

HEALTHY YOU at Home!

An activity book designed by WCCOA to offer programming beyond the Senior Center Walls to stimulate your Mind, Body & Spirit!

We are working hard to offer a variety of at-home programming options for you. You can check in daily to our Facebook page for our most up-to-date program offerings. Visit: www.facebook.com/wccoa

If you are interested in joining us for discussions via phone or video conferencing using Zoom, check our Facebook page or website for login details. Our website can be accessed at: www.wccoa.net

If you need further assistance, contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net.

The answer key to this booklet will be available on our website at www.wccoa.net

Health + Wellness BINGO

Every time you complete a task or activity listed on the below BINGO card, you can mark that square off. You will notice that some activities are listed more than once, meaning that you will have to complete the activity multiple times - once per square. For example, "10 squats" is listed twice, so on two different occasions you will complete 10 squats for a grand total of 20 squats. If you are unsure of any listed exercises, take a look at our Facebook page work-out videos to find examples and explanations.

B	I	N	G	O
10 Squats	10 Wall Pushups	10 Leg Extensions on Each Leg	4 Glasses of Water	2 Servings of Fruit
3 Glasses of Water	2 Servings of Fruit	10 Minute Walk	10 Front Raises	20 Seconds of Arm Circles
30 Seconds of Ankle Circles	10 Knee to Elbow Crunches	Free Space	10 Air Squats	3 Servings of Vegetables
15 Minute Walk	10 Calf Raises	10 Shoulder Shrugs	10 Bicep Curls	3 Glasses of Water
10 Triceps Dips	10 Sit to Stands	3 Servings of Vegetables	Sit and Reach - 10 Second Hold Repeat 3 Times	20 Minute Walk

Great Lakes Fun Facts

Use the word box below to fill in the blanks.

Baikal, 1989, Chicago, Cleveland, Detroit, Erie, Huron, Michigan, Michigan, Montreal, Ontario, Ottawa, 1988, Quagga, Salmon, Superior, Tanganyika, Toronto, Trout, Zebra, 21%



The Great Lakes are five large lakes in east central North America. Their names are

_____, _____, _____, _____,
_____. They hold _____ of the world's surface fresh water.

Four of the Great Lakes are on the border between Canada and the United States. The other, Lake _____, is completely inside the United States.

All together by volume, the Great Lakes are the largest group of fresh water lakes in the world. No one of the lakes are larger than Lake _____ (Russia) or Lake _____ (East Africa).

These cities are on the shores of the Great Lakes or their rivers:

_____, Illinois (9.8 million people, on Lake Michigan)

_____, Ontario (5.5 million people, on Lake Ontario)

_____, Michigan (5.3 million people, on the Detroit River)

_____, Quebec (3.9 million people, on the St. Lawrence River)

_____, Ohio (2.9 million people, on Lake Erie)

_____, Ontario (1.2 million people, on the Ottawa River)

Two important infestations in the Great lakes are the _____ mussel, first discovered in 19____, and the _____ mussel in 19_____.

In recent years overfishing caused a decline in lake _____. The drop-in lake trout increased the alewife population. In response, the government introduced _____ as a predator to decrease the alewife population.

What Bird is That?

The purpose of this activity is to introduce a selection of common birds that may be seen in yards, parks and city environments and challenge you to identify their habits so that you may become more familiar with them.

Common Grackle	Ring-Necked Pheasant
House Finch	Red Winged Black Bird
Canada Goose	

It is the most familiar and widespread of North American waterfowl. They migrate flying in a V-formation. Goslings remain with their parents until the next breeding season. They are a common sight in city parks, suburban office complexes and around reservoirs. "Honkers" eat grasses, mollusks, and crustaceans on shore. They mate for life, 25 to 28 days incubation by the female, 4 to 6 white eggs and 42 days fledging (feathers before they can fly). **What bird am I?** _____

It was brought from Asia to Europe by the Romans, and from Europe to America in the late nineteenth century. It is now a popular game bird. They enter yards in autumn and winter, especially in hard weather. The males usually have a harem of several female birds. They clamber in trees for buds and fruit, and scratch the ground for a range of foods especially grains and seeds. They will eat insects, snails, worms and lizards. The chicks leave the nest shortly after hatching. They have 23 to 28 days of incubation by the female, 10 to 12 olive eggs and 12 days of fledging (feathers before they can fly).

What bird am I? _____

It is popular because of its colorful plumage and melodious song. It is native to the west (where it is called the linnet) but in 1940s pet dealers in New York imported the birds to sell them as Hollywood birds. When the authorities found out some dealers released them to avoid charges. The species prospered and has spread over much of the east. Some birds migrate to Florida and the Gulf for the winter. Their diets consist of weed seeds, buds, insects, and scraps are eaten. It competes with hummingbirds at sugar water feeders. They have 12 to 16-day incubation period by the female, 4 to 5 blue-white eggs speckled with brown, and 11 to 19 days fledging (feathers before they can fly).

What bird am I? _____

They spend the night in a communal roost and fly out together in search of food. A visit from the flock can devastate the feeder. They live in marshes, pastures, parks and suburban areas. They eat seeds and insects, and are among the first birds to fly north. The epaulets (ornamental shoulder piece) are colored and are displayed in courtship. They have 11 to 12 days of incubation by the female, 4 blue-green eggs spotted with black and brown, 10 to 12 days fledging (feathers before they can fly).

What bird am I? _____

They were released in New York's Central Park in 1890, and they have spread throughout the continent. They are often unpopular, because they take the food put out for native birds and usurp the nest sites of other birds such as bluebirds. Their lively behavior makes them interesting to watch. They have a varied diet, including seeds, grains, earthworms, insects, and other creatures found near the grass roots. They have 12 days of incubation by the female, 4 to 6 pale greenish blue eggs, and 21 days fledging (feathers before they can fly).

What bird am I? _____

You Be the Judge

**This activity will have your review a court case and develop a decision based on the facts.
What would you decide?**

Late one night a policeman on duty notices something strange, so he hides where he can observe what is going on.

Three men dressed in long black coats are standing on a city corner in a business district. All of the shops are closed. One at a time, each of the three men leaves the corner, walks half a block down to a jewelry store, and looks in the window. He returns to the corner and whispers to the other two men.

A few minutes later the second man walks to the jewelry store window and looks in. He then returns to the corner to talk to the other men. Finally, the third man repeats the process.

After watching this for about 20 minutes, the policeman approaches the men and orders them to stand against the wall of the building with their hands up. He searches the three men's coats, and finds guns on two of them and a knife on the third. The policeman confiscates the weapons and arrests the three men for attempted robbery.

The three men sue for false arrest, illegal search, and for seizure of their weapons. They argued that they had not committed any crime, they had only stood on a street corner and looked in the window of a store at which they might like to purchase an item the next day.

You Decide

How should the judge rule in this case? Should he find in favor of the policeman, who has possibly prevented a robbery from taking place? Or should he find in favor of the men, who have not yet broken any laws?

What part of the Bill of Rights does this case involve?

This Day in History

Connect the event on the right to the date it occurred on the left.

May 1st 1931

Alan B. Shepard Jr. became the first American in space.

May 1st 1962

Mount St. Helens volcano erupts in Washington.

May 5th 1961

Mother's Day is first observed.

May 6th 1915

Lewis & Clark's expedition began.

May 8th 1886

Babe Ruth hit his first home run as a player for the Boston Red Sox.

May 10th 1908

Coca Cola is invented.

May 14th 1804

Clara Barton founded the American Red Cross.

May 18th 1980

Amelia Earhart become the first woman to fly solo across the Alantic Ocean.

May 19th 1780

The Empire State Building opened.

May 21st 1881

Construction of the Hoover Dam is completed.

May 21st 1932

The first Kmart department store opens.

May 29th 1935

Unexplained darkness falls on Eastern Canada and US at 2pm. Later found in 2007 that it was due to a forest fire in Ontario.

Recipes

We'd love to see your creations!

If you try any of these recipes, take a picture and send it to: programs@wcoa.net

No-Bake Peanut Butter Oatmeal Bars

Ingredients:

- 1 cup creamy peanut butter
- $\frac{3}{4}$ cup honey
- 3 cups old-fashioned oats

Directions:

1. In a small saucepan, combine peanut butter and honey. Cook and stir over medium-low heat until melted and blended. Remove from heat; stir in oats. Spread into a greased 9-in. square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.

Cranberry Pecan Chicken Salad

Ingredients:

- 2 large chicken breast cooked and shredded
- 2 stalks of celery diced
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup chopped pecans
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{8}$ teaspoon salt (optional)
- $\frac{1}{8}$ teaspoon pepper

Directions:

1. In a large bowl combine chicken, celery, onion, cranberries, and pecans.
2. Stir to combine.
3. Add into chicken salad mayonnaise, salt (optional), and pepper.
4. Mix well.
5. Serve on lettuce or your choice of bread.

Raspberry Sorbet

Ingredients:

- 1 package (16 ounces) frozen raspberries, slightly thawed
- $\frac{1}{2}$ cup lemon juice
- 2 tablespoons sugar

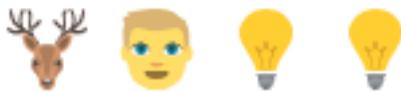
Directions:

1. Place all ingredients in a blender; cover and process until smooth. Serve immediately. If desired for a firmer texture, cover and freeze for at least 3 hours.

Emoji Idioms

Can you guess the phrases using the emojis below?

EXAMPLE:



Challenging:



Brain Teasers

Word Unscrambler:

Use the letters from the words below to create as many new words as you can.

{Example: Quarantine → Rain}

<p><u>Coronavirus</u></p>
<p><u>Toilet Paper</u></p>
<p><u>Quarantine</u></p>

Riddles:

What has one head, one foot, and four legs?

Answer: _____

What breaks but never falls, and what falls yet never breaks?

Answer: _____

What occurs one in every minute, twice in every moment, yet never in a thousand years?

Answer: _____

Quotes: Can you guess who said the following?

C. S. Lewis
 Martin Luther King Jr.
 Gordon B. Hinkley

“Those who move forward with a happy spirit will find that things always work out.” **Who said this?** _____

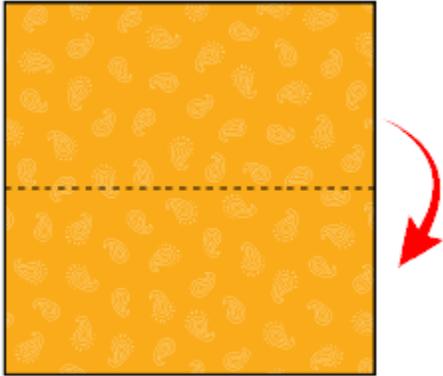
“You are never too old to set another goal or to dream a new dream.” **Who said this?** _____

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.” **Who said this?** _____

HOW TO: Making a Mask From a Bandana

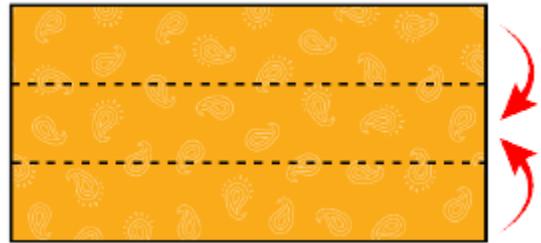
WCCOA has a limited supply of homemade masks available. Let us know if you are in need of a mask.

Step 1.



Fold the bandana in half or material 22 inches square.

Step 2.



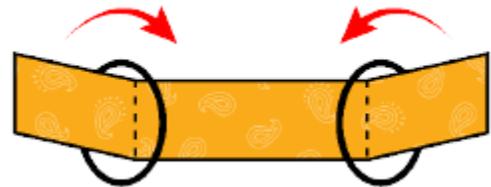
Fold top down. Fold bottom up.

Step 3.



Place rubber bands or hair ties about 6 inches apart.

Step 4.

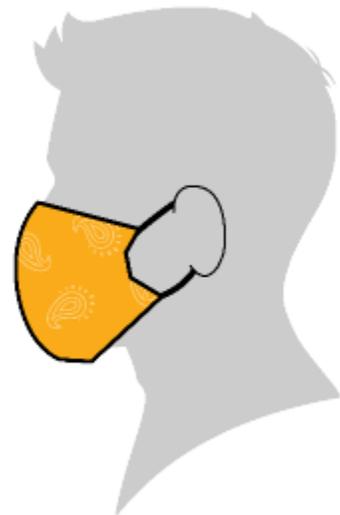


Fold side to the middle and tuck.

Step 5.

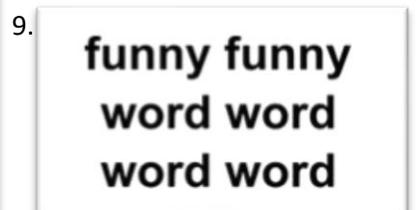
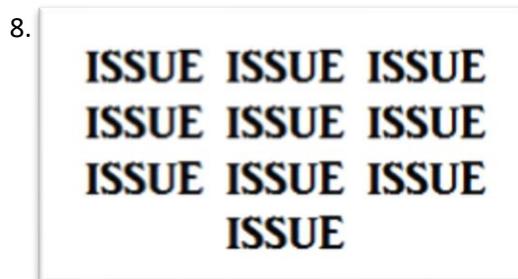
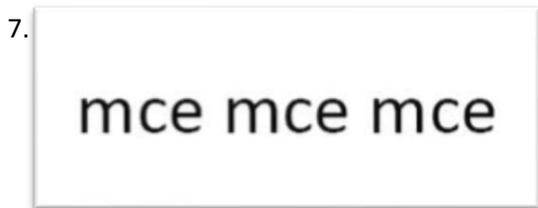
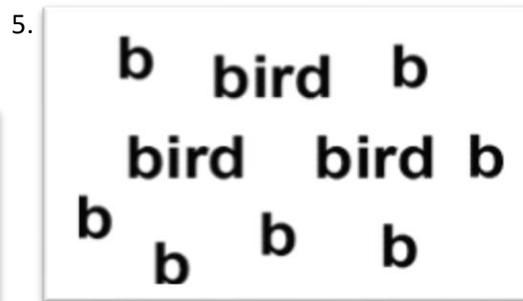
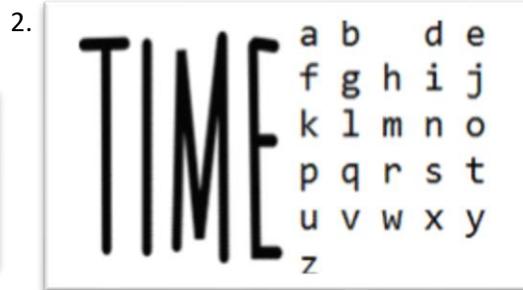


Step 6.



Rebuses

Think Literally to Solve These Word Pictures!



1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

Pen Pal/Zoom Project

Do you want a unique way to connect with others? Join our Pen Pal group! You can communicate with individuals throughout Wood County or even from other states. You can choose mail, email, or phone as your mode(s) of communication depending on your preference.

If interested, Complete the attached application and waiver and return to the WCCOA Programs Department to be assigned a pen pal. For more information contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email programs@wcco.net

Pen Pal/Zoom Project - Release of Liability Form

Wood County Committee on Aging, Inc.
305 N. Main Street
Bowling Green, OH 43402
419.353.5661 or 800.367.4935
www.wcco.net



Name: _____

Email: _____

Address: _____
Street City State Zip Code

Phone number: _____

Check the boxes that apply to you:

I will email my pen pal I will mail a letter to my pen pal I will call my pen pal

I want a pen pal in Wood County I want a pen pal in any State

(Valid from January 1, _____ until December 31, _____)

I, (print name) _____, hereby authorize the Wood County Committee on Aging, Inc. (WCCOA) to release my phone number, email and/or mailing address for the sole purpose of the WCCOA's Pen Pal/Zoom Programming. This program will allow me to connect with other older adults in Wood County or other states.

By submitting this form, you are agreeing that the WCCOA has your permission to share the contact information you provide DIRECTLY with your assigned pen pal. Other than this planned disclosure, WCCOA agrees to take measures to keep your contact information private and secure, and will not share it with anyone other than your pen pal. We will not sell, rent, or trade your information with other individuals or organizations.

Any damages or loss that may occur due to exchange of this contact information is at your sole risk. You consent to indemnify and hold harmless the WCCOA from any claim, demand, or damage asserted by you or a third party due to this exchange of contact information.

By submitting this form, you agree to act in a respectful manner and to not use this service for unlawful means. You agree to take responsibility for your conduct. You agree to be responsible for outcomes related to your communications with your assigned pen pal/zoom partner, and agree that the WCCOA and its directors are not liable for any damages or loss that may occur due to your pen pal correspondence. WCCOA may terminate the terms or terminate access to program / service at any time, for any reason, with or without notice to you. By participating in this Pen pal/Zoom project, you agree that WCCOA is not liable to you for the termination of this Agreement or access to the programs.

Participants must follow the Pen Pal/Zoom code of conduct when interacting with others: Individuals must not use profanity, obscenities or derogatory remarks in communications; Do not send confidential or unprotected sensitive or personally identifiable information; Do not use this pen pals or zoom program to make personal gains, conduct business, or gamble; Must not share links to third party sites that contain profanities, obscenities, sexually explicit, or discriminatory content.

Members of the Pen Pal /Zoom programs should immediately report all inappropriate content, behavior and underage users by contacting the company via email writing programs@wcco.net with a detailed description of the content in question.

This pen pal program is for older adults living in Wood County, Ohio. The WCCOA will match you with another older adult to begin a pen pal relationship, at no cost to you. Please return this signed form to WCCOA, 305 North Main St., Bowling Green, Ohio 43402 or email a cell photo of the signed form to programs@wcco.net

SIGN BELOW TO CONFIRM UNDERSTANDING AND AGREEMENT.

Signature

Date

OFFICE USE ONLY:

Date Received: _____

Date contacted with Pen Pal Name, Number and/or Email: _____

Assigned Pen Pal: _____

Assigned Pen Pal's Contact information:

