

eliminating racism  
empowering women

**ywca**

**Bethlehem**

**Adult Day Services Center**  
3893 Adler Place, Bldg. B, Suite 180  
Bethlehem PA 18017  
610-867-4669 Ext 100

**Serving Seniors & Caregivers  
since 1984 as the 1st Adult Day  
Center in Northampton County**

# Printable Activity & Idea Packet for Seniors at Home

*Print Double Sided*



**United Way supports 2-1-1, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week.**

A toll-free call to 211, 855.501.6785 or visit [www.pa211east.org](http://www.pa211east.org) connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve—and save—lives.

**You'll find information about:**

- Supplemental food and nutrition programs
- Shelter and housing options and utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Services for veterans
- Health care, vaccination and health epidemic information
- Addiction prevention and rehabilitation programs
- Re-entry help for ex-offenders
- Support groups for individuals with mental illnesses or special needs
- A safe, confidential path out of physical and/or emotional domestic abuse

***Whether in times of natural disaster or personal crisis, 2-1-1 is committed to being the first, most essential resource to anyone who needs help.***

## **Important numbers to have handy:**

**911 is for EMERGENCIES ONLY!**  
Requests for police, fire/rescue, EMS.

### **Non-Emergency Communications Center numbers:**

Northampton 610-759-2200  
Allentown City 610-437-7751  
Bethlehem City 610-865-7171  
Lehigh County (outside Allentown) 610-437-5252

### **When you have a utility issue or service disruption, please contact your utility providers:**

PPL 1-800-342-5775  
FirstEnergy / Met-Ed 1-888-544-4877  
UGI Gas Service 1-800-267-2722  
Service Electric Cable TV 1-800-232-9100  
RCN 1-800-746-4726  
Blue Ridge Cable 610-826-9311

### **Lehigh County Aging**

Aging and Adult Services  
Phone: 610-782-3034

### **Northampton County Area Agency on Aging**

Phone: (610) 829-4540  
Toll Free: (800) 322-9269  
Office Hours: 8:00 a.m. - 5:00 p.m. M-F

For information and to make a referral: (610) 559-3270  
24 Hour Emergency Service available for Elder Abuse and Neglect Reports. (610) 252-9060

### **Meals on Wheels of the Greater LV**

(610) 691-1030

**Always keep your cell phone charged!**

# What can I do if stuck home all day?

Well, you don't have to look out the window or watch reruns on TV.

Here are some ideas for those times you find yourself alone.

**Improve Your Brain...** Playing physical and mental games keeps your mind active and sharp so it doesn't deteriorate

## **Connect with others and reestablish relationships....**

No matter how old we are, human beings remain to be social beings that need connection. Call that old friend you haven't heard from in years, your long lost cousin or neighbor you used to live next to years ago.

## **Connect with nature as you are able.....**

Activities for seniors such as gardening, walking, bird watching, nature photography, will help keep you fit and healthy for a long time and also make you appreciate nature and avoid stress.

## **Active Learning shouldn't end just because we age...**

Learning is not only fun but it's also an amazing way to keep your brain active. Try turning on that laptop or tablet that's just been sitting around your house. Now's a good time to just play around with it and see if you can figure it out. You have nothing to lose and everything to gain! If you get it working, that leads to more exploring with games and browsing the internet to look up something you've always wondered about. OR, you can open one of the coffee table books you've had lying around collecting dust!

Here are some things you can try if you have the materials laying around the house:

Paper crafts

Knitting

Crocheting

Quilt making

Card making and letter writing (People love receiving cards. Now's a good time to just send a friendly hello to someone)

Watercolor painting

Chair Exercises (some videos can be found on YouTube)

Board games or card games on a tablet

Solitaire card games

Jigsaw puzzle

Call younger relatives or friends call to offer conversation, suggest they share their own childhood stories.

Organize your drawers, take your time about it.

Word search/crossword

Paint rocks to make the garden more colorful come Springtime

Adult coloring books

Organize the kitchen drawer

Coupon cutting

Armchair travels using YouTube video tours

Reorganize the toolbox

Reorganize the tackle box

Look through old pictures

Scavenger hunt the newspaper by looking for certain words or ads

## **Here are some websites for free online printable worksheets and adult coloring pages:**

<https://www.puzzles.ca/>

<https://www.brainturk.com/games>

<https://www.math-drills.com/>

<http://www.onlinecrosswords.net/>

<https://englishforeveryone.org/>

<https://mondaymandala.com/m>

<https://www.justcolor.net/>

<https://www.aarp.org/ws/save-games/> (These are played online)

**Caregivers:** Remember, a phone call can brighten a day, the dollar stores have simple craft kits, cooking together with your loved one is quality time (have them peel potatoes, slice veggies or dry the dishes. People need to feel a sense of usefulness and purpose. You can do that for your loved one and in turn you will feel good, too.

## 60's Songs

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

- MEMPHIS
- MY GUY
- PUPPY LOVE
- RUNAWAY
- SOUL MAN
- STAY
- TEEN ANGEL
- THE TWIST
- VALLERI
- WHITE RABBIT
- WINDY
- YESTERDAY
- BABY LOVE
- BLUE VELVET
- CARA MIA
- CHERISH
- CRYING
- DOWNTOWN
- ELENORE
- FIRE
- GROOVIN
- HEATWAVE
- HOLIDAY

# Old TV Shows

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

- ALICE
- ALIEN NATION
- BIG VALLEY
- CHEYENNE
- CHICAGO HOPE
- ELLEN
- EMERGENCY
- GOMER PYLE
- HARRY O
- HIGHLANDER
- HOTEL
- LOU GRANT
- MAJOR DAD
- MASH
- MIAMI VICE
- PARTY OF FIVE
- PROFILER
- RAWHIDE
- RHODA
- RIN TIN TIN
- SILVER SPOONS
- THE COSBY SHOW
- WISEGUY

## Sudoku #601 (Easy)

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

## Sudoku #602

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

**Solution on reverse.**

## Solve These Riddles

1. Brothers and sisters I have none but this man's father is my father's son.  
Who is the man?
2. What can travel around the world while staying in a corner?
3. I'm tall when I'm young and I'm short when I'm old. What am I?
4. What gets wetter and wetter the more it dries?
5. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
6. Which word in the dictionary is spelled incorrectly?
7. What gets broken without being held?
8. How many of each species did Moses take on the ark with him?
9. Imagine you are in a dark room. How do you get out?
10. What occurs once in every minute, twice in every moment, yet never in a thousand years?
11. What has a neck but no head?
12. From "The Hobbit" by J. R. R. Tolkien,  
Alive without breath,  
As cold as death;  
Never thirsty, ever drinking,  
All in mail never clinking.
13. From "The Hobbit" by J. R. R. Tolkien,  
A box without hinges, key, or lid,  
Yet golden treasure inside is hid.

## Solutions

Sudoku #601 (Easy)

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

Sudoku #602 (Easy)

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

[https://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_easy\\_601\\_solution.html](https://www.puzzles.ca/sudoku_puzzles/sudoku_easy_601_solution.html)

## Answers to Riddles

1. The man is my son.
2. A stamp
3. A candle
4. A towel
5. Meat
6. Incorrectly
7. Promise
8. None, Moses wasn't on the ark Noah was.
9. Stop Imagining
10. The letter m.
11. A bottle
12. Fish
13. Egg

## Convert.

- |                        |                       |
|------------------------|-----------------------|
| 1 a. 5 yd = _____ ft   | 1 b. 24 ft = _____ yd |
| 2 a. 6 yd = _____ ft   | 2 b. 9 yd = _____ ft  |
| 3 a. 11 yd = _____ ft  | 3 b. 6 ft = _____ yd  |
| 4 a. 30 ft = _____ yd  | 4 b. 4 yd = _____ ft  |
| 5 a. 3 yd = _____ ft   | 5 b. 36 ft = _____ yd |
| 6 a. 3 ft = _____ yd   | 6 b. 21 ft = _____ yd |
| 7 a. 3 ft = _____ yd   | 7 b. 7 yd = _____ ft  |
| 8 a. 33 ft = _____ yd  | 8 b. 9 yd = _____ ft  |
| 9 a. 33 ft = _____ yd  | 9 b. 2 yd = _____ ft  |
| 10 a. 33 ft = _____ yd | 10 b. 8 yd = _____ ft |

**Across**

- **1.** Speech impediment
- **5.** Walk heavily
- **10.** Abolishes
- **14.** Brainstorm
- **15.** Excessive excitement
- **16.** Regard
- **17.** Broil
- **18.** Presses clothes
- **19.** She, in Barcelona
- **20.** \_\_\_\_ and battery
- **22.** Pick a station (2 wds.)
- **24.** Unwavering
- **27.** Newspapers and TV, e.g.
- **30.** Zilch
- **31.** Road curves
- **35.** Singer \_\_\_\_ Franklin
- **37.** Advance upon
- **39.** Touch lightly
- **40.** Dummy
- **41.** Chick's comment
- **43.** Passport endorsement
- **44.** Fuss
- **45.** Red root
- **46.** Wobble
- **48.** Iron or lead
- **50.** Supped
- **52.** Genuflected
- **53.** Asserted
- **56.** Cavern
- **59.** Arms depot
- **63.** Chauffeured car
- **64.** Synagogue figure
- **67.** Car for hire
- **68.** Froster
- **69.** Like old bread
- **70.** Floor covering
- **71.** Affleck and Stiller
- **72.** Zealous
- **73.** Malt drinks

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		54				55					
56	57	58						59				60	61	62
63						64	65	66				67		
68						69						70		
71						72						73		

**Down**

- **1.** "Mona \_\_\_\_"
- **2.** 15th of March
- **3.** Large bodies of water
- **4.** Flea, e.g.
- **5.** Look happy
- **6.** Plaid
- **7.** Lennon's Yoko \_\_\_\_
- **8.** Hr. part
- **9.** Spaghetti, e.g.
- **10.** Incidents
- **11.** Cleopatra's river
- **12.** Sandwich shop
- **13.** Long-necked bird
- **21.** Idaho neighbor
- **23.** \_\_\_\_-friendly
- **25.** Eating area
- **26.** Run away
- **27.** Lady's title
- **28.** Wash away
- **29.** Bus station
- **32.** Grudge
- **33.** Artist's tripod
- **34.** Begin
- **36.** Expert
- **38.** Likely
- **42.** Miami team
- **43.** Destructive feud
- **45.** Ink spot
- **47.** Makes do
- **49.** Movie stars
- **51.** Empower
- **54.** Norwegian
- **55.** More parched
- **56.** Talkative
- **57.** Pilaf ingredient
- **58.** Sign
- **60.** Metal spike
- **61.** Car part
- **62.** Reclines
- **65.** \_\_\_\_ loss (2 wds.)
- **66.** Satchel



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

**Did you know.....**

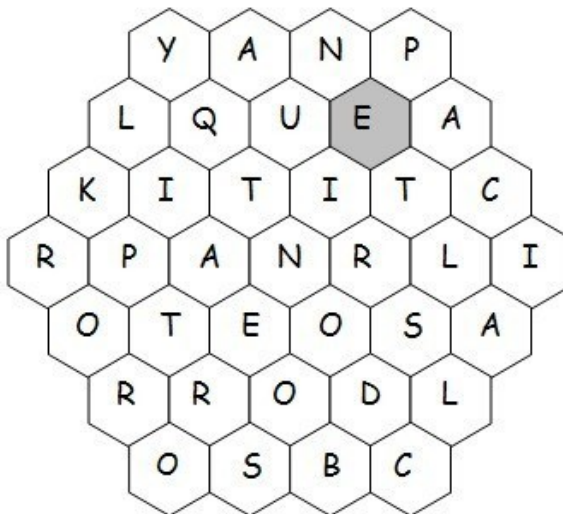
- an ostrich's eye is bigger than its brain
- lemons contain more sugar than strawberries
- 85% of plant life is found in the ocean
- rabbits like licorice
- lobsters blood is colorless but when exposed to oxygen it turns blue
- reindeer like bananas
- the longest recorded flight of a chicken was 13 seconds
- birds need gravity to swallow
- cat has 32 muscles in each ear
- goldfish can see both infrared and ultraviolet light
- cats spend 66% of their life asleep
- when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)

™ by Ann Richmond Fisher

The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below.

In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.

1. **flowering plant petunia** -E
2. **a solo performance** \_\_\_\_\_
3. **excellence** \_\_\_\_\_
4. **person receiving medical care**  
\_\_\_\_\_
5. **adult male domestic fowl** \_\_\_\_\_
6. **old item** \_\_\_\_\_
7. **opening in nose** \_\_\_\_\_



Now unscramble all 7 of the center letters to spell today's BUZZWORD.

A coin: \_ \_ \_ \_ \_



**Across**

Puzzle B

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	54			55	56					
57				58			59					60	61	
62				63							64			
65				66							67			

- 1. Slight interruption
- 5. "Voilà!"
- 11. John, the Artic explorer
- 14. Elegantly sumptuous
- 15. Submitted
- 16. Flightless Australian
- 17. Broadway offering
- 19. Clothe
- 20. Third of a quarter
- 21. Save a Rembrandt
- 23. It supports the cast
- 25. Future school?
- 27. Bookbinding leather
- 28. Director Fritz
- 29. Broadway offering
- 32. 12/24, for one
- 33. Enumerate
- 34. Balmoral Castle river
- 35. Focus of military science
- 37. Notched like a saw
- 41. Manipulate dishonestly
- 42. Half-witted
- 43. Sight from Le Havre
- 44. Broadway offering
- 48. Provider of a one-way ride

Down

- 1. Capp and Jolson
- 2. "What's that you say?"
- 3. Frisco paper
- 4. Vietnam delta
- 5. Utterance during a play
- 6. Judge's order to a lawyer
- 7. La Crosse-Green Bay dir.
- 8. Fixed one's eyes?
- 9. It's carried in a trunk
- 10. Change for a fin
- 11. Update, industrially speaking
- 12. Not caring about right and wrong
- 13. Conductor Ormandy
- 18. Famous twin
- 22. Judge or juror
- 23. Whole bunch
- 24. Pompeii was covered in it
- 26. No longer an option
- 29. Sixth sign
- 30. Swelling caused by water
- 31. Hop, skip or jump
- 33. Secular
- 36. Things on the side, often
- 37. Comes up
- 38. One who lies in wait
- 39. Canvasback cousin
- 40. Flubs
- 42. Telephonic 3
- 44. Supplies the food
- 45. Patron saint of Norway (995-1030)
- 46. Jazzman "Jelly Roll" \_\_\_\_\_
- 47. Nocturnal arboreal marsupial
- 48. Kind of salad
- 51. James' pal in "Rebel Without a Cause"
- 53. Circled by
- 54. Roman goddess of the moon
- 56. Catcher's necessity
- 59. "Veronica's Room" author Levin
- 60. Specimen for an assayer
- 61. Regale an audience

**Buzzword Answer From Previous Page**

2. recital-T 3. quality-Q 4. patient-A5. rooster-R 6. antique-T 7. nostril-R Buzzword: QUARTER

# Simple Chair Exercises

## Directions

- Sit in chair, take three deep breaths, lifting arms above head for inhale and down for exhale each time
- Reach one hand toward ceiling, hold for 5 seconds. Repeat with the opposite hand
- Relax your shoulders
- Shrug your shoulders 5 times
- Stretch arms to the sides, move in circles-10 times forwards, then 10 times backwards
- Relax your shoulders
- Place your hands on your shoulders and roll them forward 10 times, then backwards 10 times
- Keeping your shoulders relaxed and hands on your shoulders, touch your elbows together 10 times
- Reach both hands toward the ceiling, lean to the right and hold for 10 seconds. Then lean to the left and hold for 10 seconds, repeat
- Take three deep breaths
- Relax your shoulders, lean head to right shoulder, hold for 5 counts, then left shoulder
- Move your hand down your leg reaching toward your foot, and back up again. Repeat 5 times, switch to opposite leg
- Place your hands on your thighs, keep your back straight and lean forward and hold for 5 counts and back 5 times
- Stamp your feet 10 times
- Wiggle your toes for 10 counts
- Place your feet flat on the floor. Point your toes up toward the ceiling, hold for 5 counts. Repeat 5 times
- Lift your knees one at a time holding for 5 counts. Repeat 5 times each.
- Bend at waist, reaching hand to opposite toe. Hold for 5 counts. Repeat with opposite, hand 5 times.
- Wiggle your fingers for 10 counts
- Place hand on opposite knee and turn to look behind you, hold for 5 counts, repeat other side
- Cool down by taking three deep breaths, lifting arms above head for inhale and down for exhale each time
- Give yourself a hug and hold for 5 counts

**BE SURE YOU ARE SEATED IN STURDY CHAIR  
&  
STOP A MOVEMENT IF IT HURTS**

Puzzle B

Puzzle Solution © OnlineCrosswords.net

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

## Tips to Prevent Dehydration

- Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
- Studies have shown that elderly adults who drink 5 glasses of water experience lower rates of fatal coronary heart disease.
- Avoid coffee & alcohol, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.
- Drink water or low-fat milk with every meal, and keep favorite drinks nearby.
- Recognize the early warning signs of dehydration. Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.
- Foods high in water, like fresh fruits, vegetables and some dairy products, can help you meet daily hydration needs.

## Finish the Phrase

1. Sight for —
2. A bed of —
3. A blast from —
4. A bolt from —
5. A diamond is —
6. A drop in the —
7. A fate worse —
8. A foregone —n
9. A frog in —
10. A good man is —
11. A horse, a horse, my kingdom —
12. A house divided against itself —
13. A knee jerk —
14. A labor of —
15. A laughing —
16. A leopard cannot —
17. A lick and —
18. A little knowledge is a —
19. A man after —
20. A man's got to —
21. A Molotov —
22. A multitude —
23. A picture paints —
24. A rose is a —
25. A shot across —
26. A small step for man —
27. A sorry —
28. A square —
29. A stool —
30. A thing of beauty is —
31. A whiter shade —
32. Abandon hope all —
33. Absence makes —
34. Ace in —
35. All that glitters —
36. An eye for an eye, —
37. Between a rock —
38. Discretion is the —
39. Eat drink and —
40. Finger lickin —
41. Full of piss and —
42. Genius is one percent inspiration and —
43. Keep up with —
44. Like a chicken —
45. Make him an offer —
46. Much Ado about —
47. No rest for —
48. On a wing —
49. Speak softly and —
50. The Ball is in —
51. The die has —
52. Walk the —
53. What's up —
54. You are what —
55. Apples and —
56. As cool as —
57. As dead as —
58. As fit as —
59. As happy as —
60. As mad as —
61. As pure as the —
62. Ashes to ashes —
63. Back seat —
64. Barking up the —
65. Beat about the —
66. Beauty is in the —
67. Beauty is only —
68. Been there, —
69. Bet your —
70. Better to have loved and lost —

### ***Did you know.....***

- the revolving door was invented in 1888
- Sir Isaac Newton was 23 when he discovered the law of gravity
  - The drinking straw was invented in 1886
- Scissors were most likely invented ancient Egypt
- all of the cobble stones used to line the streets in New York were originally stones found in the hulls of Belgian ships ballast
  - Diet Coke was introduced in 1982
  - Shakespeare invented the words 'assassination' and 'bump'

## Finish the Phrase

# Answers

1. Sight for Sore Eyes
2. A bed of roses
3. A blast from the past
4. A bolt from the blue
5. A diamond is forever
6. A drop in the bucket
7. A fate worse than death
8. A foregone conclusion
9. A frog in the throat
10. A good man is hard to find
11. A horse, a horse, my kingdom for a horse
12. A house divided against itself cannot stand
13. A knee jerk reaction
14. A labor of love
15. A laughing stock
16. A leopard cannot change its spots
17. A lick and a promise
18. A little knowledge is a dangerous thing
19. A man after my own heart
20. A man's got to do what a man's got to do
21. A Molotov cocktail
22. A multitude of sins
23. A picture paints a thousand words
24. A rose is a rose is a rose
25. A shot across the bows
26. A small step for man, a giant leap for mankind
27. A sorry sight
28. A square meal
29. A stool pigeon
30. A thing of beauty is a joy forever
31. A whiter shade of pale
32. Abandon hope all ye who enter here
33. Absence makes the heart grow fonder
34. Ace in the hole
35. All that glitters is not gold
36. An eye for an eye, a tooth for a tooth
37. Between a rock and a hard place
38. Call a spade a spade
39. Discretion is the better part of valor
40. Eat drink and be merry
41. Finger lickin good
42. Full of piss and vinegar
43. Genius is one percent inspiration and 99 percent perspiration
44. Keep up with the Joneses
45. Like a chicken with its head cut off
46. Make him an offer he can't refuse
47. Much Ado about Nothing
48. No rest for the wicked
49. On a wing and a prayer
50. Speak softly and carry a big stick
51. The Ball is in your court
52. The die has been cast
53. Walk the plank
54. What's up Doc?
55. You are what you eat
56. Apples and pears
57. As cool as a cucumber
58. As dead as a doornail
59. As fit as a fiddle
60. As happy as a clam
61. As mad as a hatter
62. As pure as the driven snow
63. Ashes to ashes dust to dust
64. Back seat driver
65. Barking up the wrong tree
66. Beat about the bush
67. Beauty is in the eye of the beholder
68. Beauty is only skin deep
69. Been there, done that
70. Bet your bottom dollar
71. Better to have loved and lost than never to have loved at all

Can you fill up the lines in each section by making new words from the word on top?

**Gratefulness**

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**Living Room Sofa**

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**Springtime**

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**Airplane**

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**Escalator**

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**New Zealand**

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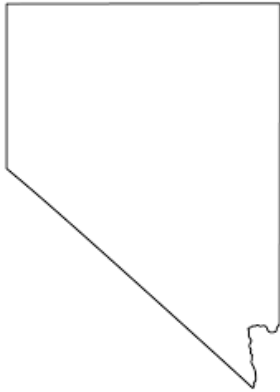
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# Name the State



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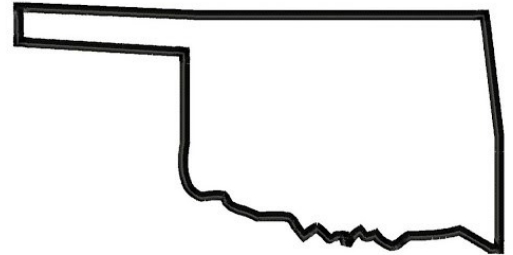
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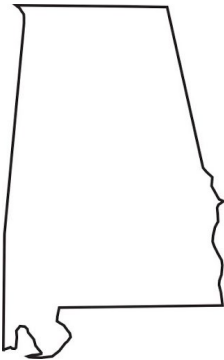
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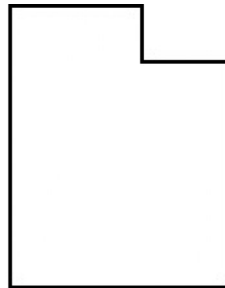
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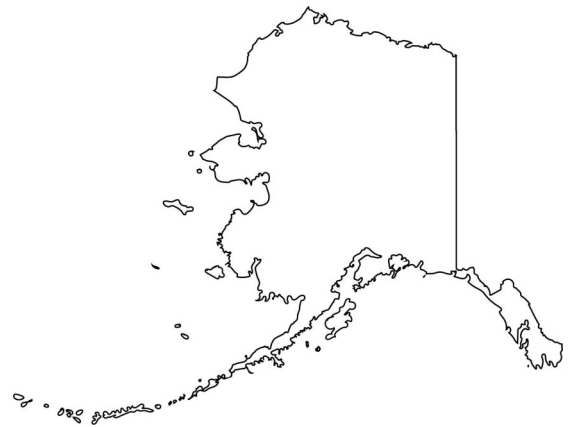
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Who Are the Last Ten Presidents? Fill in the missing letters.

1. Lynd\_\_\_\_\_n B. J\_\_\_\_\_hns\_\_\_\_\_n
2. R\_\_\_\_\_ch\_\_\_\_\_rd N\_\_\_\_\_x\_\_\_\_\_n
3. G\_\_\_\_\_r\_\_\_\_\_ld F\_\_\_\_\_rd
4. J\_\_\_\_\_mmy C\_\_\_\_\_rt\_\_\_\_\_r
5. R\_\_\_\_\_n\_\_\_\_\_ld R\_\_\_\_\_g\_\_\_\_\_n
6. G\_\_\_\_\_rg\_\_\_\_\_ B\_\_\_\_\_sh
7. B\_\_\_\_\_ll Cl\_\_\_\_\_nt\_\_\_\_\_n
8. G\_\_\_\_\_rg\_\_\_\_\_ W. B\_\_\_\_\_sh
9. B\_\_\_\_\_r\_\_\_\_\_ck \_\_\_\_\_b\_\_\_\_\_m\_\_\_\_\_
10. D\_\_\_\_\_n\_\_\_\_\_ld Tr\_\_\_\_\_mp

**Finish the number sequence**

1, 4, 7, 10, 13, 16, 19, 22, \_\_\_\_\_.

3, 8, 13, 18, 23, 28, 33, 38, \_\_\_\_\_.

25, 23, 21, 19, 17, 15, \_\_\_\_\_.

1, 3, 9, 27, 81, 243, \_\_\_\_\_.

What comes after the fifth month of the year? \_\_\_\_\_

What is the seventh month of the year? \_\_\_\_\_

What comes before the second month of the year? \_\_\_\_\_

What comes before the first month of the year? \_\_\_\_\_

What month is between the ninth and eleventh month of the year? \_\_\_\_\_

How many months have 30 days? \_\_\_\_\_

How many months start with a vowel? \_\_\_\_\_

How many months have more than one syllable? \_\_\_\_\_

**Unscramble these months:**

ecedbmre \_\_\_\_\_

guuats \_\_\_\_\_

sbpremeet \_\_\_\_\_

brruaeyf \_\_\_\_\_

coortbe \_\_\_\_\_

**Unscramble these foods:**

aeowlmnter \_\_\_\_\_

ghdoto \_\_\_\_\_

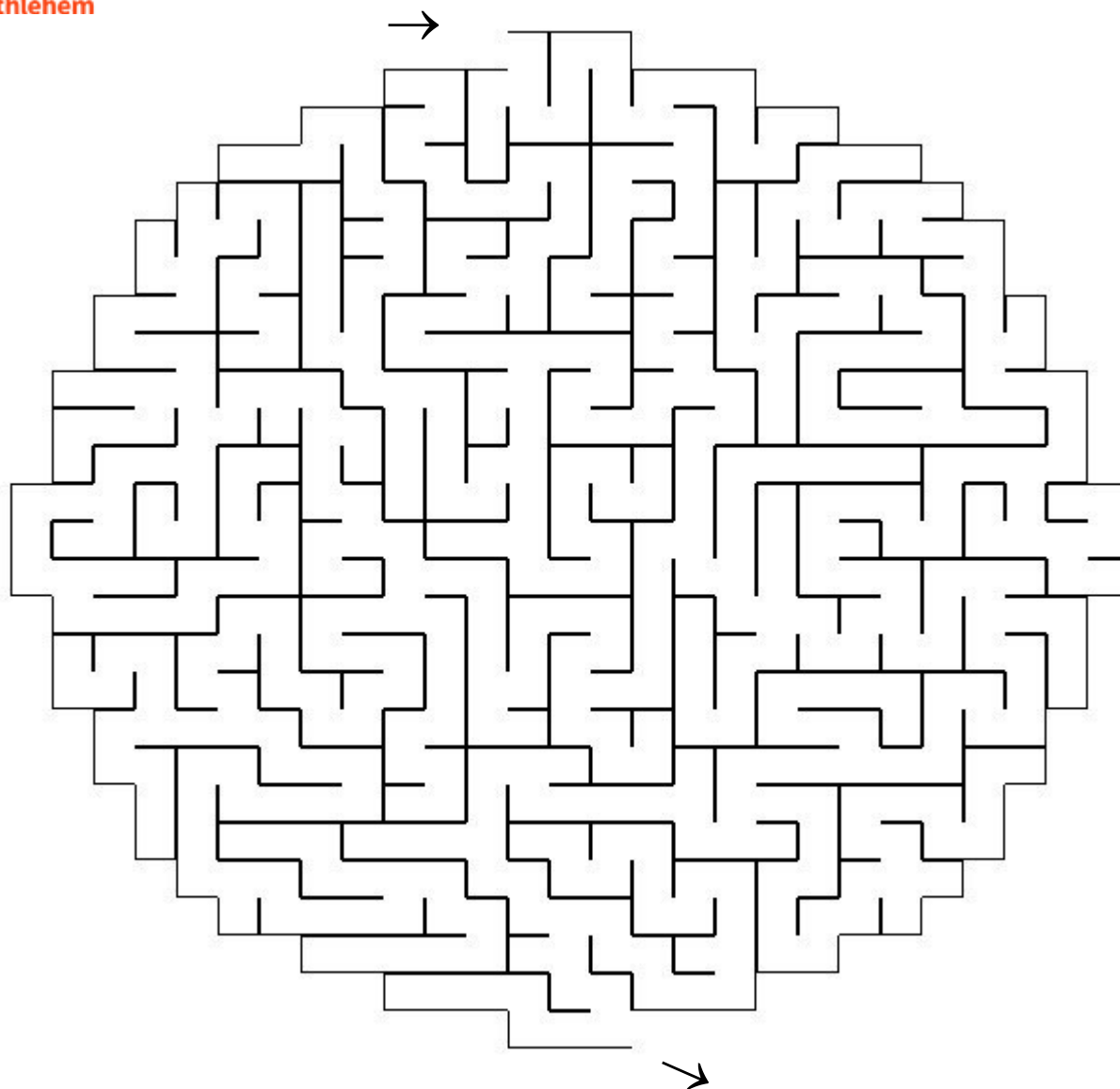
ipzaz \_\_\_\_\_

ccaemrei \_\_\_\_\_

rmbreahgu \_\_\_\_\_



Take your time and find your way through the maze.



Answer Key to Conversions

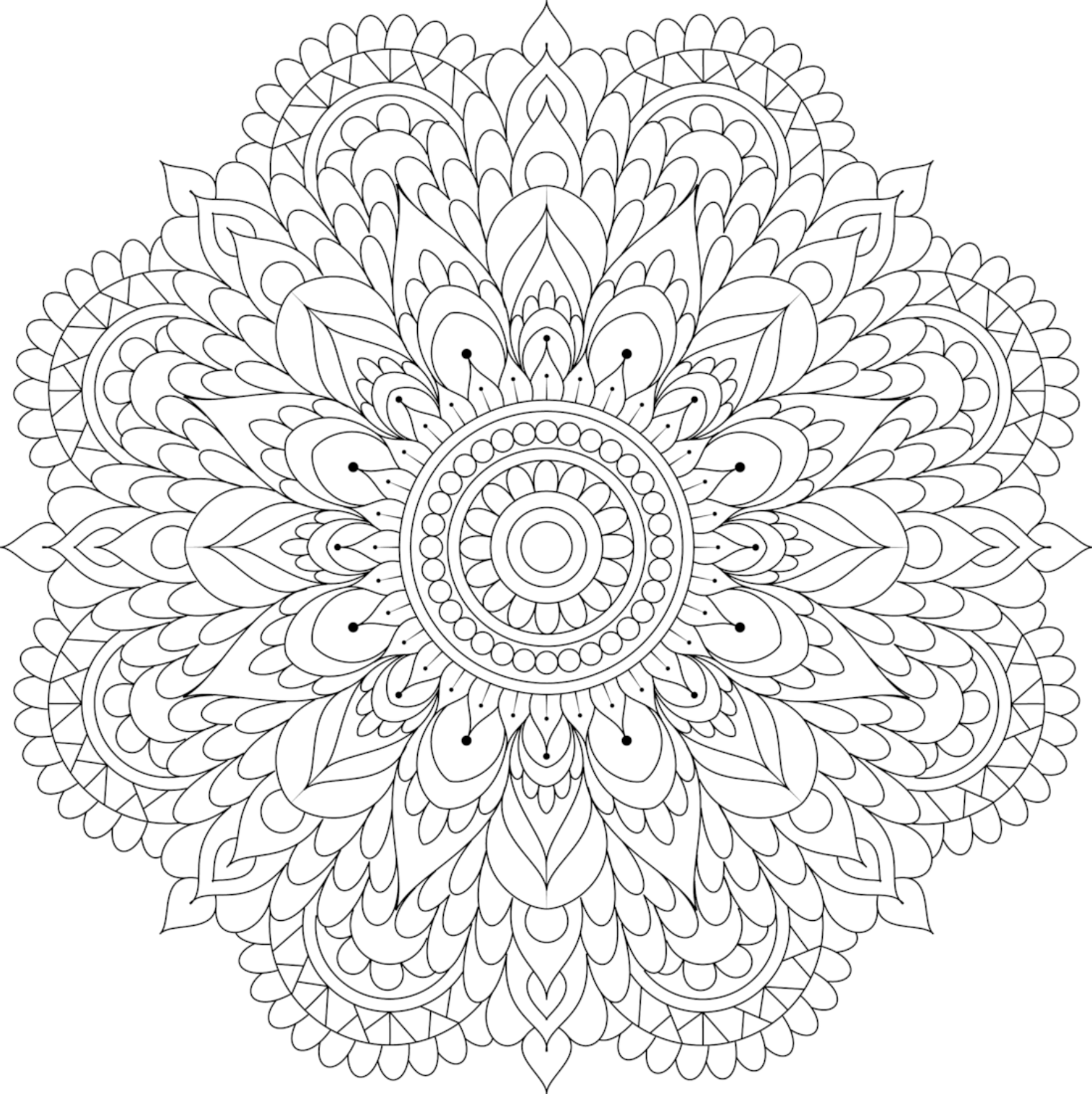
- 1 a. 15 ft    1 b. 8 yd
- 2 a. 18 ft    2 b. 27 ft
- 3 a. 33 ft    3 b. 2 yd
- 4 a. 10 yd    4 b. 12 ft
- 5 a. 9 ft    5 b. 12 yd
- 6 a. 1 yd    6 b. 7 yd
- 7 a. 1 yd    7 b. 21 ft
- 8 a. 11 yd    8 b. 27 ft
- 9 a. 11 yd    9 b. 6 ft
- 10 a. 11 yd    10 b. 24 ft

Healthy Treats Low in Sugar

- Hummus and Veggies = 0 grams
- Almond butter and Celery = 1 gram
- String Cheese = 0 grams
- Chickpeas = 0 grams
- Pistachios = 2 grams for one ounce
- Popcorn = 0 grams

- Pretzels = 0 grams
- Potato Wedges = 2 grams (half a potato)
- Guacamole and Pita wedges
- Olive, Cheese & Carrot Tiger sticks = 1 gram (one ounce)
- Cucumber Sandwiches = 1 gram

Adult Coloring to reduce stress and balance the mind. Frame or give away when done.





Adult Coloring to reduce stress and balance the mind. Frame or give away when done.

