

HEALTHY YOU at Home!

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 option 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 the phone or for online discussion using www.zoom.us.

Zoom is a video conferencing site. Contact the Program Department for more information: 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net.

Health + Wellness Bingo

Below is the Bingo card. Every time you complete a task or activity you will mark that square off. Such as if you drink 4 glasses of water you will mark that square off. You will also notice that some activities are on there more than once, that is because you will have to complete the activity multiple times. For example, 10 air squats are located twice, so on two different occasions you will complete 10 air squats.

If you are unsure of what any of the exercises are please take a look at our Facebook, as there are work out videos with demonstrations or access our YouTube as there are three videos that explain and demonstrate how to complete the exercises.

B	I	N	G	O
10 Air Squats	10 Wall Pushups	10 Leg Extension 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	10 Second Hold Sit and Reach 3 Times	20 Minute Walk

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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, 1988, Quagga,
Salmon, Superior, Tanganyika, Toronto, Trout, Zebra, 21%



The Great Lakes are five large lakes in east central North America. Their names are **Huron** ,
 Ontario , **Michigan** , **Erie** ,
 Superior . They hold **21%** of the worlds surface fresh water.

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

Altogether, by volume, they are the largest group of fresh water lakes in the world. No one of the lakes is larger than Lake **Baikal** (Russia) or Lake **Tanganyika** (East Africa).

The cities of **Chicago** , Illinois (9.8 million people on Lake Michigan)
 Toronto , Ontario (5.5 million people, on Lake Ontario); **Detroit** ,
Michigan (5.3 million people, on the Detroit River); **Montreal** , Quebec (3.9 million
people on the St. Lawrence River), **Cleveland** , Ohio (2.9 million people, on Lake
Erie) and Ottawa (1.2 million people, Ontario on the Ottawa River) are on the shores of the Great
Lakes or their rivers.

Two important infestations in the Great lakes are the **zebra** mussel, first discovered in
19 **88** , and the **quagga** , mussel in 19 **89** .

In recent years overfishing caused a decline in lake **trout** . The drop-in lake trout increased
the alewife population. In response, the government introduced **salmon** 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? ___Canada Goose_____**

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? __Ring-Necked Pheasant_____

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, but 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, 11 to 19 days fledging (feathers before they can fly). **What bird am I? _____House Finch_____**

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. Live in marshes, pastures, parks and suburban areas. They eat seeds and insects. They 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? _____Red Winged Blackbird_____**

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, 21 days fledging (feathers before they can fly) **What bird am I? __Common Grackle_____**

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You be the Judge

This activity will have your reviewing a court case and developing 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?

The Policemen

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

Justification:

Given the reasonable suspicion held by the police officer due to the abnormal actions of the three men, the United States Supreme Court ruled that the Fourth Amendment prohibition on unreasonable searches and seizures was not violated.

This Day in History

May 1st 1931

The Empire State Building opened.

May 1st 1962

The first Kmart department store opens.

May 5th 1961

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

May 6th 1915

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

May 8th 1886

Coca Cola is invented.

May 10th 1908

Mother's Day is first observed.

May 14th 1804

Lewis & Clark's expedition began.

May 18th 1980

Mount St. Helens volcano erupts in Washington.

May 19th 1780

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

May 21st 1881

Clara Barton founded the American Red Cross.

May 21st 1932

Amelia Earhart becomes the first woman to fly solo across the Atlantic Ocean.

May 29th 1935

Construction of the Hoover Dam is completed.

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Recipes

If you make any of these recipes below, please 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

Below are emoji/pictures that are making a phrase or idiom. Solve the idioms

EXAMPLE:



Raining Cats and Dogs



Once in a blue moon



Deer in headlights



Time flies



Cat out of the bag



Beat around the bush



Don't judge a book by its cover.

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Brain Teasers

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

Example: Quarantine → Rain.

Coronavirus (45 words)

Or In Can Son Ours Roar Coins Raccoon Racoons
So Our Con Sun Scar Soar Ruins Acrons Various
On Ran Van Urn Soon Sour Sonic Casino Corrasion
Is Run Car Via Cars Runs Savor Cursor Voracious
Us Air Var Corn Rain Scan Scorn Ravins Carnivorous

Toilet Paper (124 words)

Or Oat Air Rap Rip Peel Leap Pearl Pilot Patio Litter Retape Rappel Rotate Triplet Appetite
To Opt Pop Ear Pile Part Pair Peter Alter Petal People Trailer Relate Tilter Iterate Tieplate
At Lap Rap Tap Liar Pita Pear Piper Apple Pilar Pirate Laptop Tailor Palette Plotter Literate
It Let Pee Rat Pale Poet Peep Prole Ariel Plate Popular Letter Reapot Operate Pretape Tolerate
Ape Lit Pet Tip Pare Aloe Pole Alert Elite Polar Potter Opiate Patrol Parolee Replate
Ate Oar Lie Lip Plot Peer Eater Appel Latte Ratio Propel Parole PotPie Patriot Treetop
Pot Eat Are Oil Pipe Pope Elope Opera Litter Preop Rattle Plater Retail Pleater Oilpaper
Pit Art Pal Pie Pier Port Paper Petit Otter Attire Repeat Portal Tapper Politer Teleport

Quarantine (88 words)

It Ran Art Rat Ate Tie Unit Tart True Quit Inert Inner Inrun Unite Retain Reting Nitrate
At Rue Ear Run Net Anti Near Tear Turn Nite Inter Quart Niner Utter Unrent Quartet Intranet
An Tin Era Tan Nut Rain Nine Tent Urea Rant Quiet Train Quant Attire Auntie Quitter Antique
In Urn Inn Ant Rut Runt Ruin Tier Earn Tent Untie Treat Quite Intern Intent Inertia Equitant
Are Air Nun Eat Tea Tint Rein Tire Neat Tuna Urine Tuner Trait Nature Intuit Quintet Urinate
Nutrient Antiquer Quainter

Riddles. Solve the riddles and write your answers in.

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

Answer: A bed

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

Answer: Day breaks, night falls

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

Answer: The letter "M"

Quotes. Using the word box write who you think wrote the following quotes.

"Those who move forward with a happy spirit will find that things always work out." **Gordon B. Hinkley**

"You are never too old to set another goal or to dream a new dream." **C. S. Lewis**

"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." **Martin Luther King Jr.**

Rebus Puzzle

Guess the words or phrase from the symbols or set of letters that is given below.

1. 

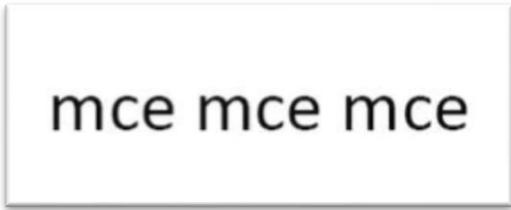
2. 

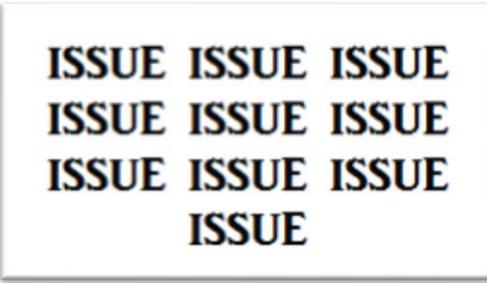
3. 

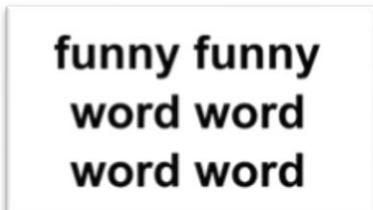
4. 

5. 

6. 

7. 

8. 

9. 

- 1. _____ Big Fish in a little pond _____
- 2. _____ Long time, no see _____
- 3. ___ A bit under the weather _____
- 4. ___ Pinching Pennies _____
- 5. ___ The birds and the bees _____
- 6. ___ No one to blame _____
- 7. ___ Three blind mice _____
- 8. ___ Ten issues _____
- 9. ___ Too funny for words _____