

COLORFUL FUN!

ART, MAZES, & WORD SEARCH

March 2024 • **In My Life**





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

IN MY LIFE CANADA

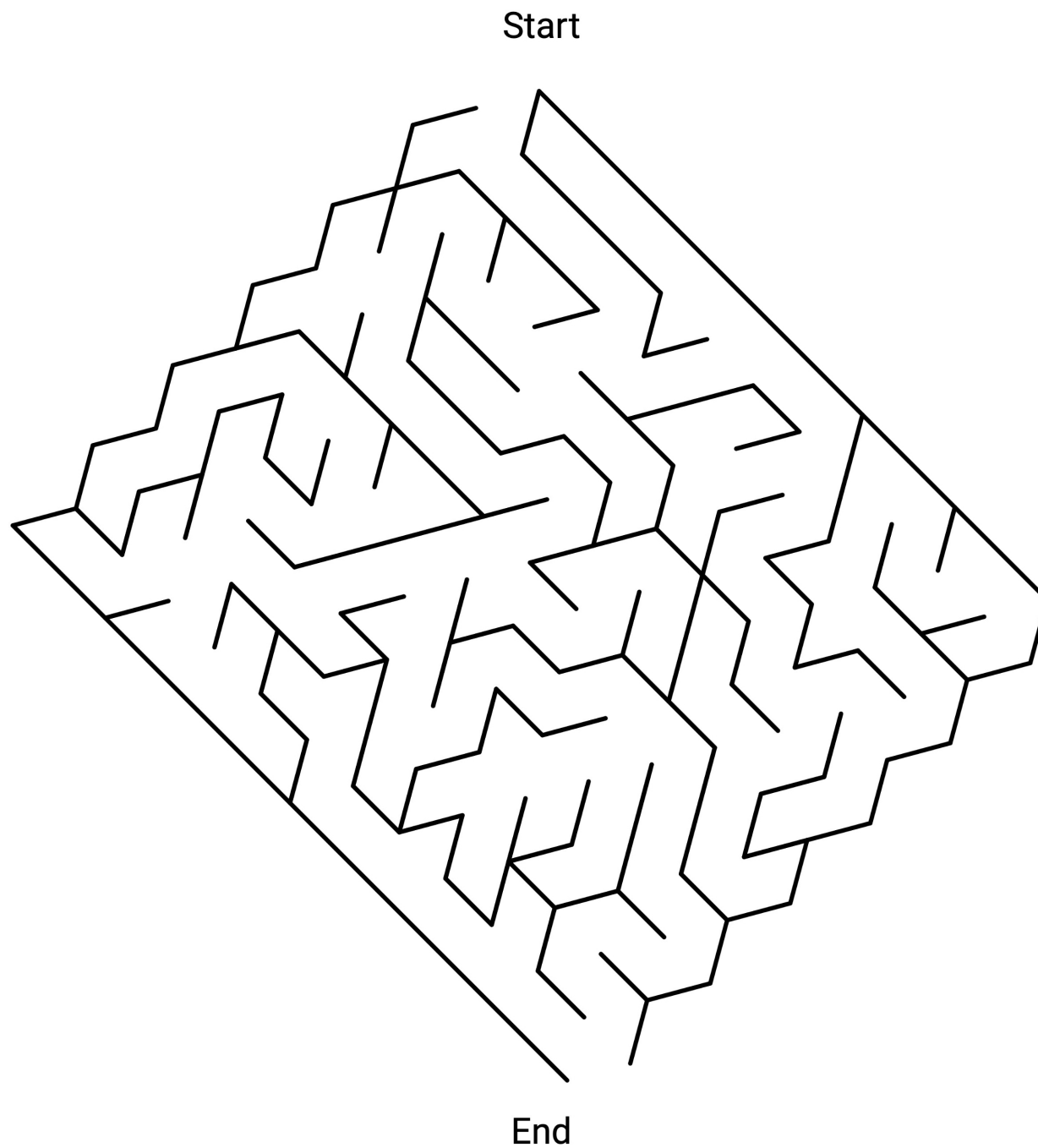
As we celebrate Canada's rich history, seniors can fondly revisit the enchanting winter wonderland of their youth. The joyous moments of playing in the snow, bundled up against the crisp air, evoke a sense of nostalgia for the simple pleasures of winter adventures. For those who once laced up their skates and glided across frozen ponds, the exhilaration of playing hockey becomes a cherished memory, filled with laughter and camaraderie. Winter in Canada, with its snow-covered landscapes and wildlife gracefully navigating the cold, provided seniors with unique opportunities for wildlife viewing. The sight of woodland creatures leaving their delicate footprints in the snow serves as a testament to the beauty and resilience of nature. These memories of winter escapades, filled with laughter, sportsmanship, and the wonders of wildlife, continue to warm the hearts of Canadian seniors as they reflect on the magic of their snowy days gone by.

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 9



Winter Adventures

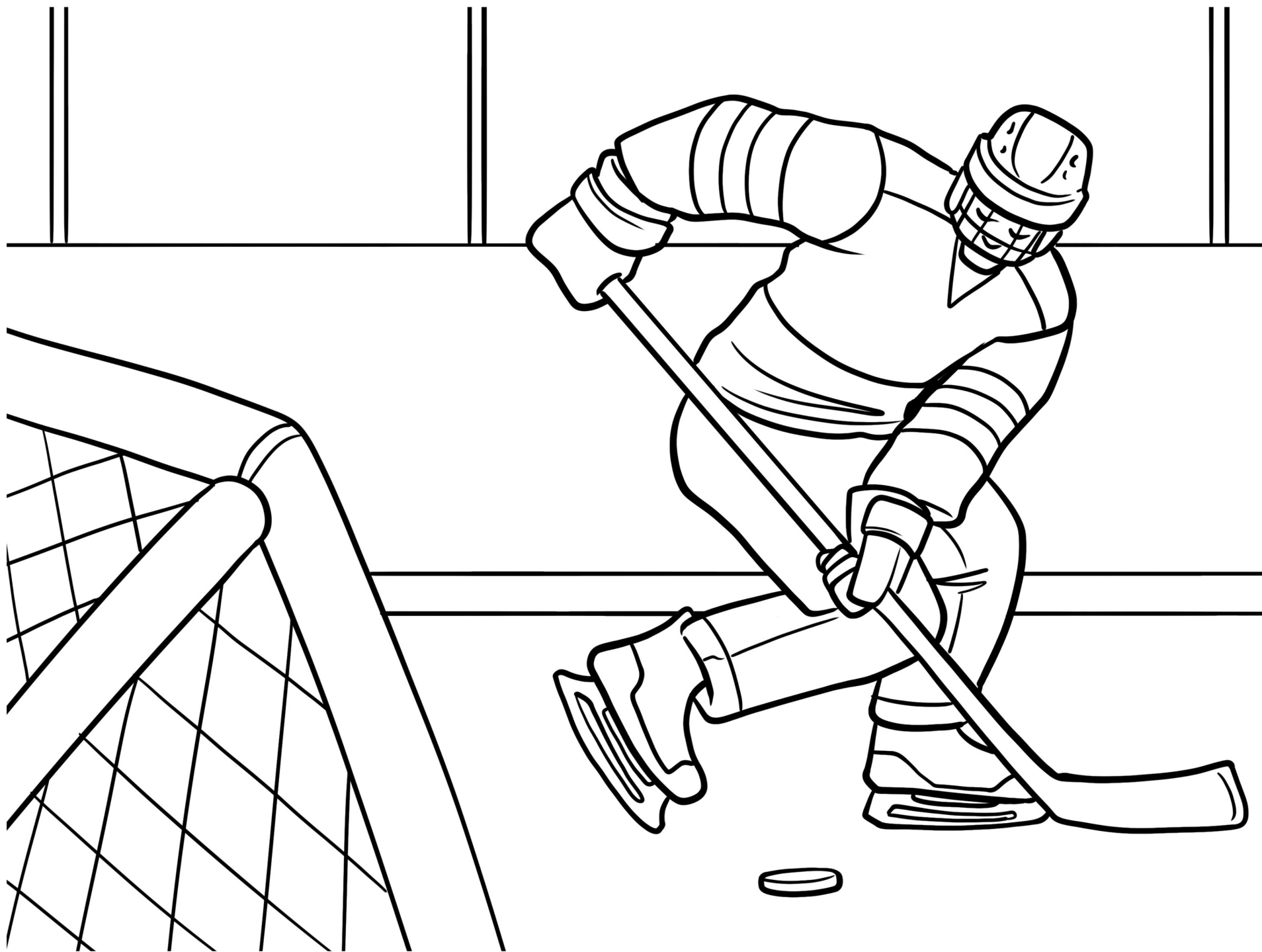


Can you find the words below in the box above?

Boots
Cold
Curling
Fireplace

Fishing
Frost
Ice
Ski

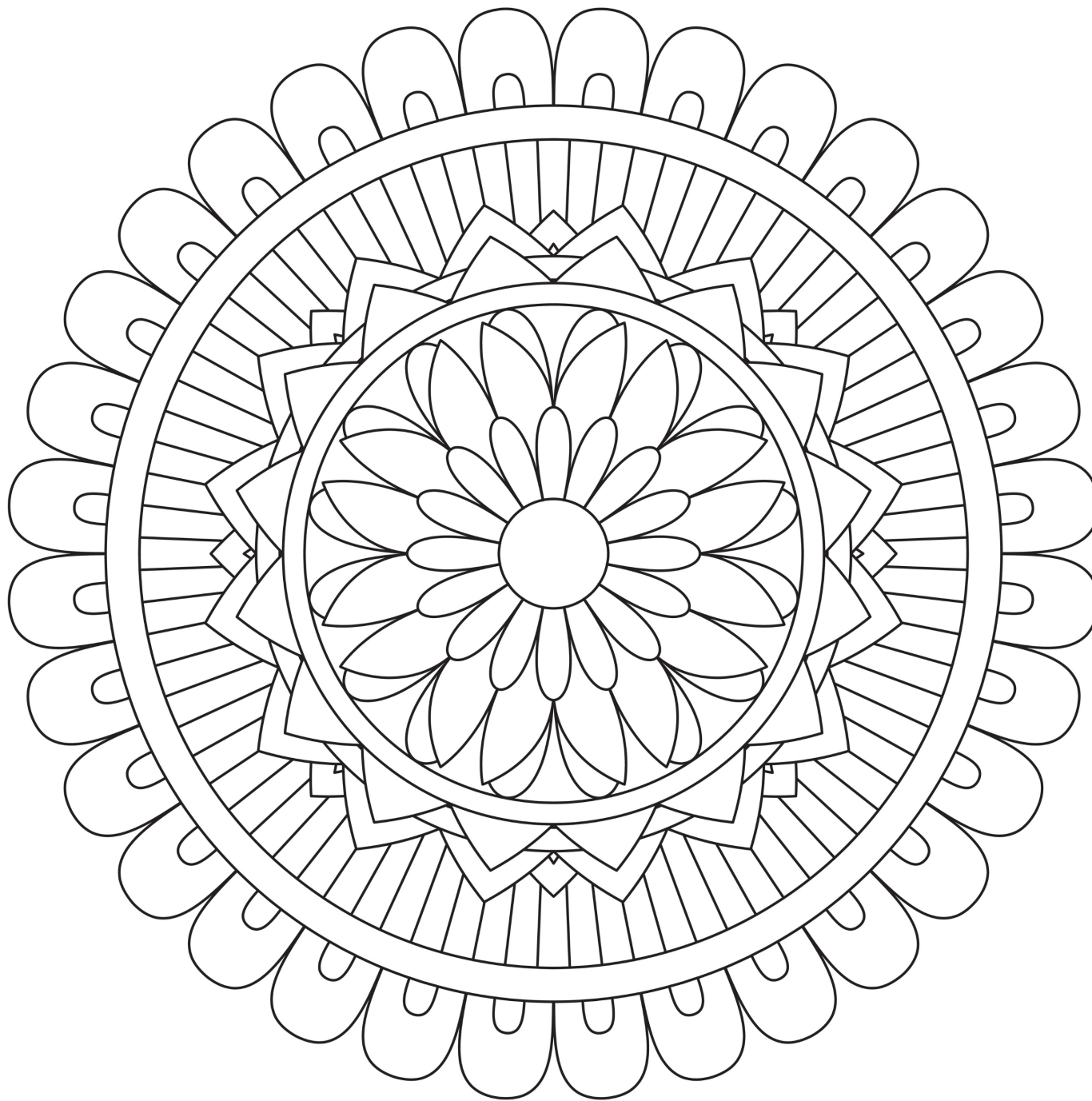
Sled
Sleigh
Snowmobile
Snowshoe



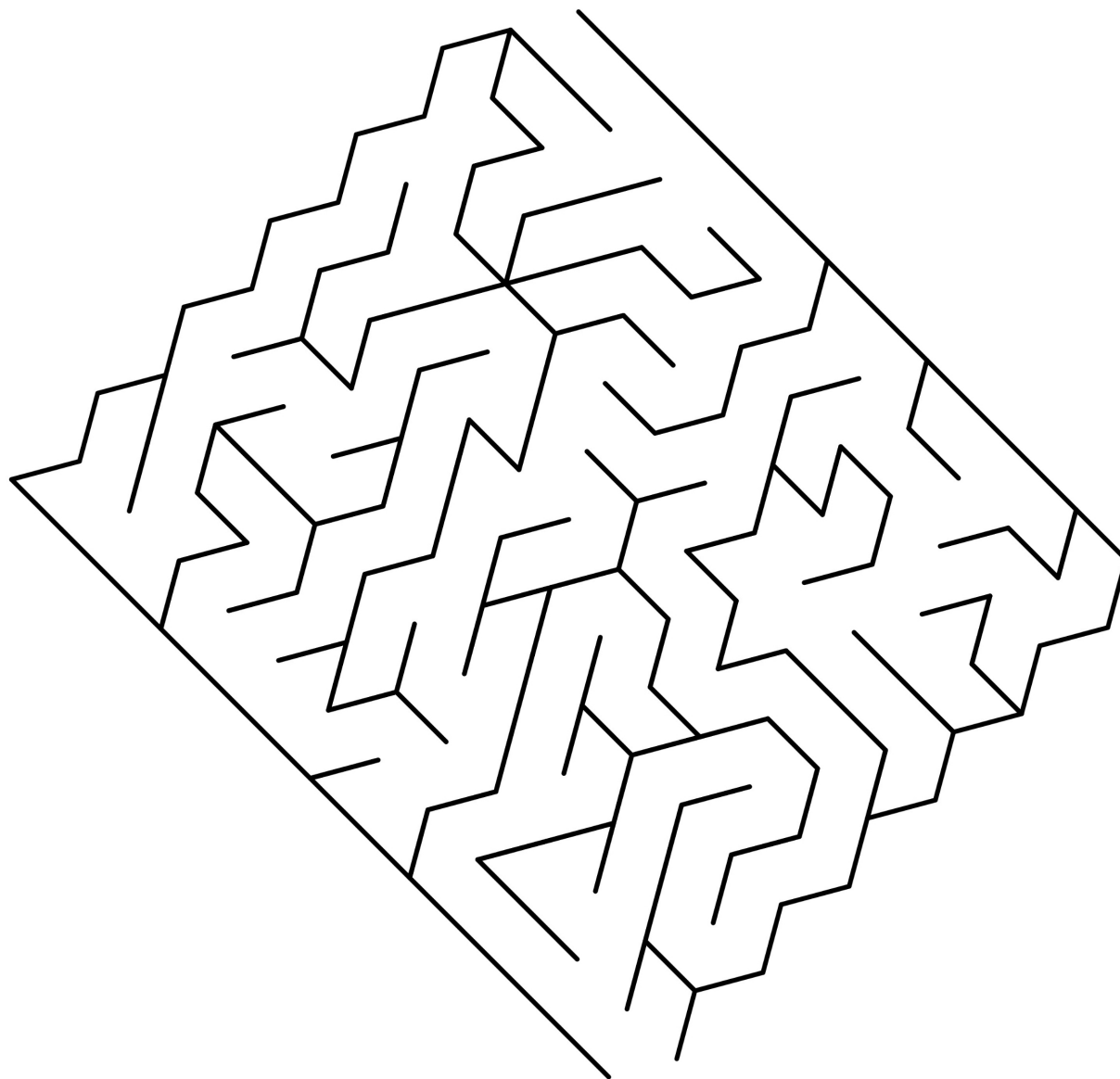


Do you know anybody from Canada?

**Can you think of any celebrities or famous athletes
who are Canadian?**



Start



End

**Maze
10**

Ice Hockey



Can you find the words below in the box above?

Arena
Captain
Goal
Hockey

Net
Overtime
Penalty
Puck

Referee
Rink
Shootout
Skates

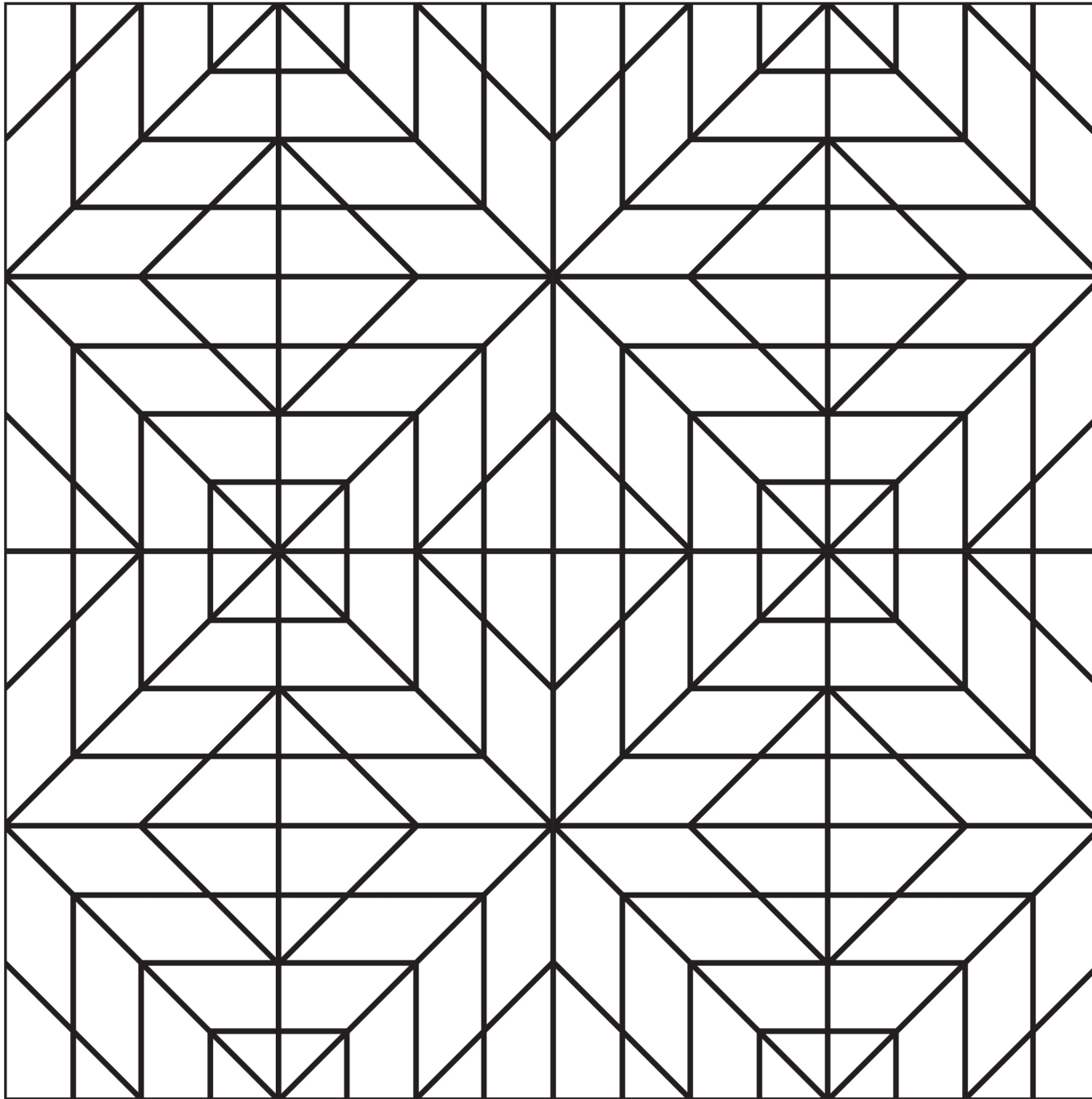


Do you like to take pictures?

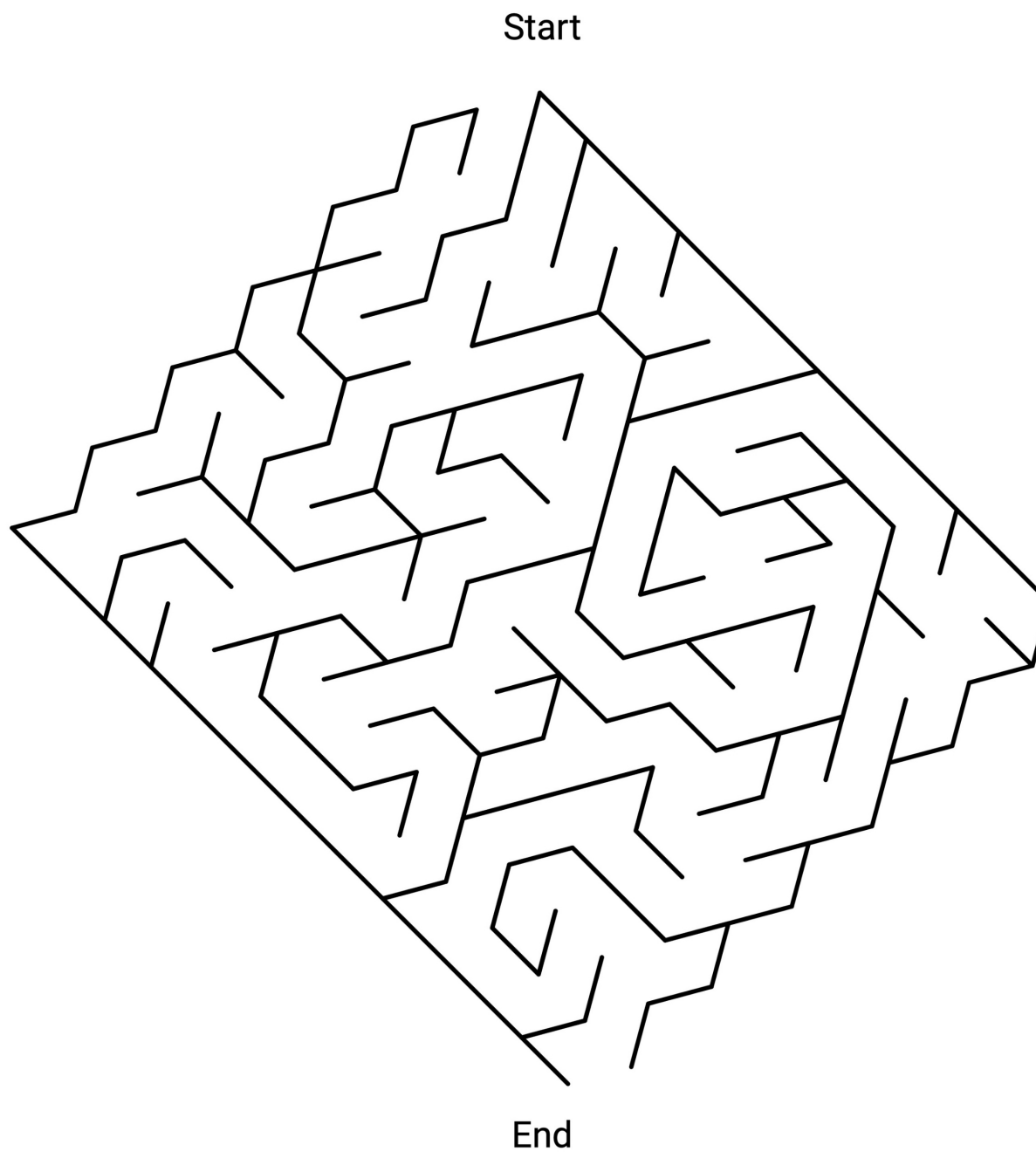
**What kind of camera would you like
to try?**

What would your subject be?





Maze 11



Playing in the Snow

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

Can you find the words below in the box above?

Boots

Brush

Coat

Earmuff

Glove

Goggles

Hat

Insulated

Jacket

Mittens

Scarf

Shovel



**Canada is divided into 10 provinces and 3 territories.
Can you fill in this list of the provinces, given only the
first letter?**

A

B

M

N

N

N

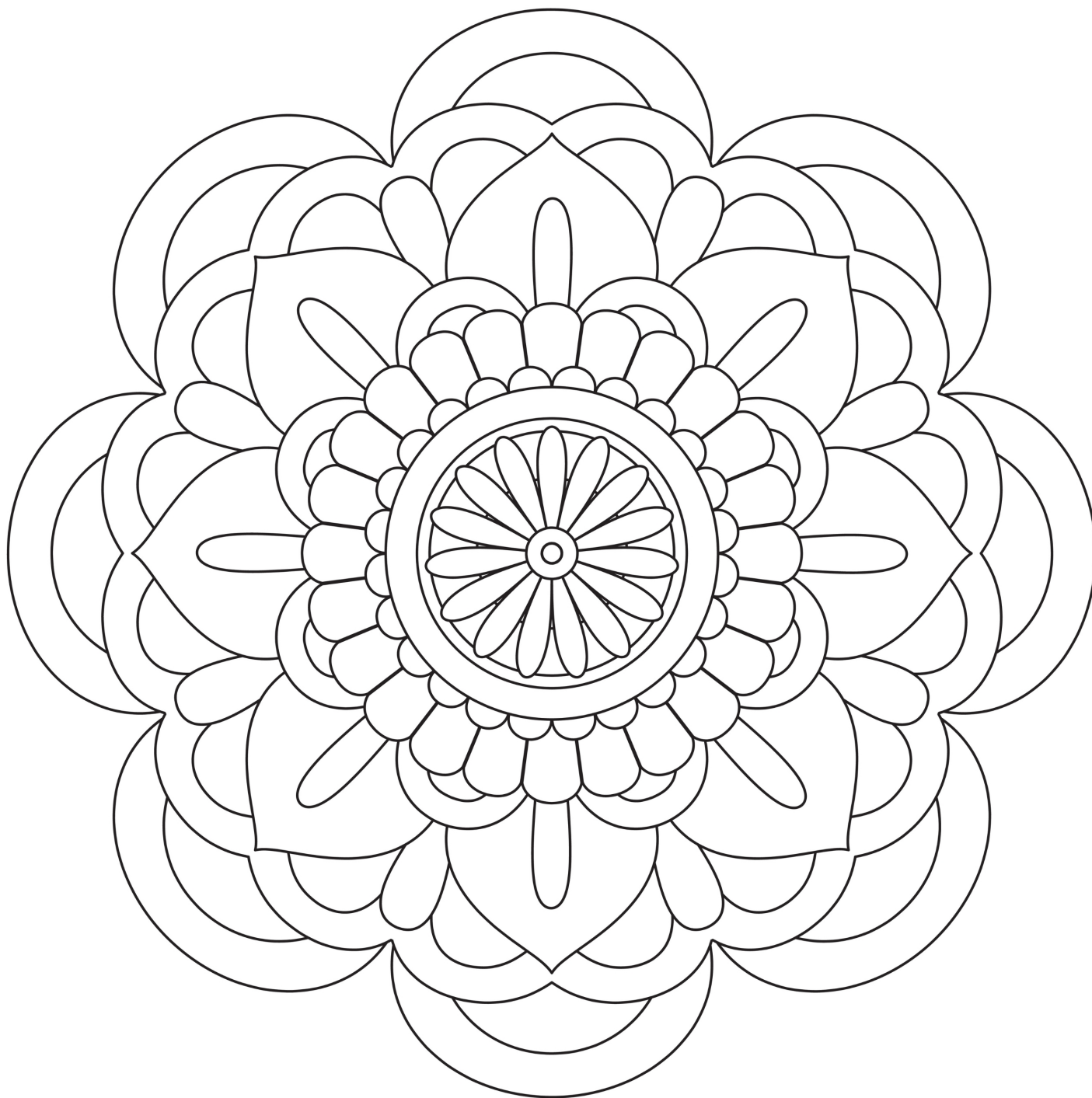
O

P

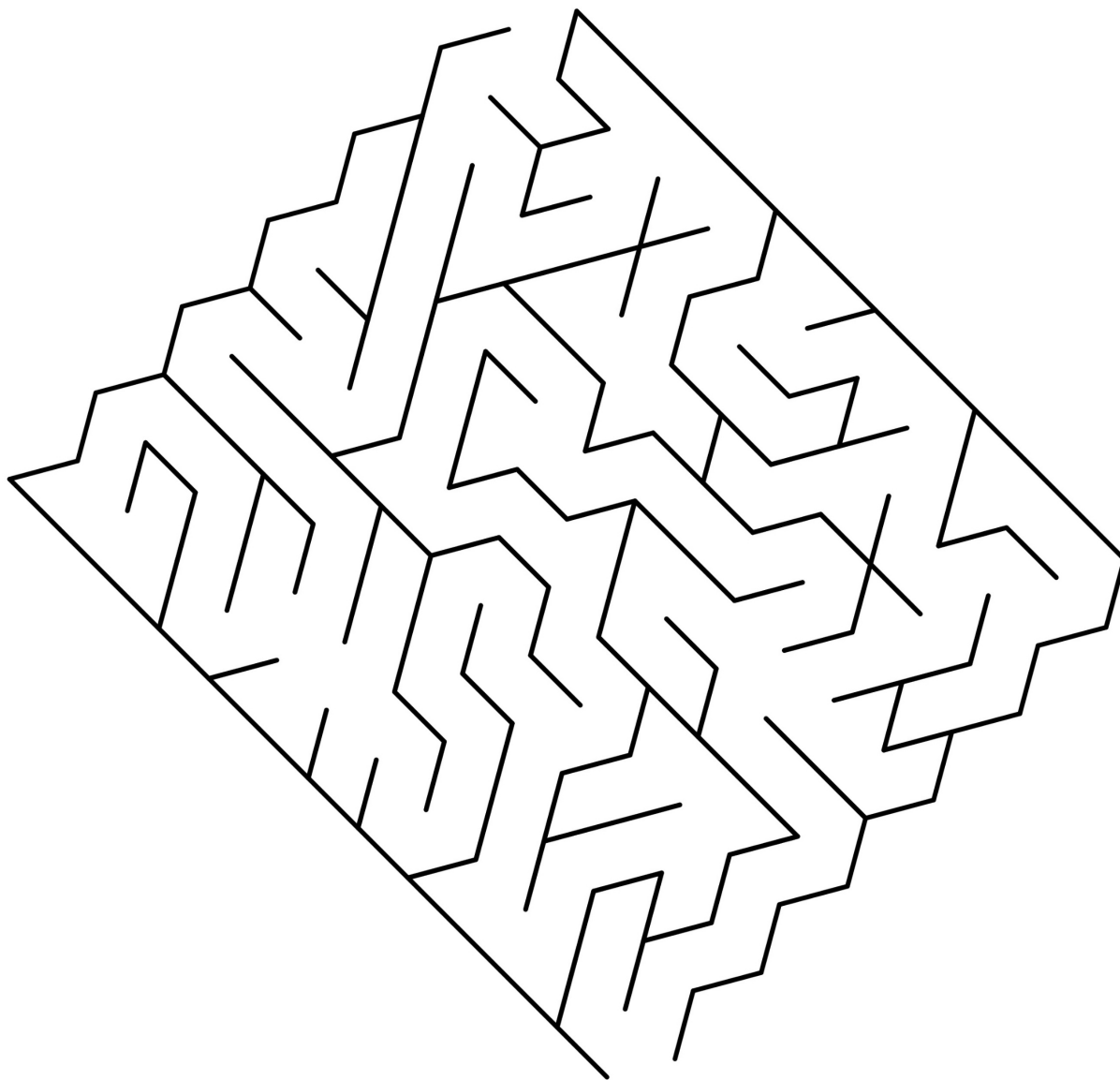
Q

S

Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia,
Ontario, Prince Edward Island, Quebec, Saskatchewan



Start



End

Maze 12

Cold Weather Animals



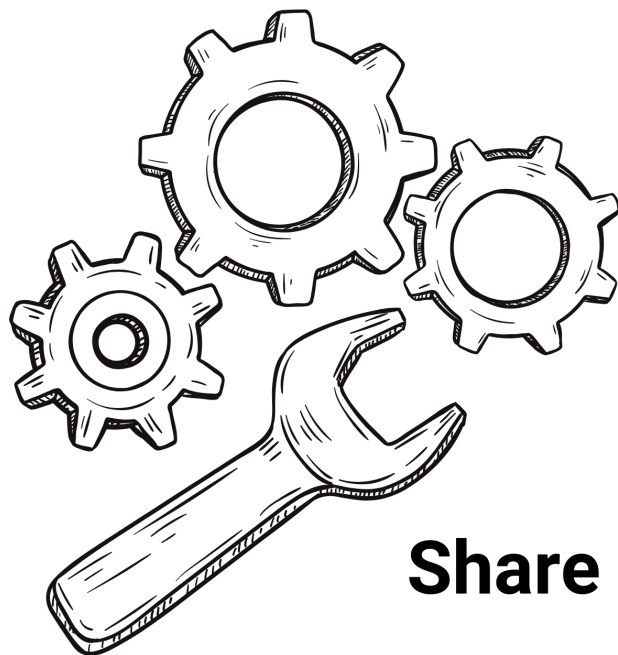
Can you find the words below in the box above?

Beluga
Bison
Caribou
Cougar

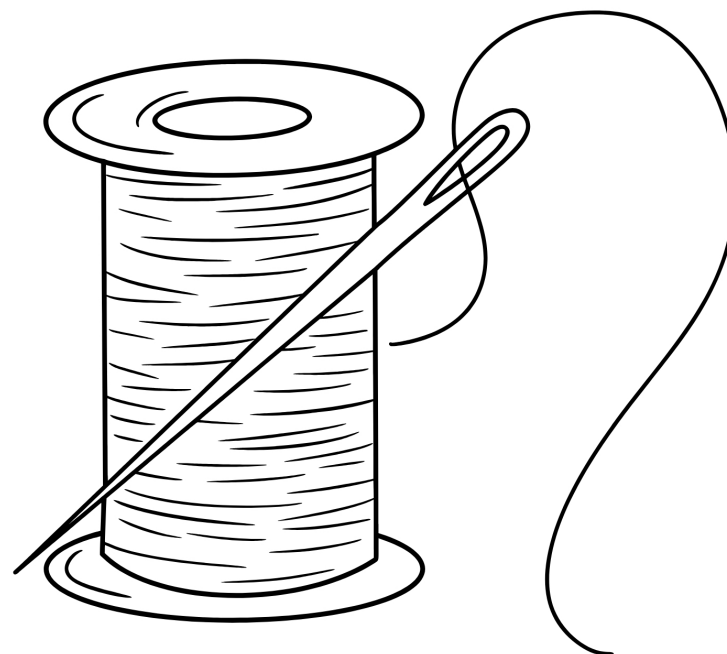
Humpback
Loon
Lynx
Moose

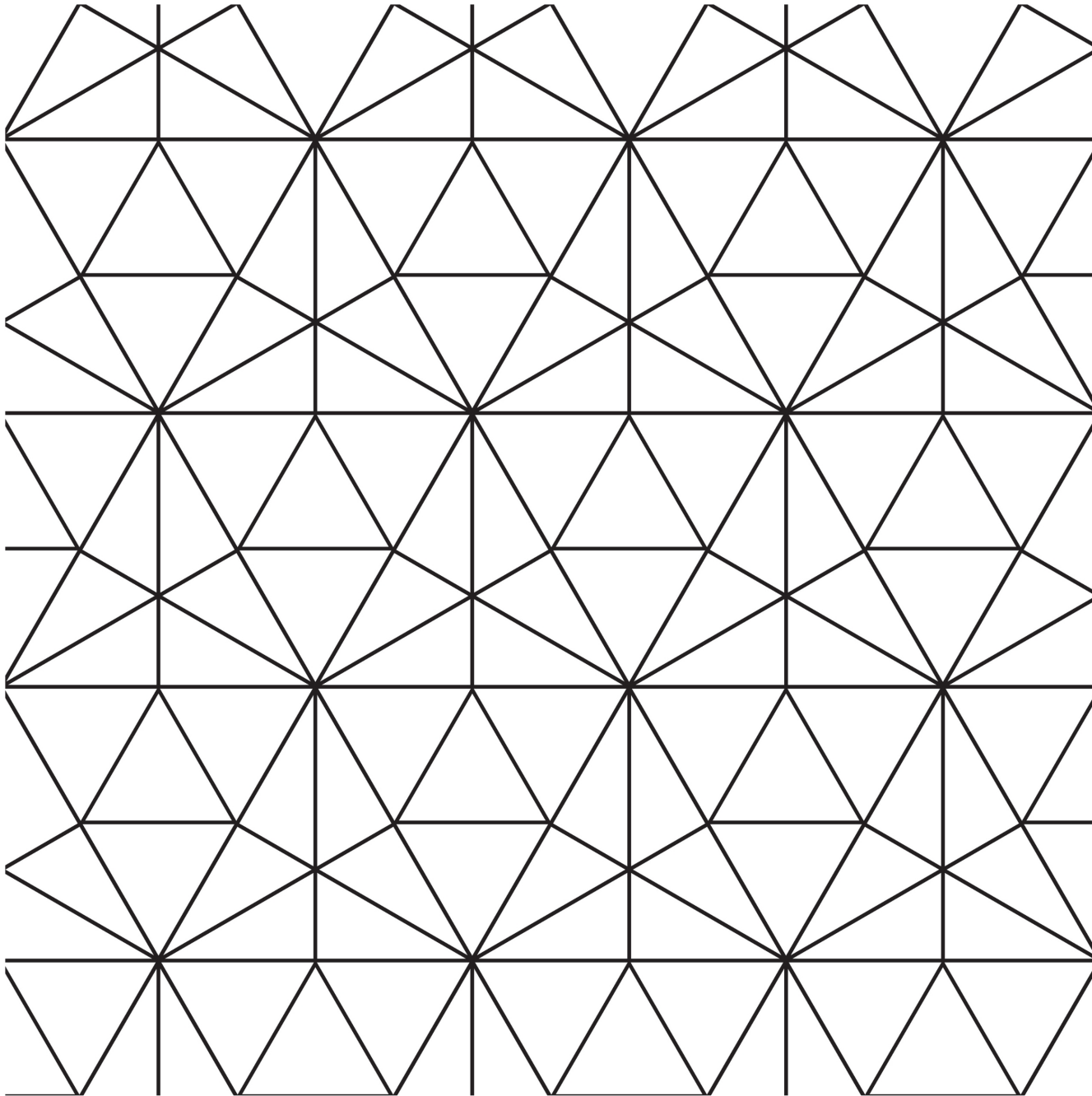
Orca
Polar
Puffin
Salmon





**Share a story about a skill or hobby
you developed unexpectedly.**

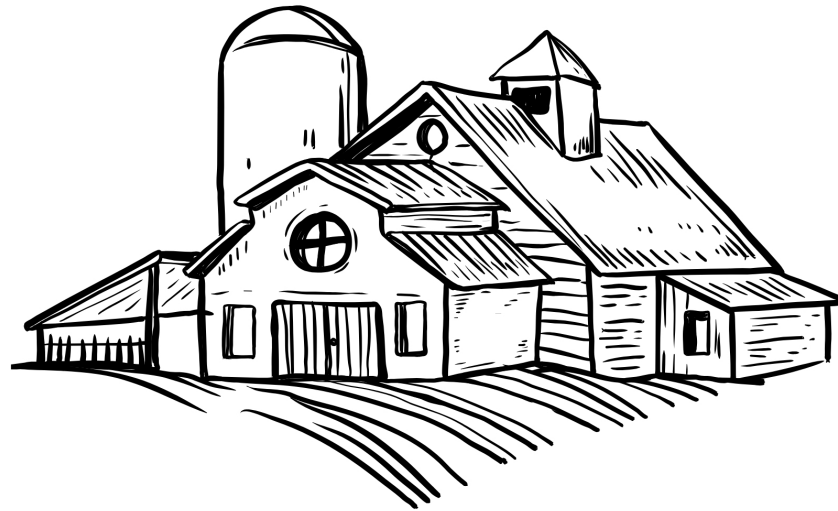


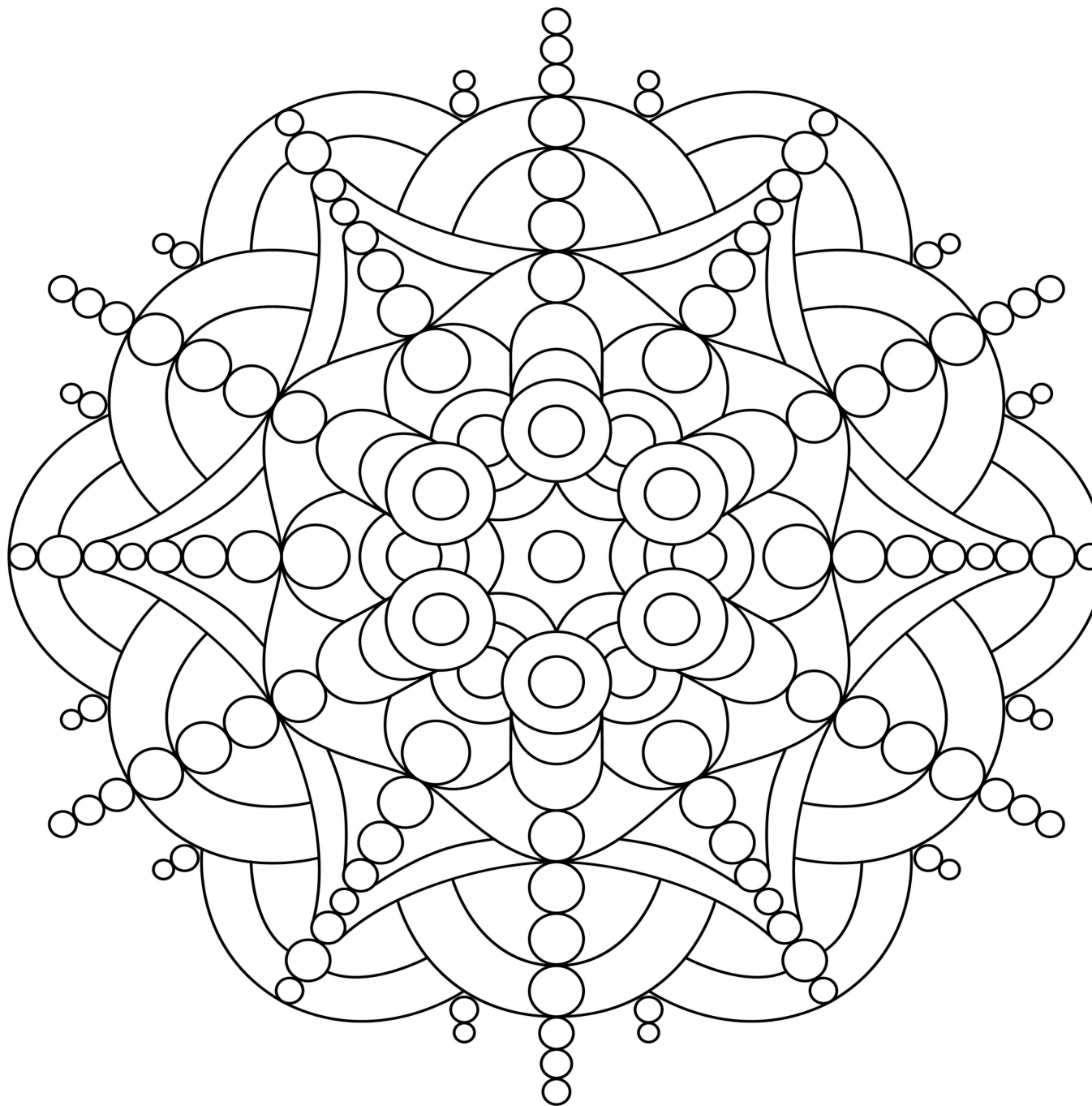




Where did you grow up?

**How different is the area now from when you
were young?**





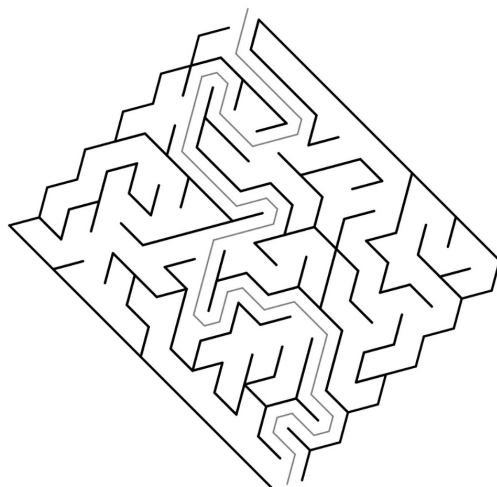
Draw a heartwarming scene of children playing in the snow. Capture the joy and excitement as they build snowmen, engage in snowball fights, or sled down snowy hills.

Illustrate the rosy cheeks, bundled-up figures, and the magical atmosphere of a snowy day. Include details like snow-covered trees, mittens, and the laughter that echoes through the winter air.

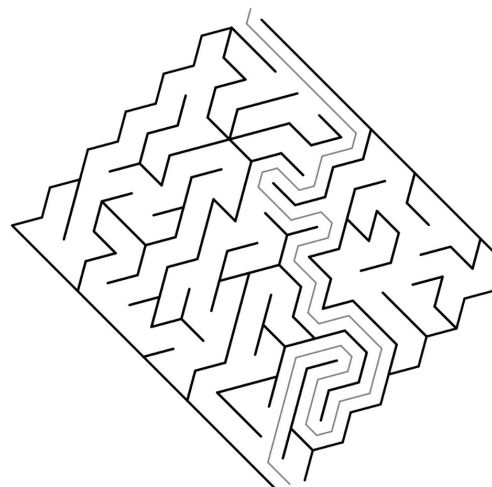
Add a touch of enchantment with a scene of birds perched on snow-covered branches or squirrels busily foraging in a winter wonderland.

**M
A
Z
E**

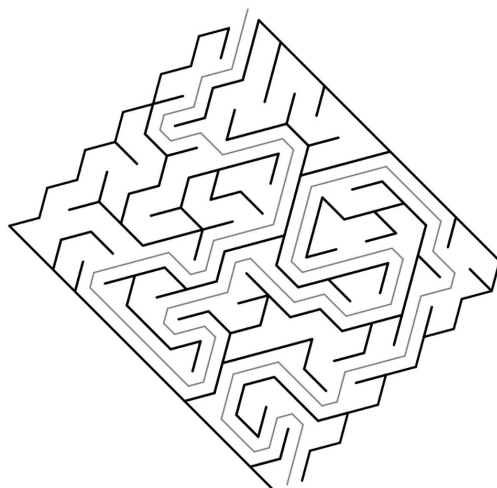
9



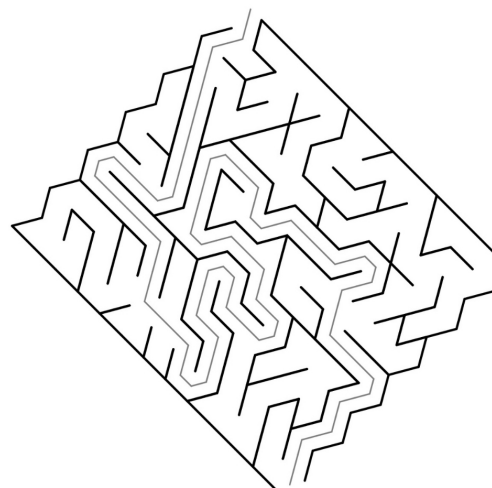
10



11

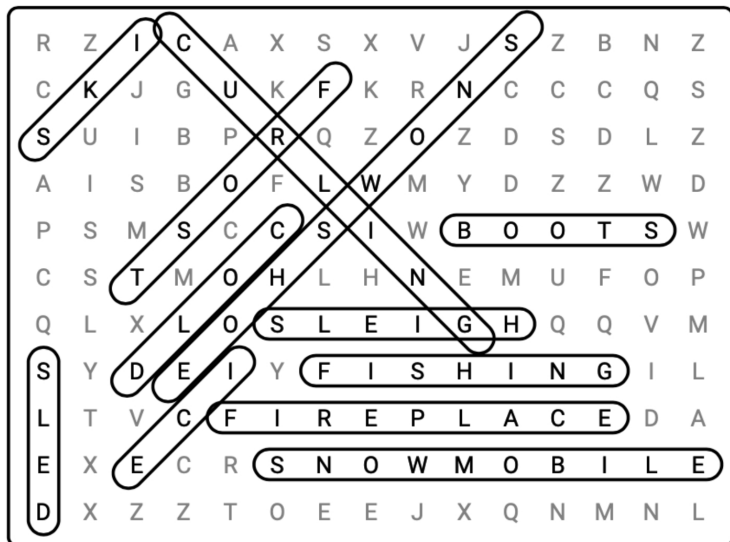


12

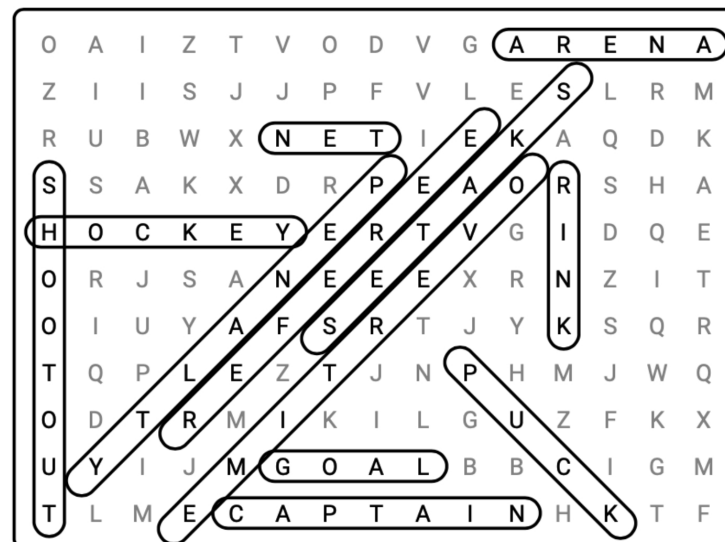


**A
N
S
W
E
R
S**

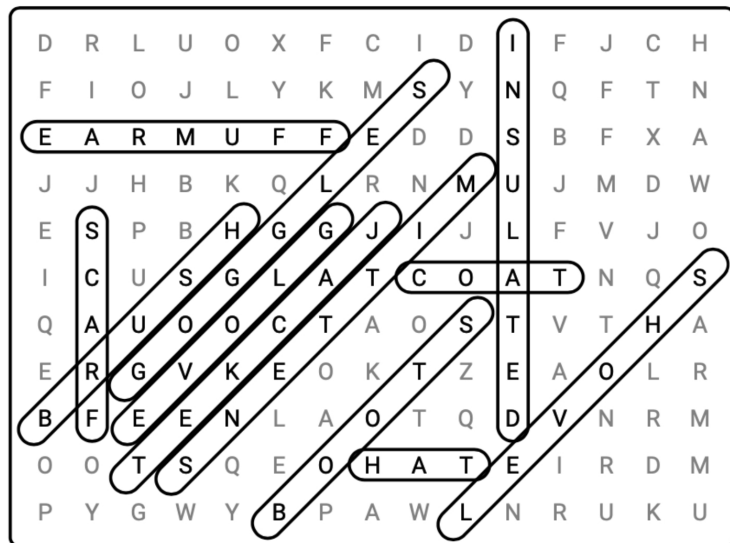
Winter Adventures



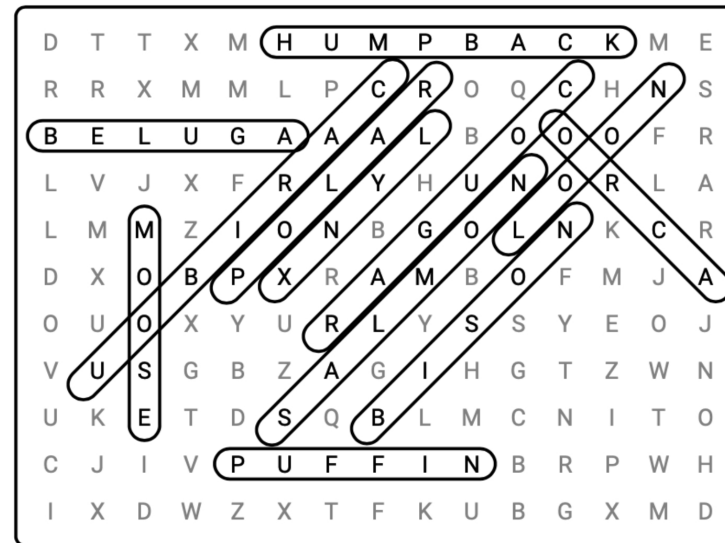
Ice Hockey



Playing in the Snow



Cold Weather Animals



SEARCH

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

reception@islandseniorservices.org.