



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. The first 5 people to submit and complete the bingo challenge by August 28 will receive a goodie bag.

B	I	N	G	O
Take a walk after dinner	Clean a closet and donate a bag of clothes	Try a new healthy recipe. Share it with us on Facebook	Eat five different fruits and/or vegetables today	Stretch during the commercial break of your favorite show
March in place for 15 seconds. Repeat 5 times	Drink three 8-oz. glasses of water	Call/log in to one of our Zooms	Write & deliver a thank you note to someone that has helped you	Perform a random act of kindness for a stranger
Walk with a friend	Call or video chat with a friend to complete a workout	Wake up and stretch	Watch the sunset while getting fresh air	Go for a walk and eat ice cream afterwards
Sit in a chair & complete 10 bicep curls while marching your feet	Take a break on your walk to enjoy the moment	Take a picture while on a walk in the park and email it to us	Read a new book or re-read an old one. Email your book choice to us	Call a friend or family member and share your activity goals
Eat only healthy snacks for a day	Turn on your favorite music & dance for 10 minutes	Limit your TV time/screen time to 1 hour	Get 8 hours of restful sleep	Support a local business

Ohio Fun Facts

Use the word box below to fill in the blanks.








William Mc Kinley	Kathryn D. Sullivan	Arnolds Sports Festival
hills and valleys	Warren G. Harding	Cincinnati
James A. Garfield	John Glenn	Amateurs
Columbus	Mother	O
William Henry Harrison	tomato juice	Neil Armstrong
Michael L. Gernhardt	Rectangular	
Buckeye	Arnold Schwarzenegger	



- Ohio is known as “The **Mother** of Presidents” due to its knack for producing POTUSes: seven of our 43 presidents have hailed from there. For those playing along at home, that would be Ulysses S. Grant, Rutherford B. Hayes, **James A. Garfield**, Benjamin Harrison, **William McKinley**, William Howard Taft, and **Warren Harding**, and **William Henry Harrison** was born in Virginia but settled in Ohio.
- The state flag of Ohio is unique in a particular way—it’s the only flag out of all 50 states’ that isn’t **rectangular**. It’s believed that designer John Eisenmann may have been inspired by the shape of a pennant carried by the U.S. Cavalry. In addition to its unusual shape, there’s also quite a bit of symbolism in the flag. The red circle represents the **buckeye**, while the white ring around it is an “**O**” for “Ohio.” The triangles are meant to symbolize the state’s **hills and valleys**. The 17 stars remind us that Ohio was the 17th state to join the Union.
- Presidents aren’t the only thing Ohio is good at creating. As of 2013, 25 NASA astronauts were from the state. Astronauts from Ohio have been the first to walk on the moon (**Neil Armstrong**), the first to orbit the Earth (**John Glenn**), the first woman to walk in space (**Kathryn D. Sullivan**), and the first to take a spacewalk from the International Space Station (**Michael L. Gernhardt**), among other illustrious achievements.
- Ohio is one of the country’s leading producers of **tomato juice**, and is one of America's top producers of the juicy red fruits. (And now you know why tomato juice is the official state beverage.)
- Columbus** is home to an 8-foot, 600-lb, bronze statue of **Arnold Schwarzenegger**. But there’s a good reason for it. The depiction of Arnie from his bodybuilding days is an acknowledgement of the **Arnolds Sports Festival**, an athletic and sports competition he started in 1989 with sports promoter and Columbus native Jim Lorimer.
- Professional baseball was born in **Cincinnati**. Prior to 1869, baseball was mostly a game for **amateurs**. There were a handful of men who made a living playing the sport, but for the most part, it was strictly a fun side gig. Then the 1869 Cincinnati Red Stockings came along with their all-star starting lineup—all nine men were paid professionals. The team embarked upon a road trip later that year where they played against any town willing to put a team together. The Red Stockings won all 57 games.

Nature Appreciation Walk

Try to Collect and take a picture of the following. Send your photos to programs@wccoa.net
We will share them on Facebook and/or the blog.

	<p>Acorns from various native trees</p>
	<p>Feathers for particular birds</p>
	<p>Native Flowers to the area</p>
	<p>Pine Cones from various evergreen trees</p>
	<p>Leaves from popular trees in area</p>
	<p>Popular Rock native to the area</p>
	<p>Spot a bird nest</p>
<p>Write the name of the bird:</p>	<p>Find a Unique Bird</p>

Brain Games

Here is a mental exercise whose aim is to stimulate the connections or associations between words in your temporal lobe. In the left column you have a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

The first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors.

Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

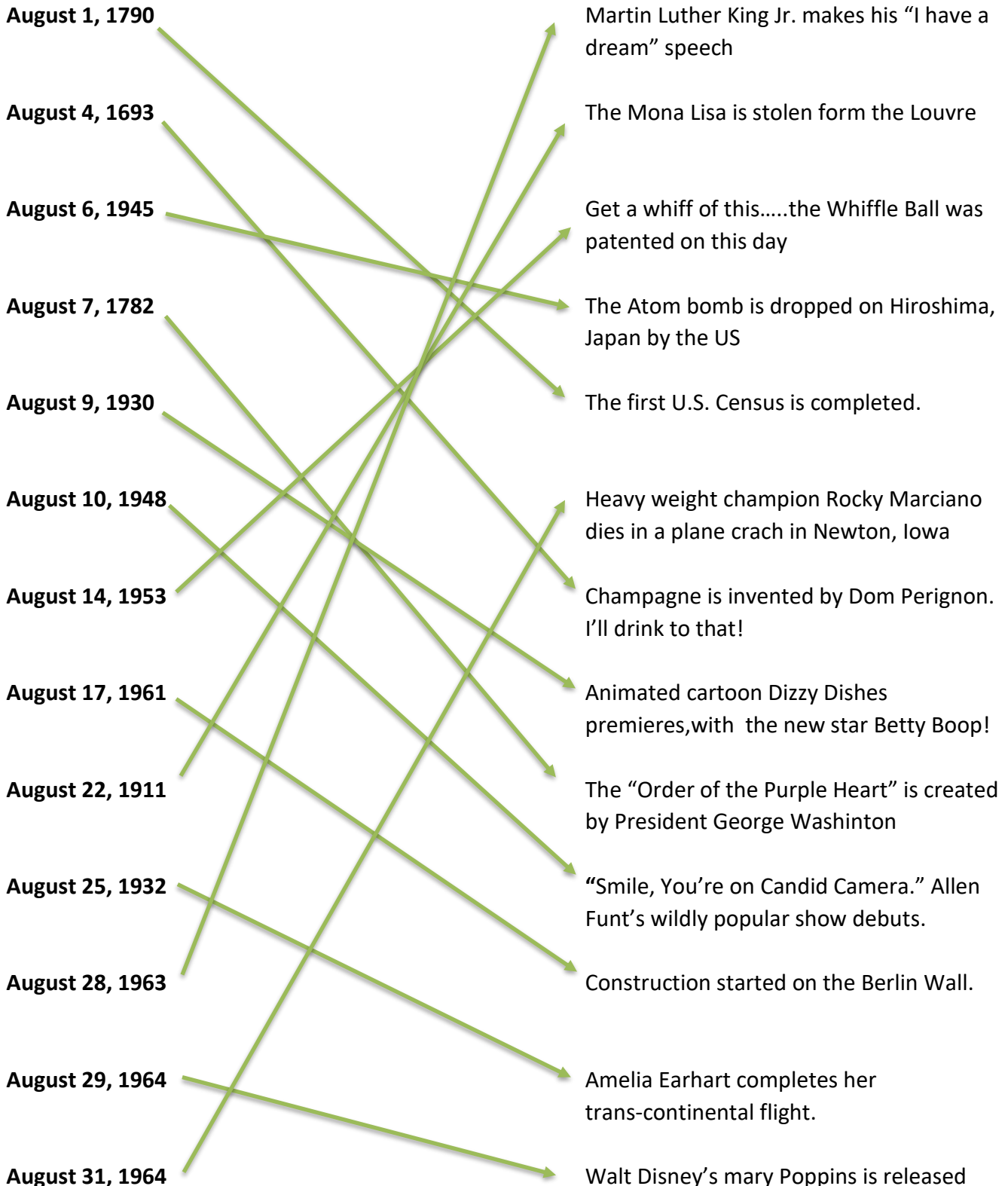
Ready to stimulate connections in your temporal lobe(s). Enjoy!

1. LOCK — PIANO Key
2. SHIP — CARD Deck
3. TREE — CAR Trunk
4. SCHOOL — EYE Pupil
5. PILLOW — COURT Case
6. RIVER — MONEY Bank
7. BED — PAPER Sheet
8. ARMY — WATER Tank
9. TENNIS — NOISE Racket
10. EGYPTIAN — MOTHER Mummy
11. SMOKER — PLUMBER Pipe

SOURCE: <https://sharpbrains.com/blog/2008/02/09/brain-teaser-words-in-your-brain-learn-as-you-exercise/>

This Day in History

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



<http://holidayinsights.com/history/history08.htm>

SOURCE: <http://holidayinsights.com/history/history08.htm>

Recipes

We'd love to see your creation!

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

Blueberry-Cinnamon Campfire Bread

SOURCE: <https://www.tasteofhome.com/recipes/blueberry-cinnamon-campfire-bread/>

Ingredients:

- 1 loaf (1 pound) cinnamon-raisin bread
- 6 large eggs
- 1 cup 2% milk or half-and-half cream
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans, toasted
- 2 cups fresh blueberries, divided

Directions:

- Prepare campfire or grill for low heat. Arrange bread slices on a greased double thickness of heavy-duty foil (about 24x18 in.). Bring foil up the sides, leaving the top open. Whisk eggs, milk, syrup and vanilla. Pour over bread; sprinkle with nuts and 1 cup blueberries. Fold edges over top, crimping to seal.
- Place on a grill grate over campfire or grill until eggs are cooked through, 30-40 minutes. Remove from heat; let stand 10 minutes. Sprinkle with remaining blueberries; serve with additional maple syrup if desired.

Oven Directions: Preheat oven to 350°. Place foil packet on a 15x10x1-in. baking pan. Bake 25-30 minutes or until heated through? Let stand 10 minutes before serving. Sprinkle with remaining blueberries; serve with syrup.

Pot of Smores

SOURCE: <https://www.tasteofhome.com/recipes/pot-of-s-mores/>

Ingredients:

- 1 package (14-1/2 ounces) graham crackers, crushed
- 1/2 cup butter, melted
- 1 can (14 ounces) sweetened condensed milk
- 2 cups semisweet chocolate chips
- 1 cup butterscotch chips
- 2 cups miniature marshmallows

Directions:

- Prepare grill or campfire for low heat, using 16-18 charcoal briquettes or large wood chips.
- Line a cast-iron Dutch oven with heavy-duty aluminum foil. Combine cracker crumbs and butter; press into bottom of pan. Pour milk over crust and sprinkle with chocolate and butterscotch chips. Top with marshmallows.
- Cover Dutch oven. When briquettes or wood chips are covered with white ash, place Dutch oven directly on top of 6 of them. Using long-handled tongs, place remaining briquettes on pan cover.
- Cook until marshmallows begin to melt, about 15 minutes. To check for doneness, use the tongs to carefully lift the cover

PIG

This activity involves mental addition skills and developing a strategy to win the game!

Materials Needed: 2 six sided dotted dice

PIG gameboard – one for each player



Goal:

Players take turns (there can be 2 - 4 players) and the goal is to be the first player to **score 100 points**

Gameplay:

1. Call a friend or play with a neighbor, family member or other senior center participant.
2. When it is your turn roll the **two dice** as many times as you want.
3. Mentally add all of your rolls for your score for Turn 1. Record your score on the PIG SCORESHEET.
4. On your next turn, you may again roll the dice as many times as you wish.
5. Add the total score of this turn to your previous score from turn 1.
6. If a 1 comes up on one of your dice, your turn is over. You score a 0 for this round. Your score will be the same as that of your previous turn.
7. The first player to **reach 100** or more wins the game.

PIG SCORESHEET



Record your score at the end of each turn.

The first player to score 100 or more wins the game of PIG.

ROUND	PLAYER 1	PLAYER 2	ROUND	PLAYER 1	PLAYER 2
1			6		
2			7		
3			8		
4			9		
5			10		

PIG SCORESHEET



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4			9		
5			10		

National Landmark Identifying Game



What is the landmark?
Seattle Space Needle

<p>When was the landmark created?</p> <p>1961</p>	<p>Why was it created?</p> <p>It was built for the 1962 World's Fair?</p>	<p>Landmark is located in which State</p> <p>Washington State</p>
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What is the landmark? Gateway Arch

<p>When was the landmark created?</p> <p>1965</p>	<p>Why was it created?</p> <p>Built as a monument to westward expansion</p>	<p>Landmark is located in which State</p> <p>Missouri</p>
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What is the landmark? Washington Monument

<p>When was the landmark created?</p> <p>1888</p>	<p>Why was it created?</p> <p>Built to commemorate George Washington</p>	<p>Landmark is located in which State</p> <p>Washington, DC</p>
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