
THE PUZZLE EXPERIENCE

CROSSWORD, WORDSEARCH, SUDOKU, WORDOKU, & MAZES

March 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.

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*

WINTER ADVENTURES

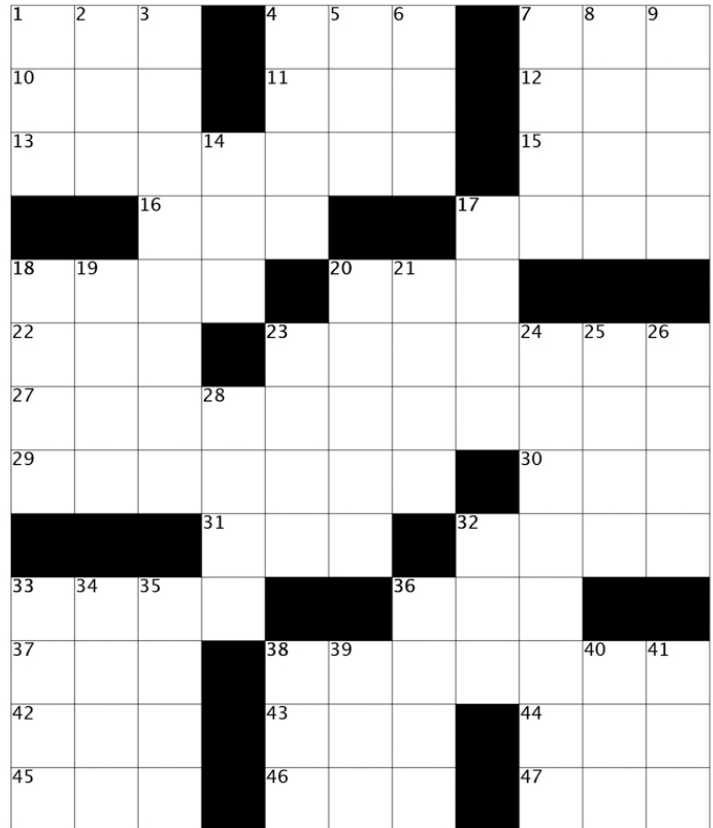
ACROSS

1. Schuss
4. Actor Holbrook
7. Once around the track
10. Tic-___-toe
11. "This ___ test"
12. Moray, for one
13. Winter rides that may have jingly bell
15. Gold, in Spanish
16. Univ. or coll.
17. Winter forecast
18. Dull pain
20. Forbid
22. Letter after CEE
23. "I'll take care of that"
27. Winter activity that involves an ax and crampons
29. Winter hand warmers
30. "Put another ___ on the fire"
31. Crimson
32. Natl. economic stats
33. Chilly
36. Brussels' country, for short

37. ___ pro nobis (hidden in STORAGE)
38. Winter sport that could be considered "extreme sweeping"
42. Allow
43. Nest egg acronym
44. Opponent
45. ___ and don'ts
46. Response to a ques.
47. Swelled head

DOWN

1. Peter, Paul or Francis: Abbr.
2. ___-El (Superman's birth name)
3. It covers much of Greenland
4. Lofty
5. Fire remnant
6. ___ Vegas
7. Ponce de ___
8. Prefix with space or nautical
9. Vehicle to clear
- 17-Across
14. Winter driving hazard



17. Snooty person
18. Take ___ view of (frown on)
19. This, in French (hidden in ICE CITY)
20. Window covering
21. "___ for the poor!"
23. Out of the wind
24. Native fauna
25. Letters between L and Q
26. Breakfast order
28. Bottom-row PC key used in ___-Alt-Del
32. Hair goop
33. Frigid
34. Black-and-white sandwich cookie
35. Wild ones may be sown
36. Bikini parts
38. Espionage org.
39. Coffee vessel
40. Eggy holiday drink
41. Prefix meaning "earth"

SUDOKU #25-28

Each column, row, and box contains the numbers 1-4 without repeating. Use logic to figure out the missing numbers in blank boxes.

25

3	4		1
		4	3
1	2	3	4

26

1		2	
2			4
3			
			2

27

		1	2
1	2		
4			
			3

28

	4		3
		2	
	2	4	

Wordoku - Winter Activities

Each column, row, and box contains the letters in the puzzle word without repeating. Like sudoku, use logic to figure out the missing letters in blank boxes.

			U
U		K	
	K		
P	U		

Word Used in Puzzle: PUCK

	O		
G			L
		A	
			O

Word Used in Puzzle: GOAL

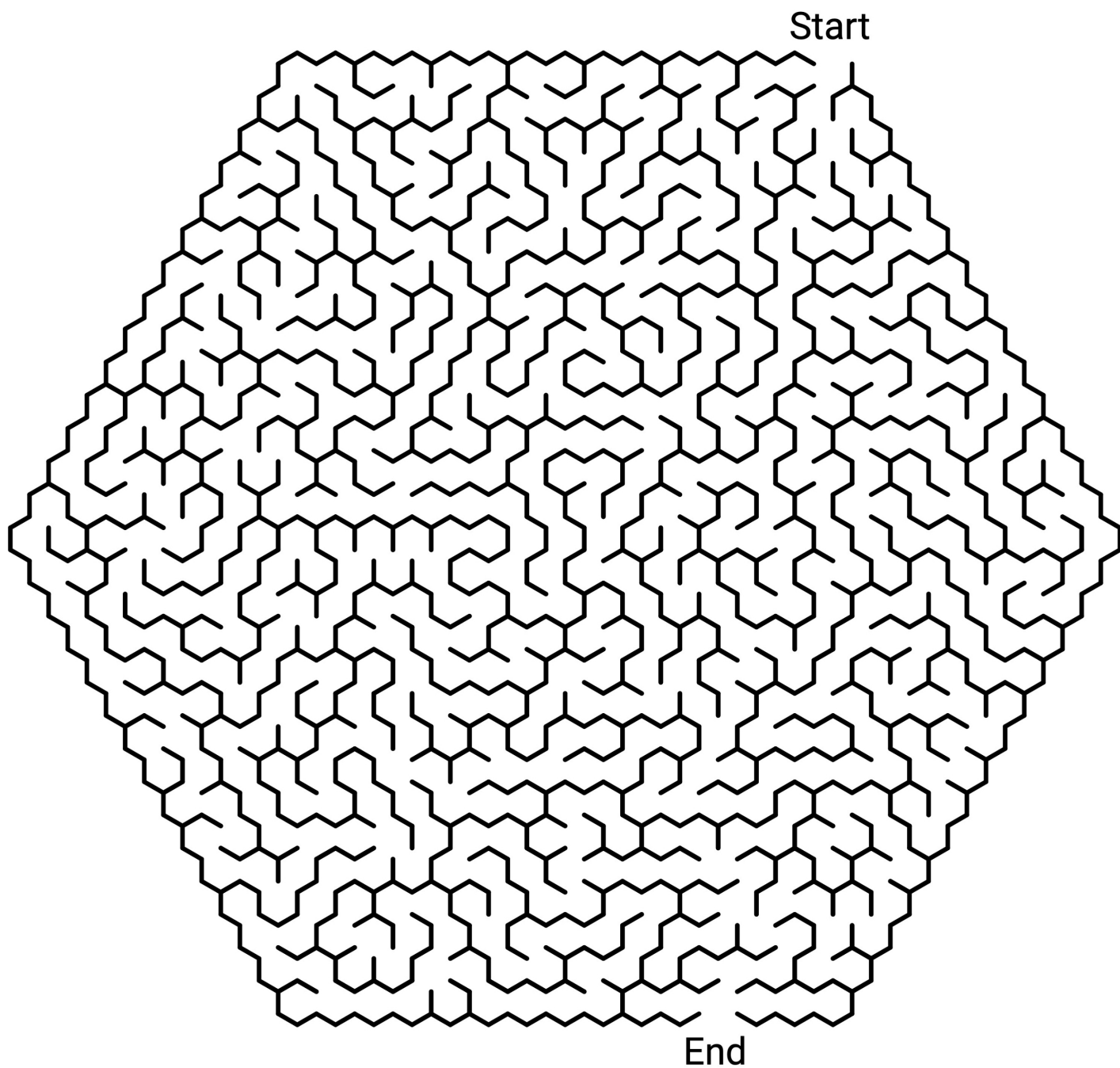
O			
	H		
	S		
H			S

Word Used in Puzzle: SHOT

		R	
		K	
	R	N	
	N		

Word Used in Puzzle: RINK

Maze 9



A Winter Wonderland



Can you find the words below in the box above?

Adventure
Bird
Boots
Cold
Cozy
Curling
Fireplace

Fishing
Frost
Frozen
Hat
Ice
Photography
Relax

Sculpture
Shovel
Ski
Sled
Sleigh
Snowmobile
Snowshoe

Trail
Walk
White
Winter

SUDOKU #29-32

Each column, row, and box contains the numbers 1-6 without repeating. Use logic to figure out the missing numbers in blank boxes.

29

	4	1	2	3	5
5	3		6		1
				6	
1	6	3		2	
		6			
4		5	3	1	

30

			2	1	
	1	2			6
5	4	1			
2	6	3	1		
		4	5		
	3				1

31

	4		1		
1				6	2
	1		2	4	
			3		5
4		2			1
	5				

32

	5	1	3		
4			1		
1	3	4		5	
	2	5			3
5	4				
					4

Playing Hockey

Unscramble the words on the left using the spaces provided to correctly spell common words.



AENRA	=	_____
HCEKC	=	_____
AFFEFOC	=	_____
TIAAPCN	=	_____
LOGA	=	_____
YCKHEO	=	_____
ECI	=	_____
ENT	=	_____
SDOIFEF	=	_____
IRVEOEMT	=	_____
LANEYTP	=	_____
LAYREP	=	_____
PCUK	=	_____
EERFEER	=	_____
NIRK	=	_____
OOTUSOHT	=	_____
SKTESA	=	_____
TSSHPOAL	=	_____
SROPT	=	_____
SKTCI	=	_____



ICE HOCKEY

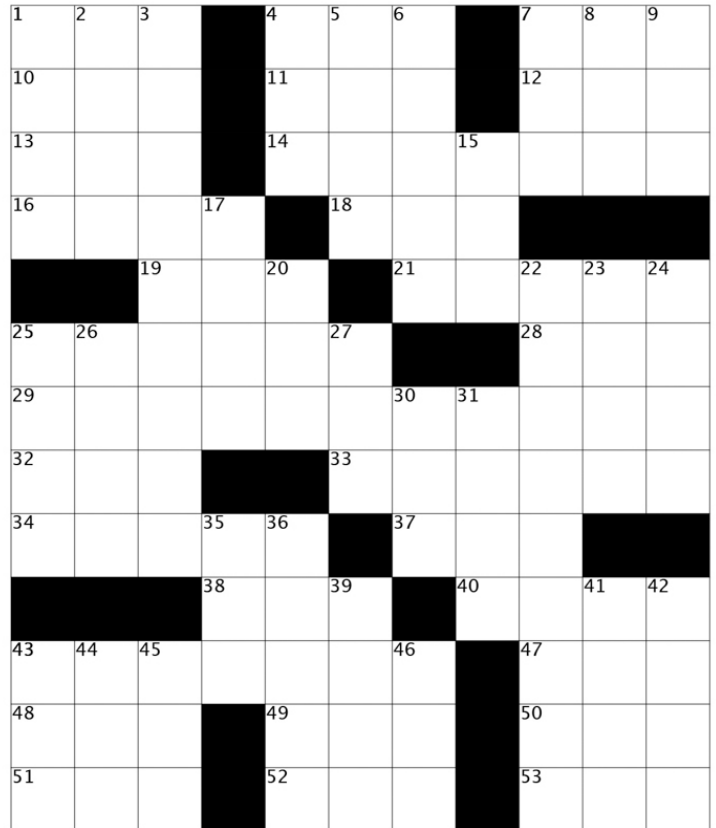
ACROSS

1. "Mayday!"
4. Airport screening org.
7. ___-mo replay
10. Make lace
11. Jungfrau or Eiger, e.g.
12. Church seat
13. "I'm onto you now!"
14. Team leader
16. Hockey disc
18. Hockey stat
19. ___ Nidre, prayer of atonement (hidden in NIKOLA)
21. Hockey footwear
25. Hockey shots that go the length of the rink, or cake topping
28. ___80: old computer (odd letters of TARTS)
29. Hockey attempt that only the goalie may stop
32. Autograph: Abbr.
33. Hockey guard position
34. Mary-Kate or Ashley

37. Utilize
38. Hockey's Bruins, on scoreboards
40. Gretzky for the NHL
43. Rink cleaning machine with a funny name
47. Rink surface
48. Opposite of WSW
49. "....___ a lender be"
50. Stanley ___, hockey's trophy
51. What
- 33-Across protects
52. Female sheep
53. Ave. crossers

DOWN

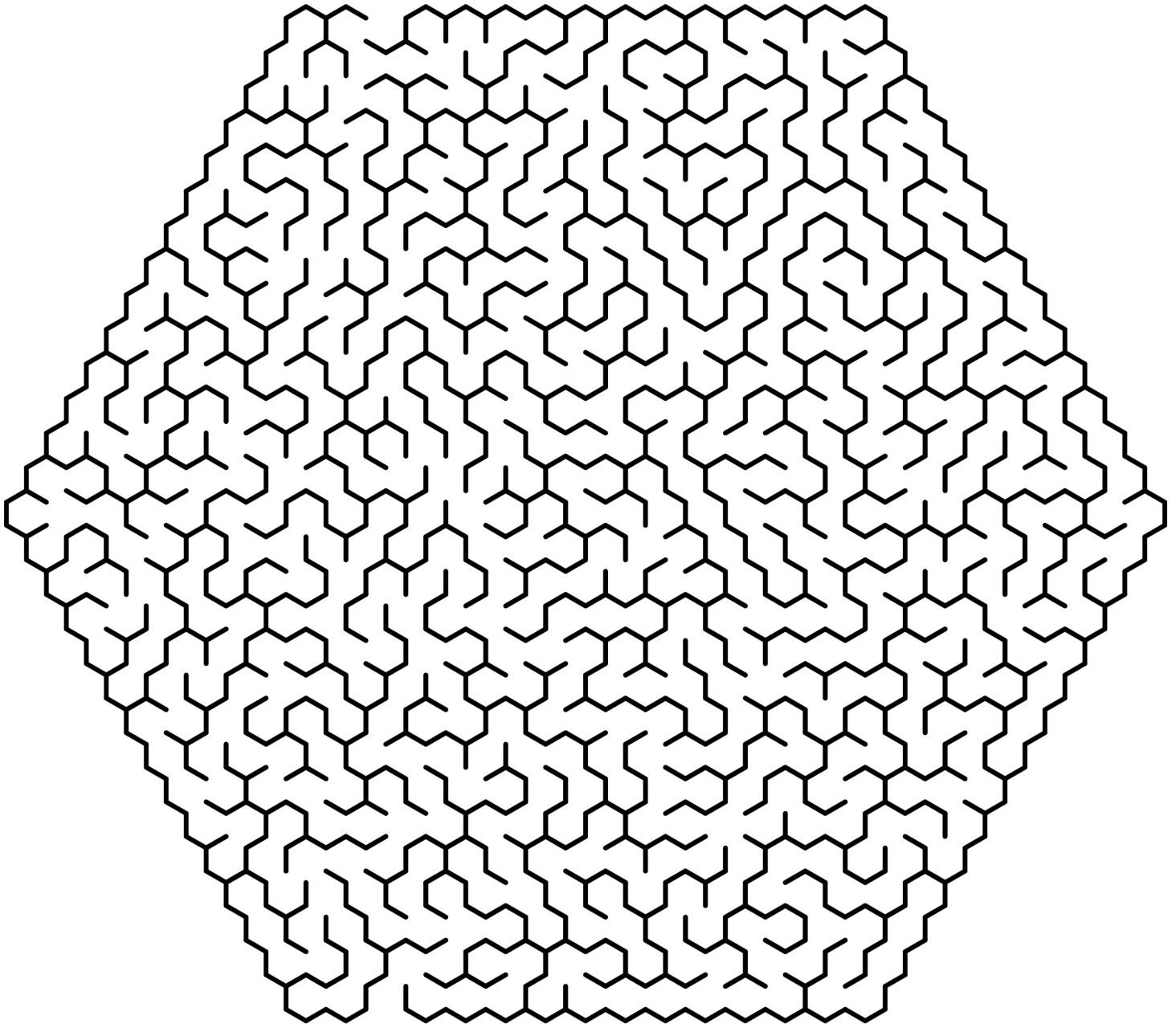
1. Halt, as the puck
2. Waikiki's island
3. Socks
4. Tic-___-toe
5. ___ shot, powerful stick-bending hockey shot
6. Sched. listing
7. Place to be pampered
8. Hilo welcome
9. Possess
15. Sound of scolding



17. Hawaiian coffee
20. Paper size larger than STD
22. Competitive sport
23. "Star Trek: T.N.G." empath (TRIO anagram)
24. Ciudad del ___ (Paraguayan city on the eastern side)
25. ___ facto
26. Plaster (LICE anagram)
27. Silver abbr. (hidden in LAST GOAL)
30. "This means ___!"
31. Backtalk
35. Recede
36. "There's ___ here but us..."
39. White buildup around the hockey goal
41. ___ above the rest (superior)
42. Workout count
43. ___ Buddhism (meditative practice)
44. Get ___ for effort
45. Encountered
46. Anger

Maze 10

Start



End

Ice Hockey



Can you find the words below in the box above?

Arena
Captain
Check
Defense
Fast
Forward
Goal

Hockey
Ice
Net
Offside
Overtime
Penalty
Player

Powerplay
Puck
Referee
Rink
Score
Shootout
Skates

Slapshot
Stick
Team
Zamboni

SUDOKU #33-36

Each column, row, and box contains the numbers 1-9 without repeating. Use logic to figure out the missing numbers in blank boxes.

33

6		8	2	5	1	7	3	
9			3	4	8			
			6		7	1		8
8		5		7				3
4			8	3	9	2	5	
7	9	3	4	2	5			6
	5		7	1	2			4
1	7	6	9	8		3	2	
2		4	5	6	3	9		

34

7	9					6		
		2	9			7		
			7	5	1	2		
2			5	4	7		6	
		7			9			2
6		4	2			9		1
1	2	8		7		4		6
	6	5	4	1		3		7
4		3				1		

35

	4	6	5		8	7		
	7						8	
2			1		7	6	9	
3			4		1	8		7
		4			6		3	
7			2	5	3			
	3		6					1
6		5		7		9		
			8				6	

36

6		4		5	1	2	9	
3			7	8	2		1	
	8		9		6	3	7	
		5		3				9
4	3			9				
			4	1		5		3
	4	1	5	6			3	
	6		8	2				1
							4	

Playing in the Snow

Unscramble the words on the left using the spaces provided to correctly spell common words.



OOBTS = _____

SUHBR = _____

TOCA = _____

OMPCRNA = _____

NOWD = _____

RMEFUAF = _____

GTIRAE = _____

VOGLE = _____

GELGSOG = _____

THA = _____

SEADUINTL = _____

AJKTEC = _____

INTTSEM = _____

ZMIUTOESIRR = _____

LTSA = _____

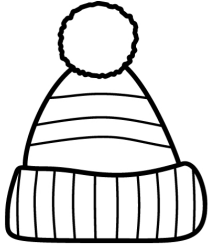
RFCAS = _____

APCRSRE = _____

HOVLSE = _____

SHONSEWO = _____

TMARHEL = _____



PLAYING IN THE SNOW

ACROSS

1. Headwear for a snowy day
4. Swimming unit
7. Sphere
10. Frost
11. "___ Got No Strings"
12. By way of
13. Winter windshield tool
15. CPR pro
16. Mix
17. Kiev's land: Abbr.
19. "That's gotta hurt!"
22. Golfer ___ Aoki (VISA ORB)
25. List-ending abbr.
28. Snow vehicle job
30. Cream for dry winter skin
32. Relative of a snowboard
33. Ram's mate
34. Tolstoy's Karenina
35. Hen's output
37. Horace's "___ Poetica"

39. "Como ___ usted?"
43. ___ and haw
45. Spiked boot attachment for an icy walk
48. Wedding words
49. "Ready, ___, fire!"
50. Noah's boat
51. Play on words
52. Janitor's tool
53. Herbal brew

DOWN

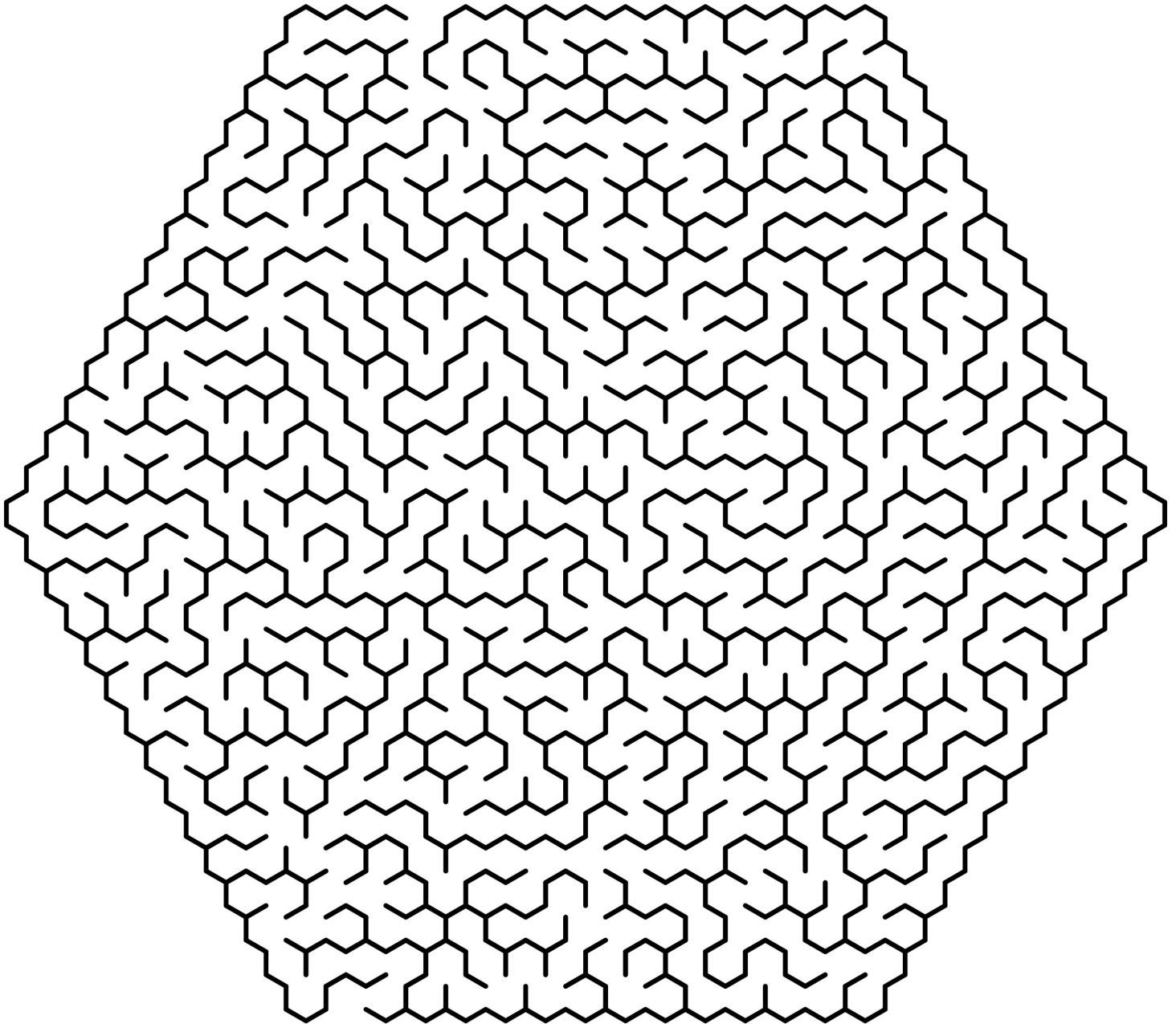
1. Cat's sound
2. Abbr. on a bank statement
3. Actress Hatcher or Garr
4. Chapstick: ___ balm
5. "___ Maria"
6. Lima's land
7. More than large, like a winter coat
8. Raised edge
9. Baseball need
14. Orinoco feeder (hidden in CAROL)
18. Fuzzy fruit

1	2	3		4	5	6		7	8	9
10				11				12		
13			14					15		
16						17	18			
			19	20	21		22		23	24
25	26	27		28		29				
30			31							
32								33		
34					35		36			
		37		38			39	40	41	42
43	44			45	46	47				
48				49				50		
51				52				53		

20. Chooses
21. Whale's tail
23. Turn over ___ leaf
24. Fairy tale monster
25. Jane Austen novel
26. Bullwinkle or Bugs Bunny
27. Fragrant brown spice
29. Not a duplicate: Abbr.
31. Fly like an eagle
36. Jewel
38. Swindle
40. Quarrel
41. Ripped
42. "Puppy Love" singer Paul
43. In vogue
44. College URL ender (hidden in FED UP)
46. ___ de Janeiro
47. Concert equipment

Maze 11

Start



End

Winter Snow Gear



Can you find the words below in the box above?

Boots
Brush
Chapstick
Coat
Cotton
Crampons
Down

Earmuff
Gaiter
Gloves
Goggles
Hat
Insulated
Jacket

Mittens
Moisturizer
Salt
Scarf
Scraper
Shovel
Snowshoes

Thermal
Tissue
Warmers
Wool

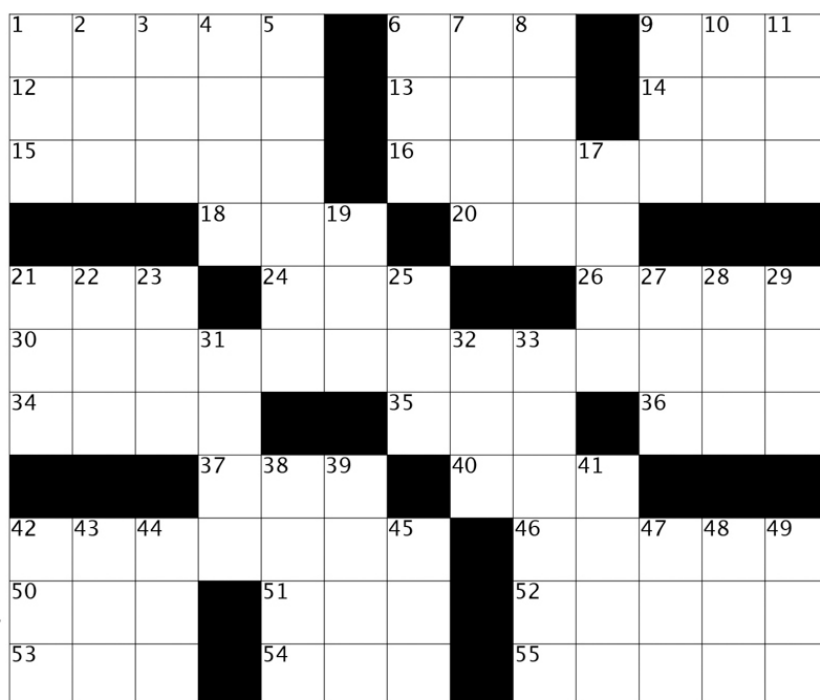
COLD WEATHER ANIMALS

ACROSS

1. Buffalo
6. Old VCR format
9. Roadside assistance org.
12. Live to ___ old age
13. Consume
14. Bedlam
15. Extend a subscription
16. Large bear
18. Dance club VIPs
20. Historic time
21. Kissing in front of everyone, e.g.
24. "___ the ramparts..."
26. Crustacean
30. Large krill-eating mammal
34. Dummy
35. ___ Khan
36. Chunk
37. ___ Jones Industrial Average
40. Crunchy sandwich, for short
42. Reindeer relative
46. Martin's "Laugh-In" partner
50. "Put ___ Happy Face"
51. "___ be a monkey's uncle!"
52. Established custom
53. Chesapeake, e.g.
54. Young newt (hidden in LEFTY)
55. "The Taming of the ___"

DOWN

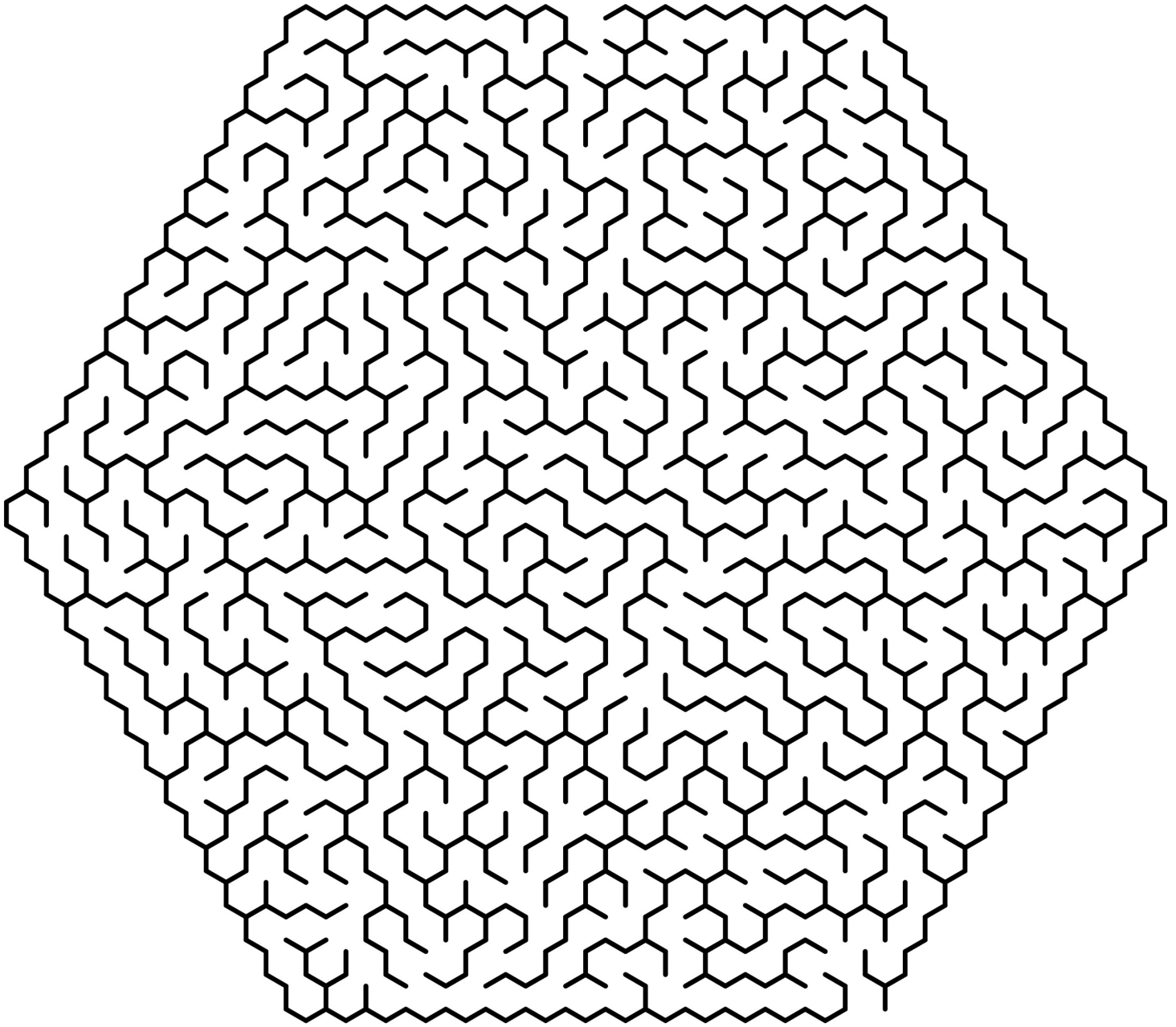
1. Tavern
2. Wrath
3. Transgression



4. Newspaper opinion piece, for short
5. Successful applicant's reward
6. Carrot or bean: Abbr.
7. Rabbit's relative
8. Recipe direction
9. Wood-shaping tool
10. Have a cold
11. "___ questions?"
17. "The Hangover" actor Galifanakis (CHAZ anagram)
19. Ocean
21. Prof's degree, usually
22. Twosome
23. Concert sound booster
25. "His Master's Voice" co.
27. Uncooked
28. Chicken ___ king
29. ___-and-breakfast
31. Mani-___ (salon job)
32. USSR's CIA
33. Tusked mammal
38. Off-Broadway theater award
39. Wild canine pack member
41. Utter nonsense
42. Corn on the ___
43. Santa ___, California
44. Beam of sunlight
45. Nth: Abbr. (hidden in SULTAN)
47. Armed conflict
48. Ripen
49. Just out

Maze 12

Start



End

Winter Animals

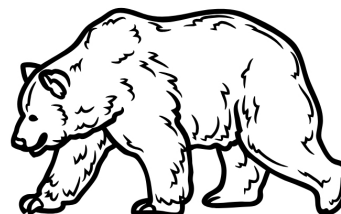
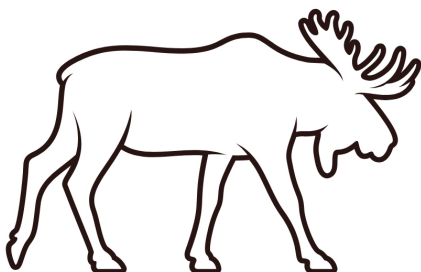


Can you find the words below in the box above?

Bear	Fox	Lynx	Salmon
Beaver	Goat	Moose	Seal
Beluga	Goose	Muskox	Squirrel
Bison	Grizzly	Orca	Tern
Caribou	Hare	Polar	
Cougar	Humpback	Porcupine	
Eagle	Loon	Puffin	

Canada Trivia

1. Name this famous Canadian dish: french fries topped with cheese and gravy.
2. What is the largest province in Canada by land area?
3. What large, four-legged mammal is a symbol of the Canadian wilderness?
4. What is the national symbol of Canada?
5. Which iconic waterfall is located on the border between Canada and the United States?
6. What is the capital city of Canada?
7. In which Canadian province is French the official language?



ANSWERS:

1. Poutine
2. Quebec
3. Moose
4. Maple Leaf
5. Niagara Falls
6. Ottawa
7. Quebec

CROSSWORD ANSWERS

WINTER ADVENTURES

S	K	I		H	A	L		L	A	P
T	A	C		I	S	A		E	E	L
S	L	E	I	G	H	S		O	R	O
	S	C	H				S	N	O	W
A	C	H	E		B	A	N			
D	E	E		A	L	L	O	W	M	E
I	C	E	C	L	I	M	B	I	N	G
M	I	T	T	E	N	S		L	O	G
			R	E	D		G	D	P	S
C	O	O	L			B	E	L		
O	R	A		C	U	R	L	I	N	G
L	E	T		I	R	A		F	O	E
D	O	S		A	N	S		E	G	O

ICE HOCKEY

S	O	S		T	S	A		S	L	O
T	A	T		A	L	P		P	E	W
O	H	O		C	A	P	T	A	I	N
P	U	C	K		P	T	S			
	K	O	L		S	K	A	T	E	
I	C	I	N	G	S			T	R	S
P	E	N	A	L	T	Y	S	H	O	T
S	I	G			G	O	A	L	I	E
O	L	S	E	N		U	S	E		
			B	O	S		S	T	A	R
Z	A	M	B	O	N	I		I	C	E
E	N	E		N	O	R		C	U	P
N	E	T		E	W	E		S	T	S

PLAYING IN THE SNOW

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

COLD WEATHER ANIMALS

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

Wordoku Answers

K	C	P	U
U	P	K	C
C	K	U	P
P	U	C	K

PUCK

L	O	G	A
G	A	O	L
O	L	A	G
A	G	L	O

GOAL

O	T	S	H
S	H	O	T
T	S	H	O
H	O	T	S

SHOT

N	K	R	I
R	I	K	N
I	R	N	K
K	N	I	R

RINK

Word Scramble Answers

Hockey

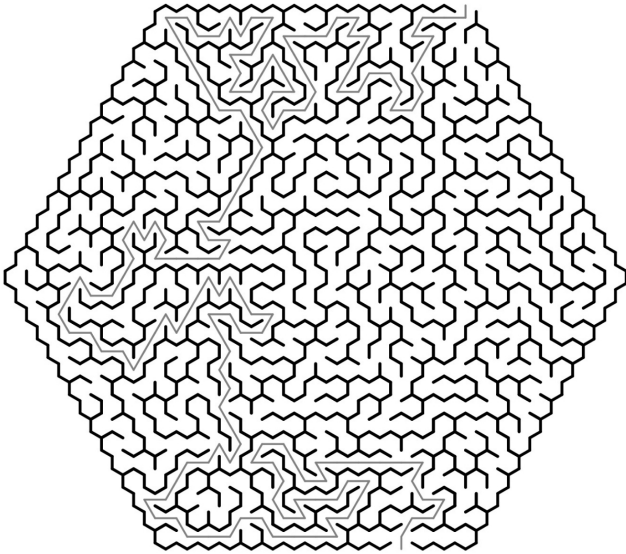
AENRA = ARENA
 HCEKC = CHECK
 AFFEFOC = FACEOFF
 TIAAPCN = CAPTAIN
 LOGA = GOAL
 YCKHEO = HOCKEY
 ECI = ICE
 ENT = NET
 SDOIFEF = OFFSIDE
 IRVEOEMT = OVERTIME
 LANEYTP = PENALTY
 LAYREP = PLAYER
 PCUK = PUCK
 EERFEER = REFEREE
 NIRK = RINK
 OOTUSOHT = SHOOTOUT
 SKTESA = SKATES
 TSSHPOAL = SLAPSHOT
 SROPT = SPORT
 SKTCI = STICK

Snow

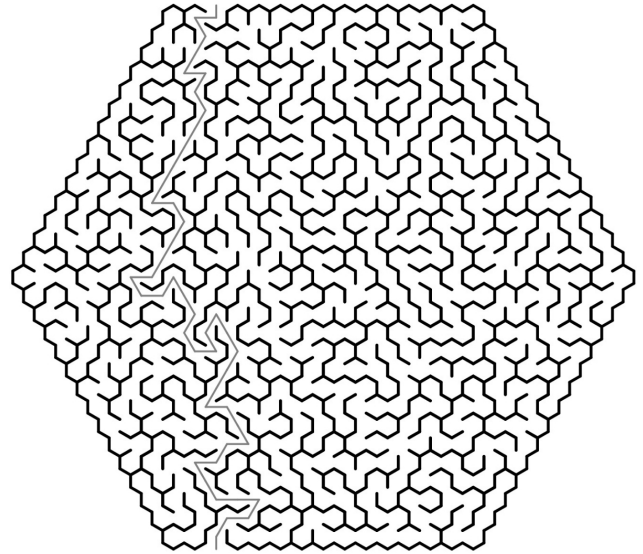
OOBTS = BOOTS
 SUHBR = BRUSH
 TOCA = COAT
 OMPCRNA = CRAMPON
 NOWD = DOWN
 RMEFUAF = EARMUFF
 GTIRAE = GAITER
 VOGLE = GLOVE
 GELGSOG = GOGGLES
 THA = HAT
 SEADUINTL = INSULATED
 AJKTEC = JACKET
 INTTSEM = MITTENS
 ZMIUTOESIRR = MOISTURIZER
 LTSA = SALT
 RFCAS = SCARF
 APCRSRE = SCRAPER
 HOVLSE = SHOVEL
 SHONSEWO = SNOWSHOE
 TMARHEL = THERMAL

Maze 9 - 12 Answers

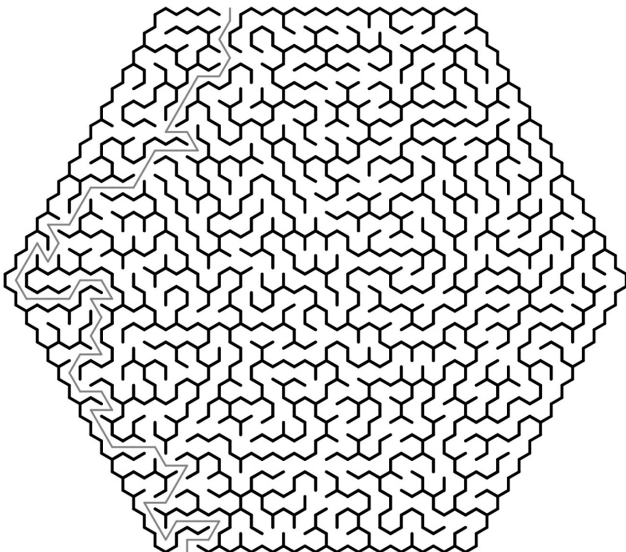
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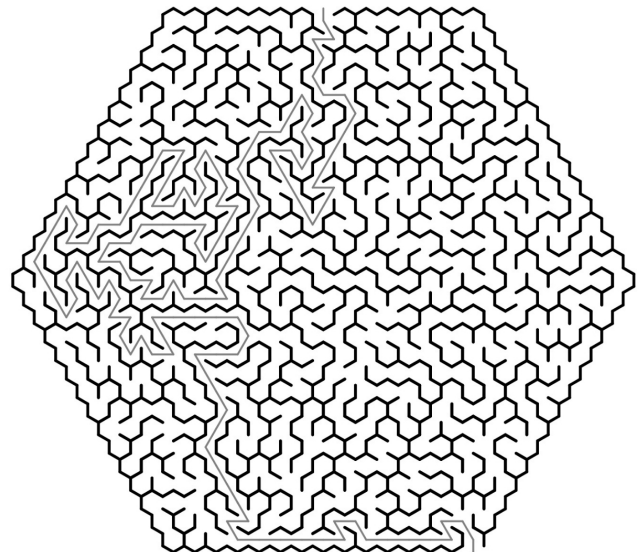
10



11



12



SUDOKU #25-28 ANSWERS

25

3	4	2	1
2	1	4	3
1	2	3	4
4	3	1	2

26

1	4	2	3
2	3	1	4
3	2	4	1
4	1	3	2

27

3	4	1	2
1	2	3	4
4	3	2	1
2	1	4	3

28

2	4	1	3
1	3	2	4
4	1	3	2
3	2	4	1

SUDOKU #29-32 ANSWERS

29

6	4	1	2	3	5
5	3	2	6	4	1
2	5	4	1	6	3
1	6	3	5	2	4
3	1	6	4	5	2
4	2	5	3	1	6

30

3	5	6	2	1	4
4	1	2	3	5	6
5	4	1	6	3	2
2	6	3	1	4	5
1	2	4	5	6	3
6	3	5	4	2	1

31

2	4	6	1	5	3
1	3	5	4	6	2
5	1	3	2	4	6
6	2	4	3	1	5
4	6	2	5	3	1
3	5	1	6	2	4

32

2	5	1	3	4	6
4	6	3	1	2	5
1	3	4	6	5	2
6	2	5	4	1	3
5	4	6	2	3	1
3	1	2	5	6	4

SUDOKU #33-36 ANSWERS

33

6	4	8	2	5	1	7	3	9
9	1	7	3	4	8	5	6	2
5	3	2	6	9	7	1	4	8
8	2	5	1	7	6	4	9	3
4	6	1	8	3	9	2	5	7
7	9	3	4	2	5	8	1	6
3	5	9	7	1	2	6	8	4
1	7	6	9	8	4	3	2	5
2	8	4	5	6	3	9	7	1

34

7	9	1	8	2	4	6	3	5
5	8	2	9	3	6	7	1	4
3	4	6	7	5	1	2	8	9
2	1	9	5	4	7	8	6	3
8	3	7	1	6	9	5	4	2
6	5	4	2	8	3	9	7	1
1	2	8	3	7	5	4	9	6
9	6	5	4	1	8	3	2	7
4	7	3	6	9	2	1	5	8

35

9	4	6	5	3	8	7	1	2
5	7	1	9	6	2	3	8	4
2	8	3	1	4	7	6	9	5
3	6	2	4	9	1	8	5	7
1	5	4	7	8	6	2	3	9
7	9	8	2	5	3	1	4	6
8	3	9	6	2	5	4	7	1
6	1	5	3	7	4	9	2	8
4	2	7	8	1	9	5	6	3

36

6	7	4	3	5	1	2	9	8
3	5	9	7	8	2	6	1	4
1	8	2	9	4	6	3	7	5
8	1	5	6	3	7	4	2	9
4	3	6	2	9	5	1	8	7
2	9	7	4	1	8	5	6	3
7	4	1	5	6	9	8	3	2
9	6	3	8	2	4	7	5	1
5	2	8	1	7	3	9	4	6



Cross Off Incorrect Guesses

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

Make the blanks for your words here:



Serving Whidbey and Camano islands

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.

Nutrition Programs

Meals on Wheels, Frozen Take-Out Meals, Community Meals, and Liquid Nutritional Supplements for Island County Residents, age 60 and over.

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.

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.

Benefits Counseling

Trained volunteers provide objective information about Medicare through in-person and online classes as well as individual consultations.

Support Groups

Join in conversation with others facing similar challenges.

Call Us!
(360) 321-1600



Serving Whidbey and Camano islands

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.