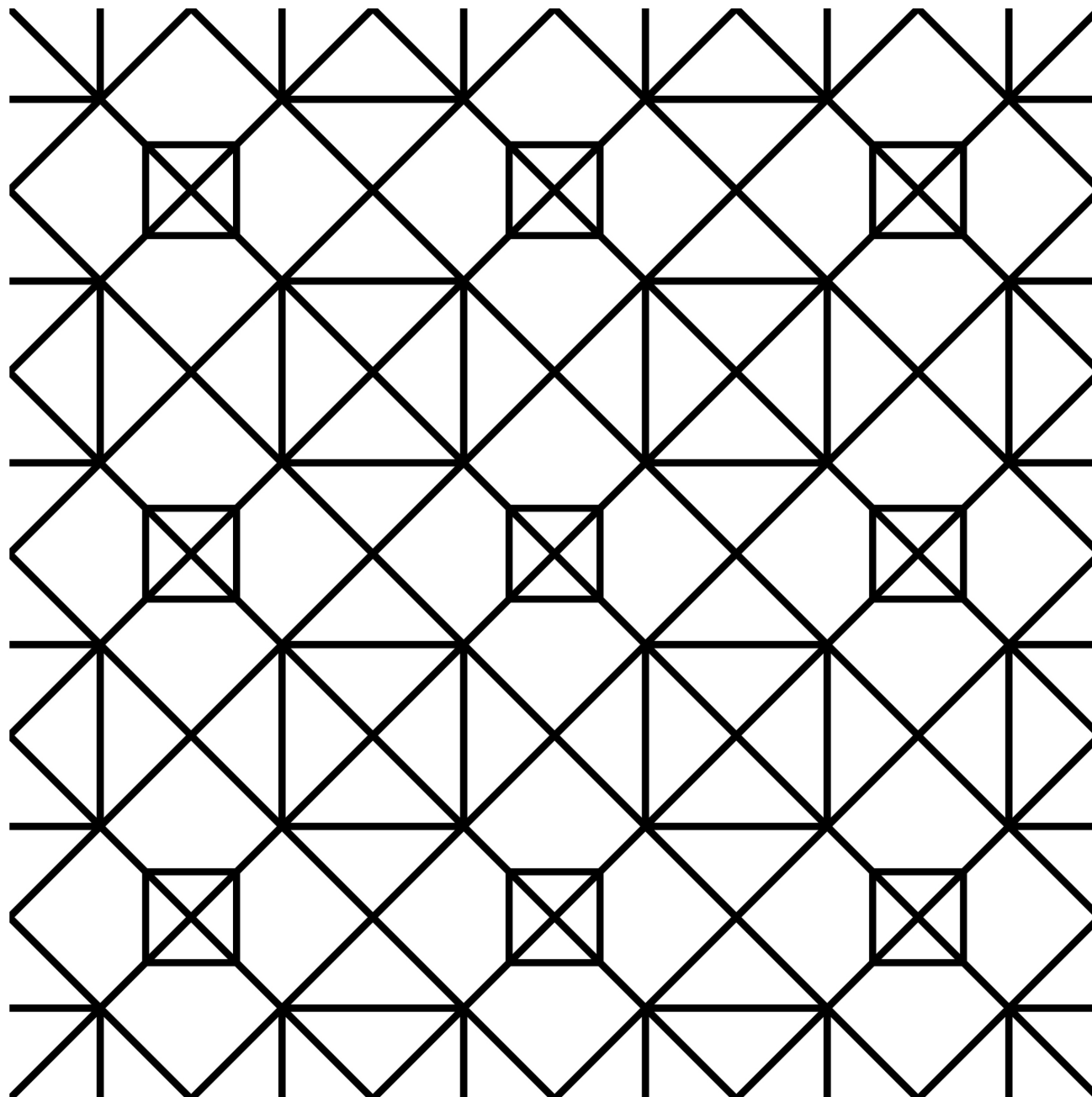
**How many glasses of water did
you drink today?
Count how many other beverages
you drank.**

**Staying hydrated is a key piece of
good health.**



**Remember to drink water
throughout the day!**





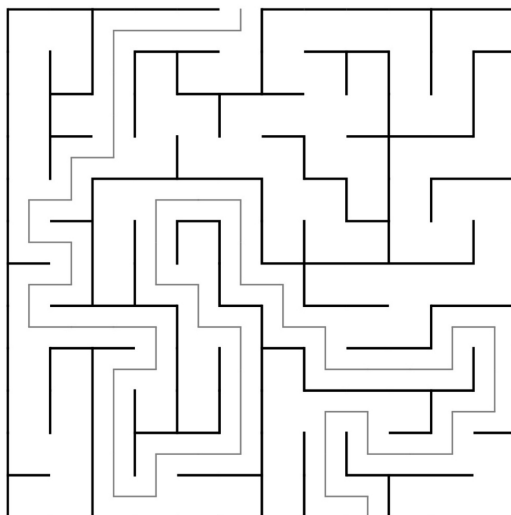
Draw a quaint street in Old Quebec with its charming shops and cafes.
Show people enjoying a leisurely stroll, sipping coffee at a cafe, or
engaging in friendly conversations.

Create a vibrant representation of Indigenous culture in Canada.
Illustrate elements such as traditional ceremonies, vibrant regalia, and
symbolic art.

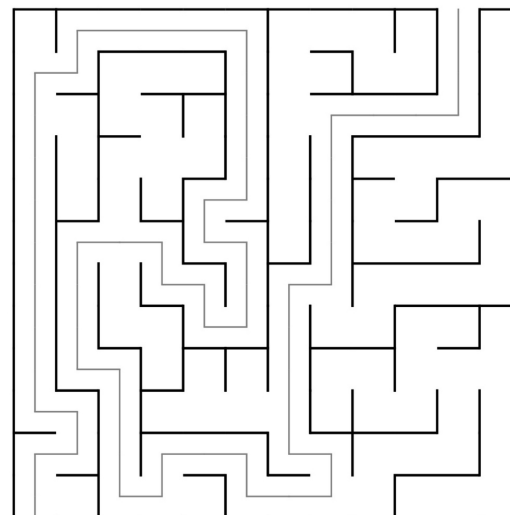
Celebrate the oral traditions and wisdom passed down through generations.

M A Z E

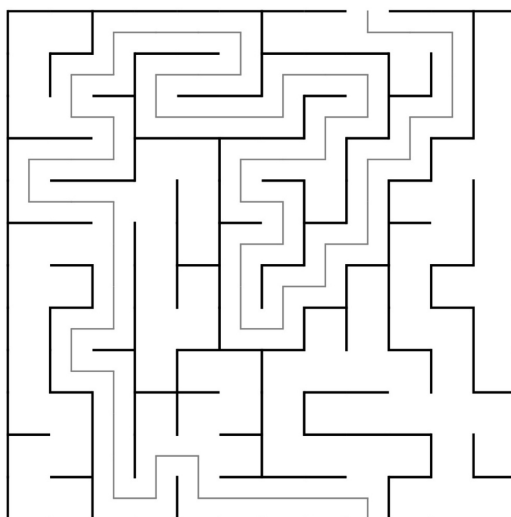
1



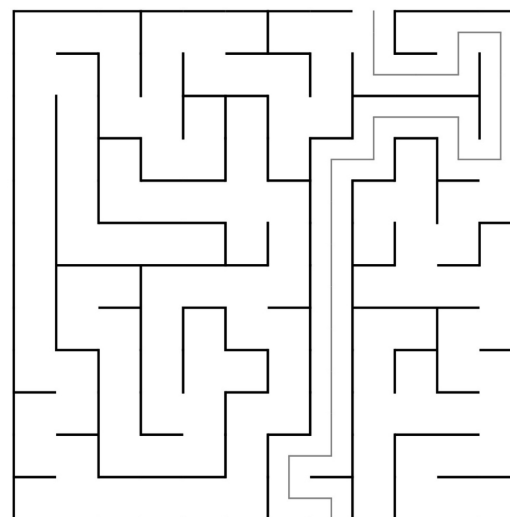
2



3

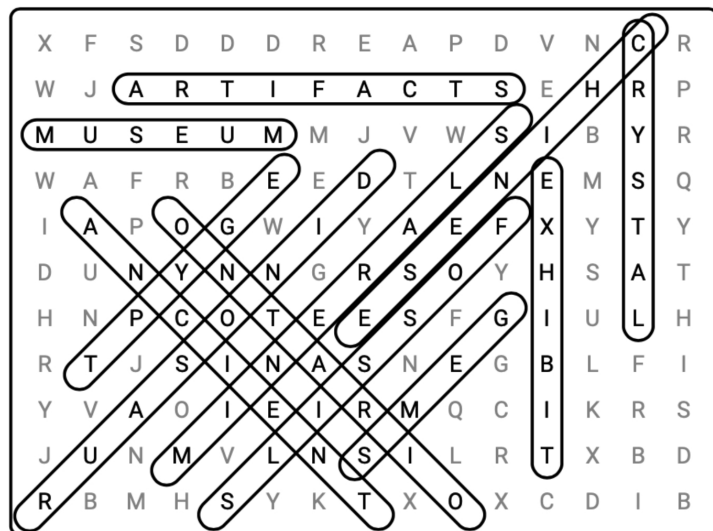


4

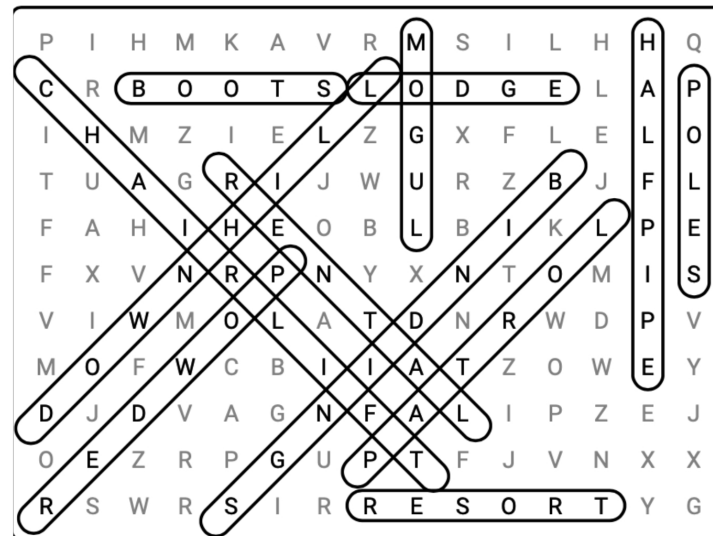


A N S W E R S

Royal Ontario Museum

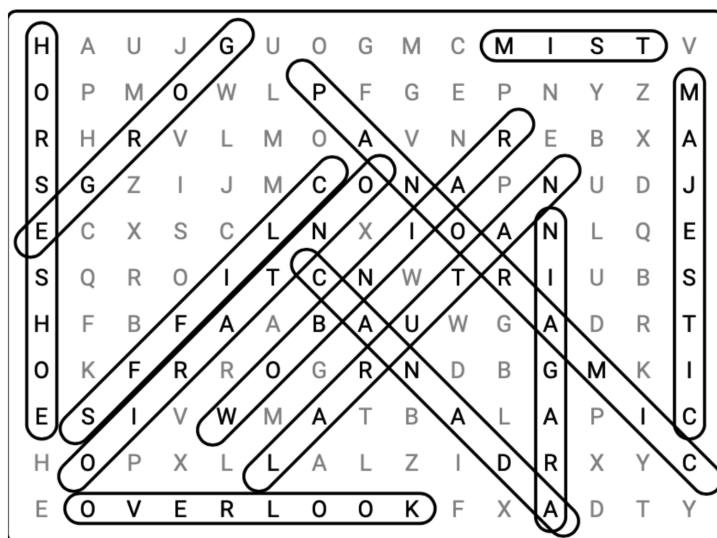


Skiing in the Rockies

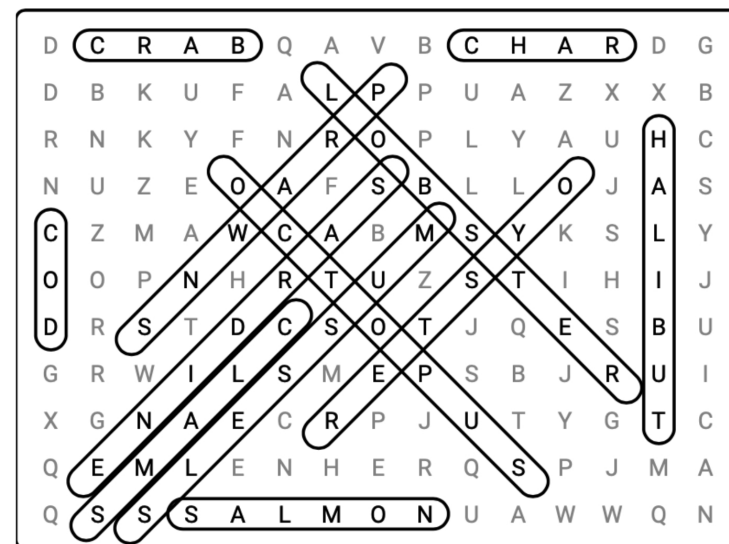


**S
E
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C
H**

Seeing Niagara Falls



Canadian Seafood



**A
N
S
W
E
R
S**



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

reception@islandseniorservices.org.