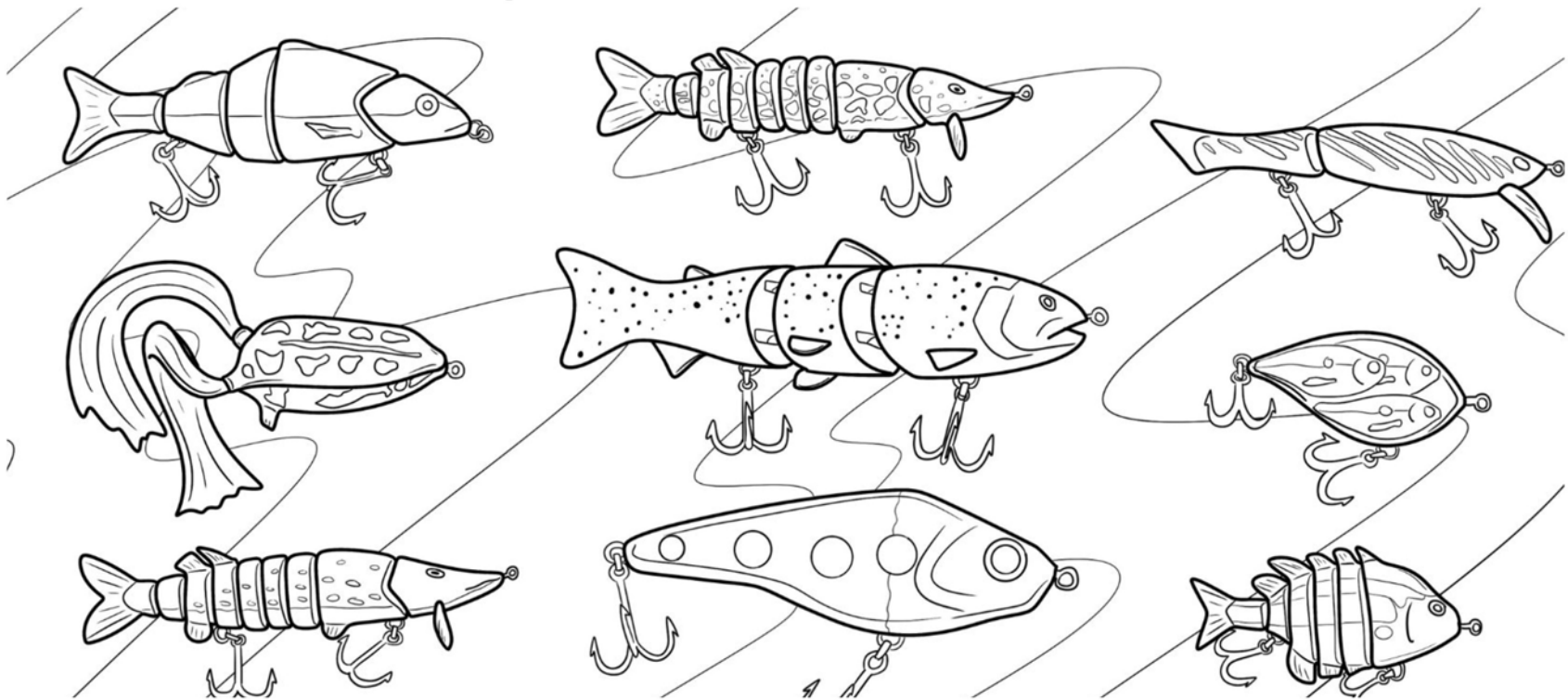


COLORFUL FUN!

ART, MAZES, & WORD SEARCH

September 2025 • **Wellness**





Our Mission

The mission of Rainbow is to create and preserve quality, affordable housing for families and individuals of diverse ethnic, social, and economic backgrounds; while supporting their well-being through the delivery of social services programs.

www.rainbowhousing.org

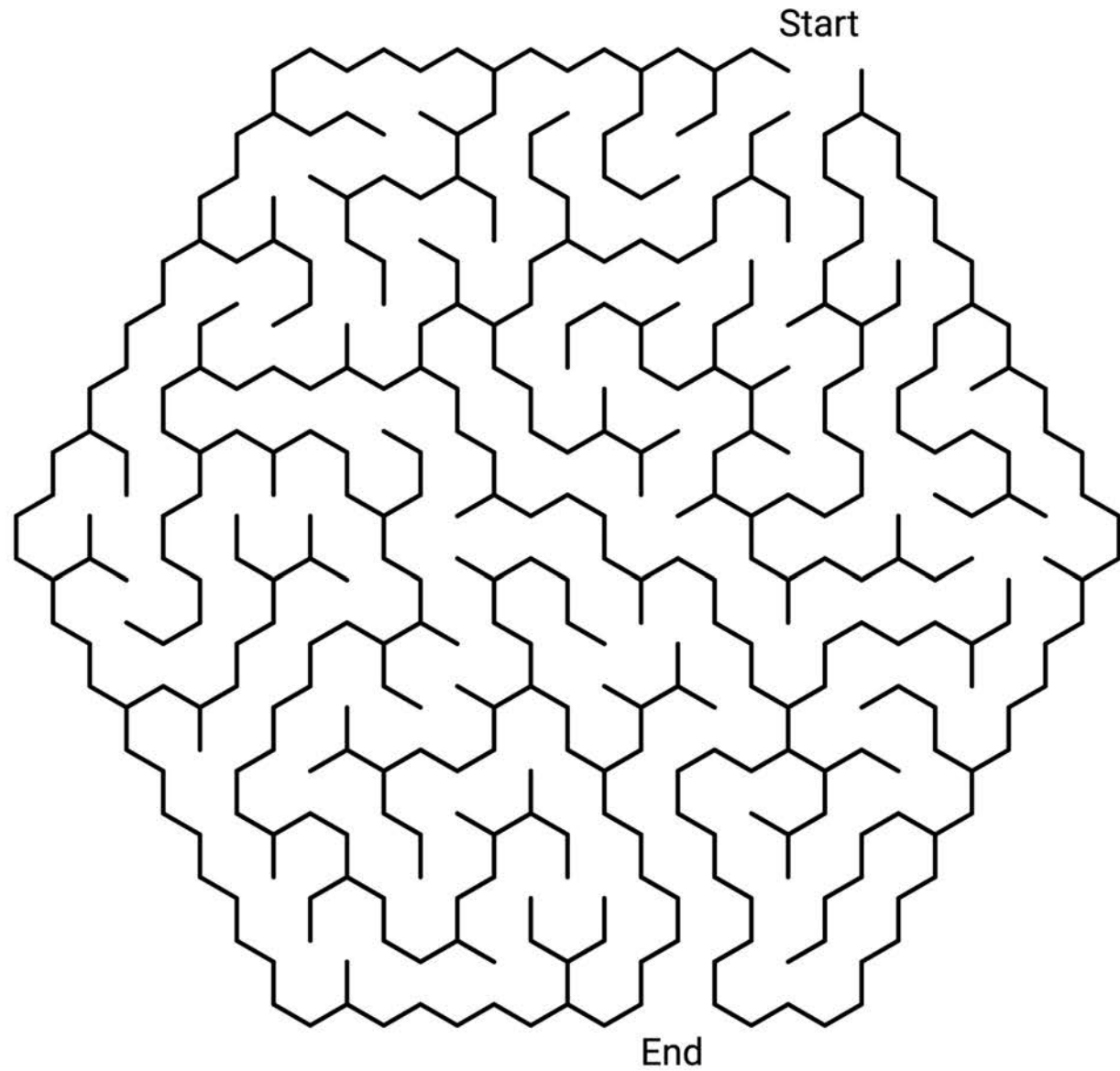
2025- EDITION #9
WELLNESS
SEPTEMBER

We are headed to Maine to do some fishing and enjoy some lobster soup. There will be plenty of laughter along the way.

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*

Maze 5





Laughing for Joy



Can you find the words below in the box above?

Amused
Banter
Chuckle
Delight

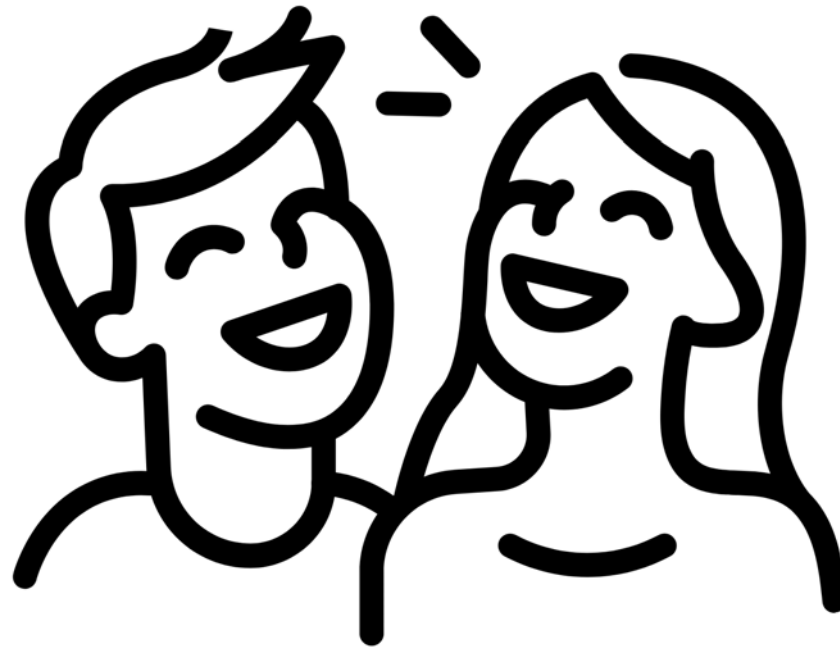
Entertain
Fun
Grin
Humor

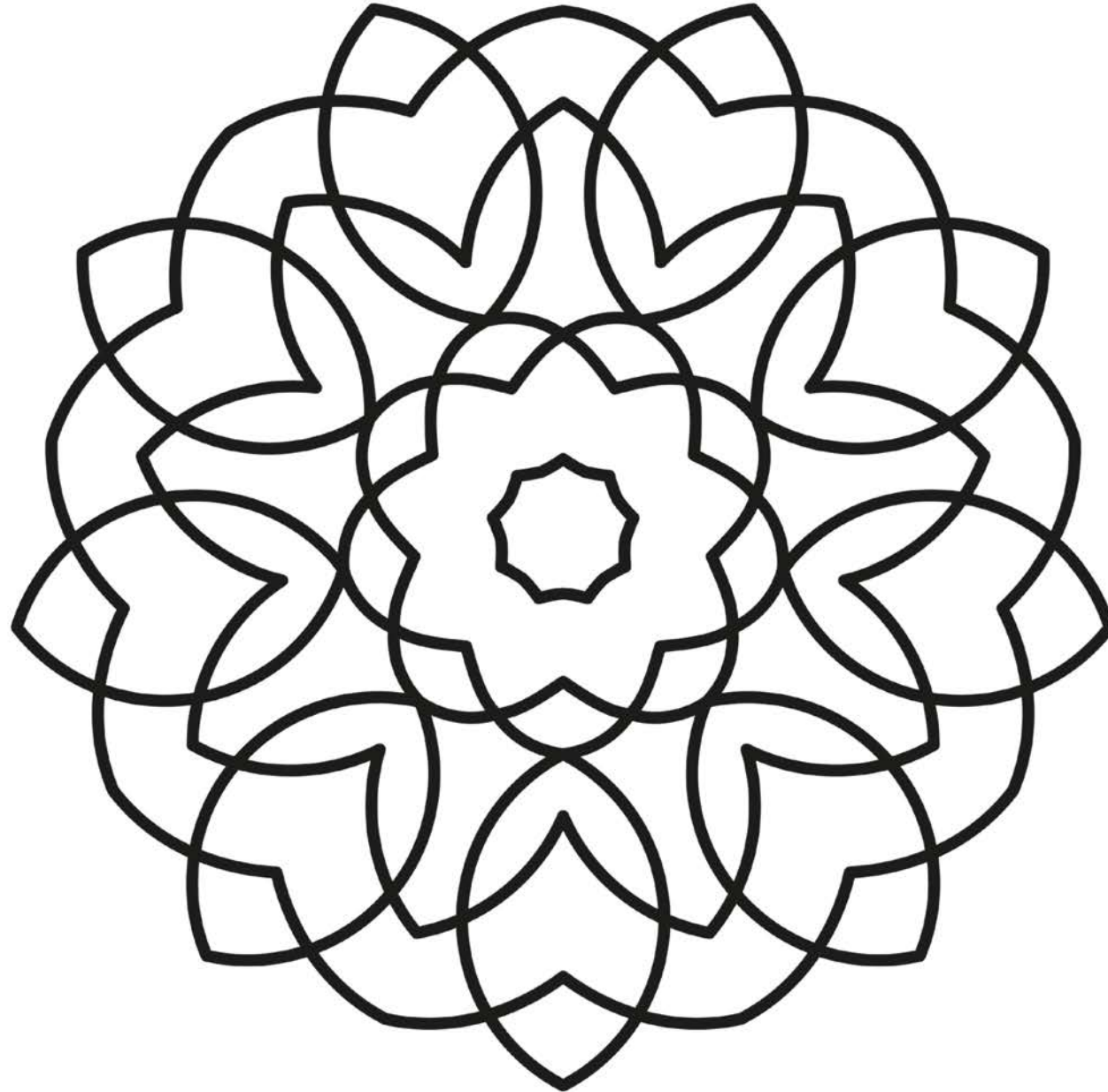
Jest
Joke
Silly
Smile

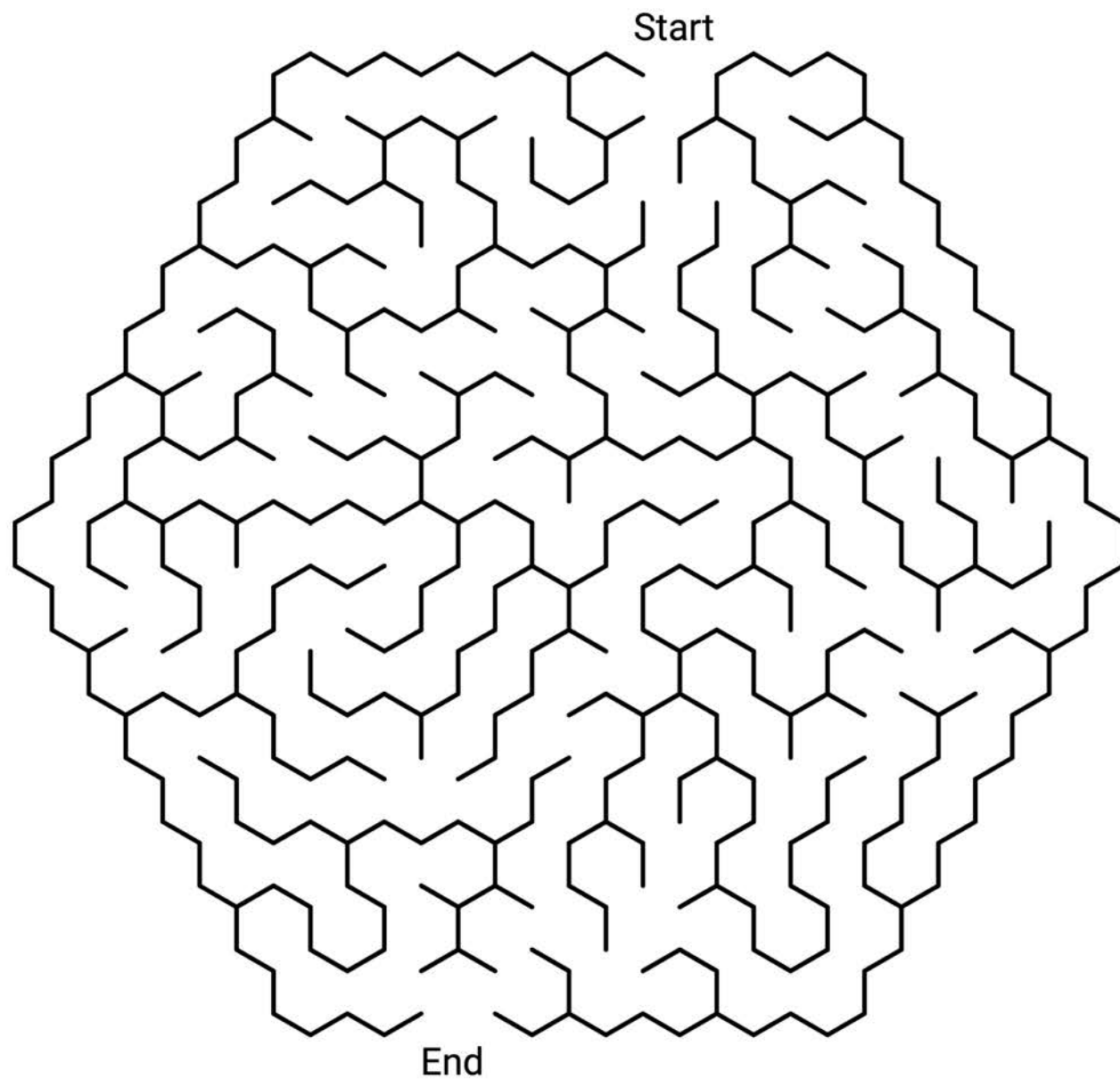




**How does laughing with
someone create trust and
closeness in a way that
words alone cannot?**







Maze 6



Reeling in Wellness

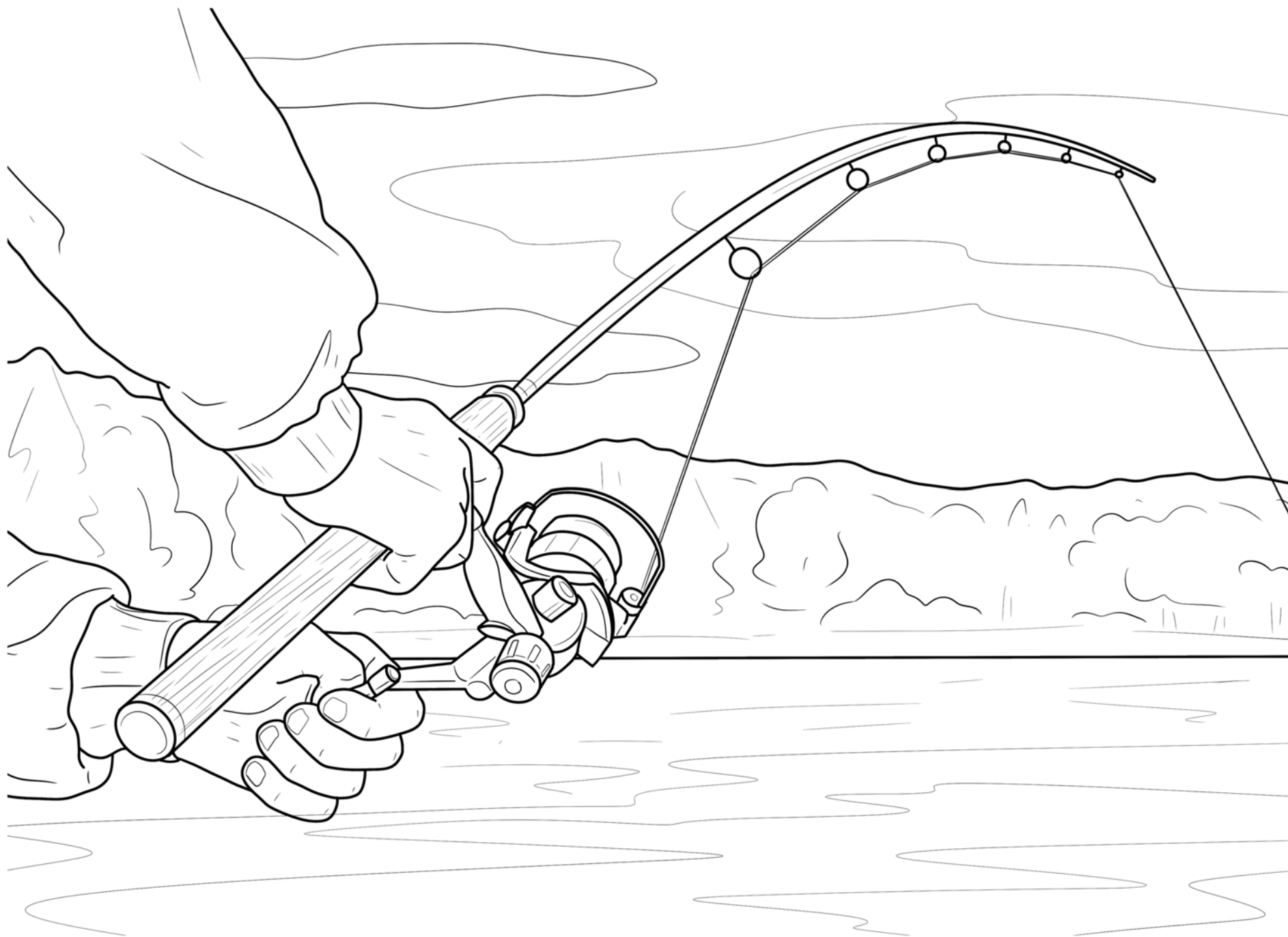
B	J	W	T	D	G	Z	X	G	H	E	A	L	T	H
M	P	G	Z	E	C	N	P	D	L	L	E	H	C	J
W	J	R	L	I	E	M	U	S	C	L	E	P	C	P
I	C	I	H	R	Y	O	I	H	U	R	S	F	I	B
Q	I	P	O	S	X	T	G	X	E	U	Q	J	P	P
V	B	C	R	G	X	I	Y	P	C	A	A	C	K	O
T	B	Y	Y	I	I	O	J	O	Q	G	M	N	T	S
J	M	A	G	W	U	N	F	A	I	V	D	S	Q	T
Q	T	T	C	S	U	N	Z	R	N	F	A	C	X	U
D	Q	O	F	K	G	K	C	M	Q	C	X	H	A	R
P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

Can you find the words below in the box above?

Arm
Back
Cast
Core

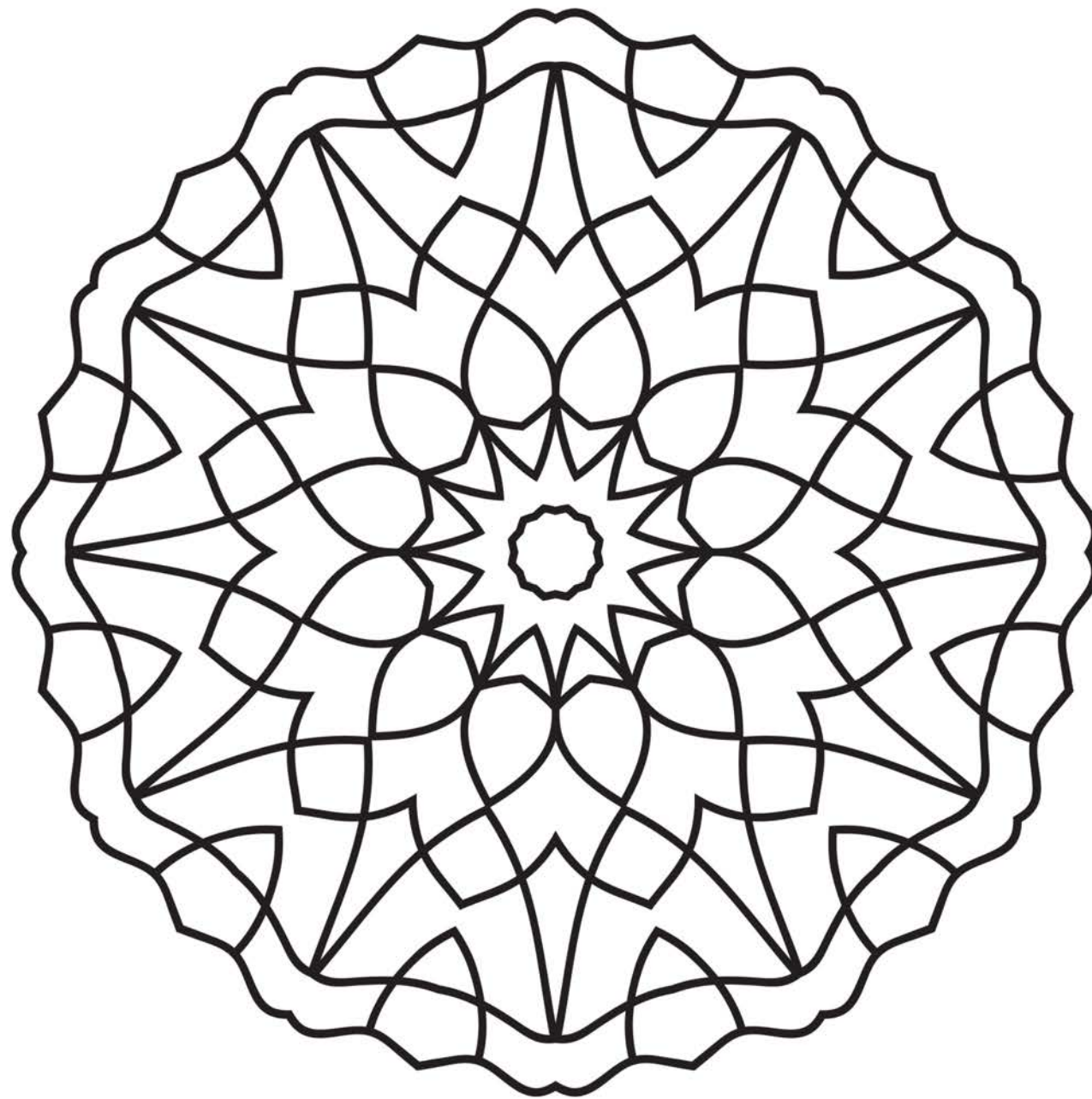
Focus
Grip
Health
Leg

Motion
Muscle
Outdoor
Posture

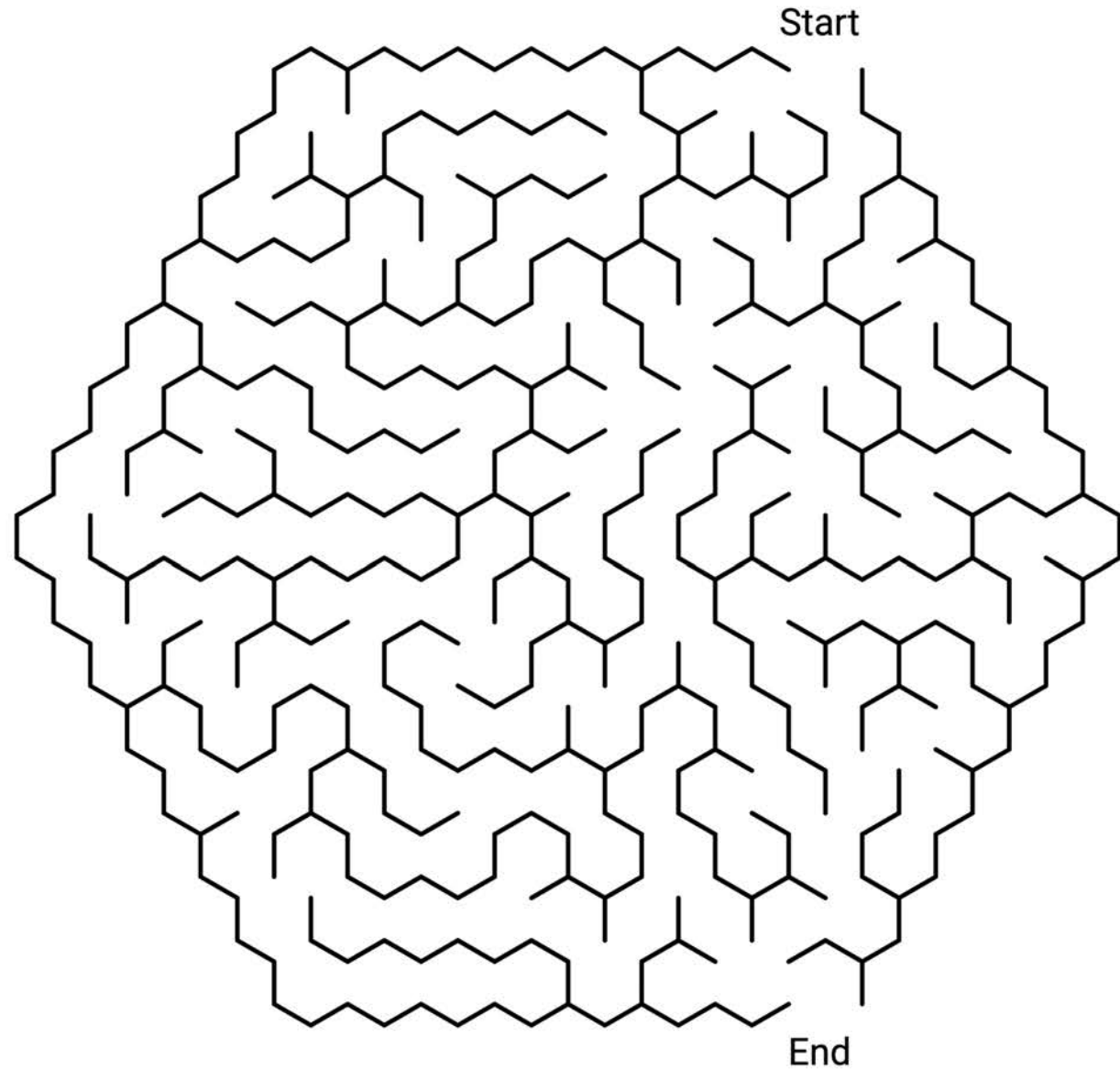


**What's the funniest story you
remember from your childhood or
family gatherings?**





Maze 7





Soup and Salad

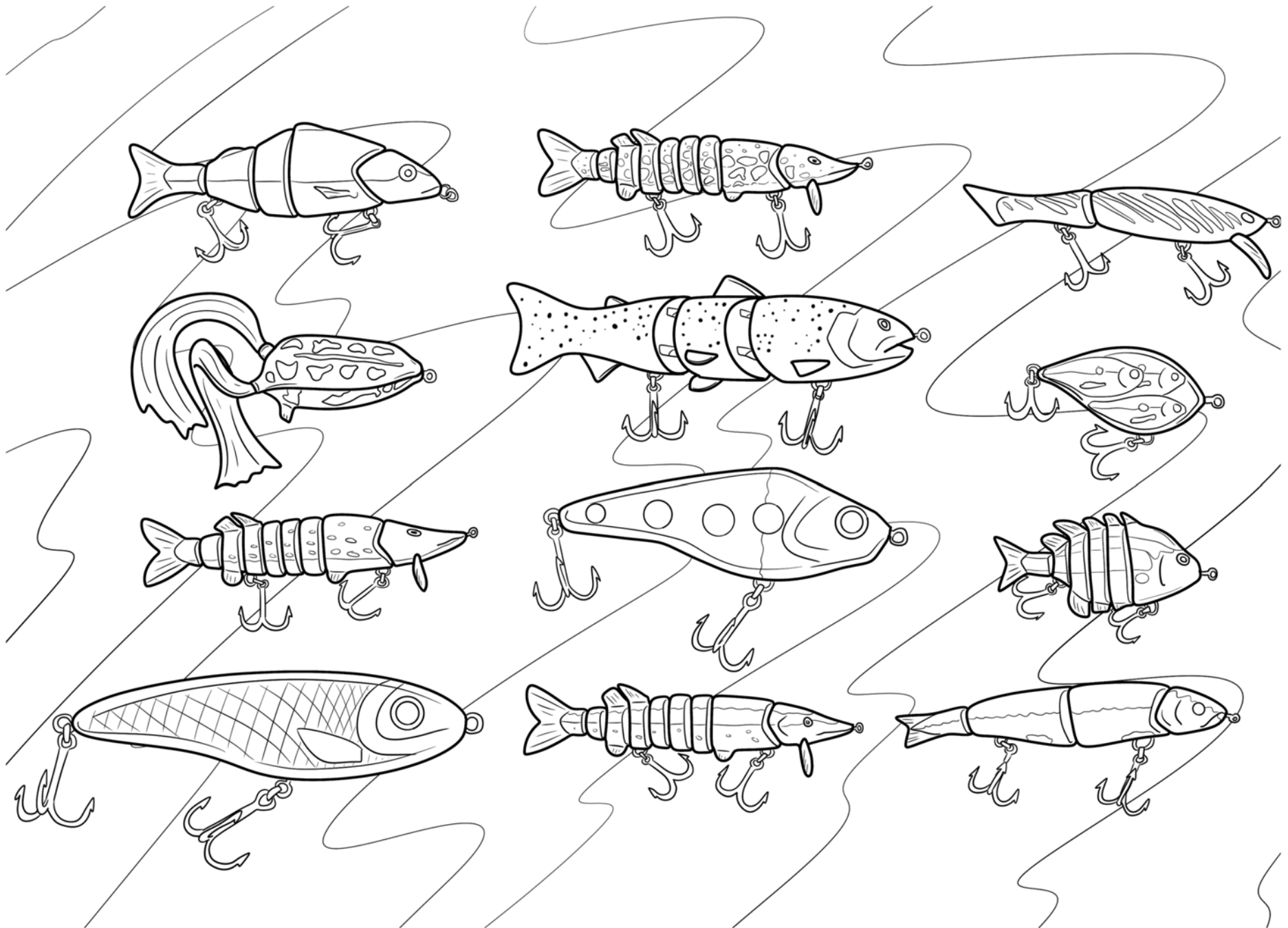


Can you find the words below in the box above?

Broth
Carrot
Celery
Crouton

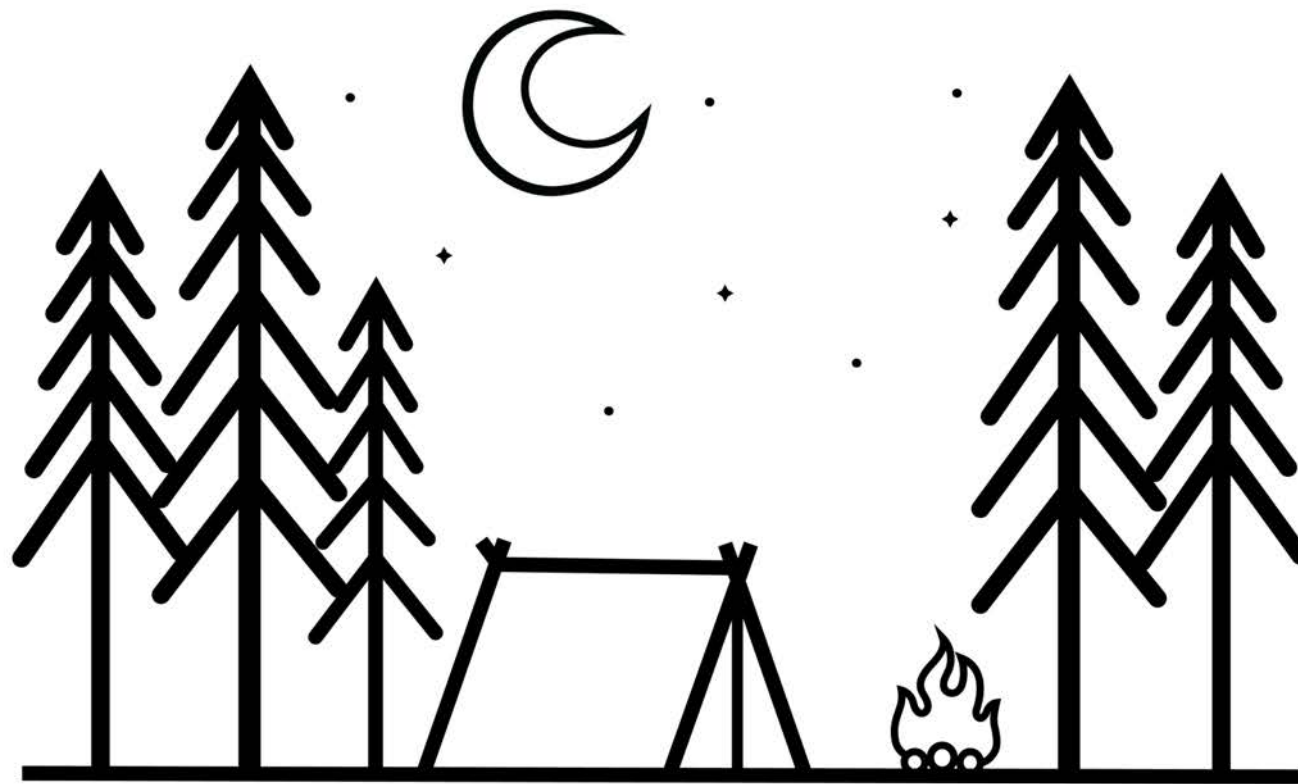
Dressing
Herb
Kale
Lentil

Lettuce
Olive
Potato
Salad

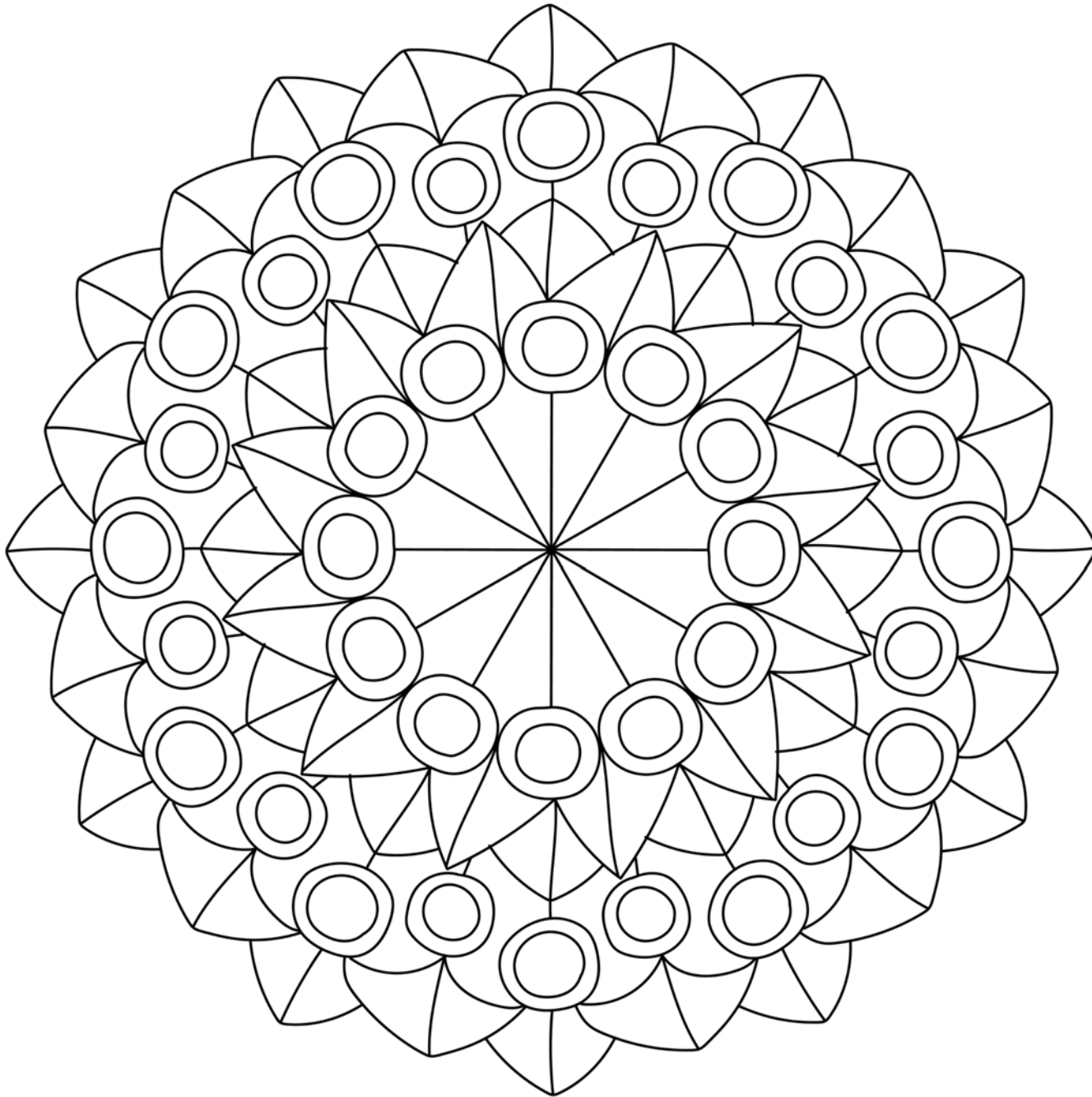


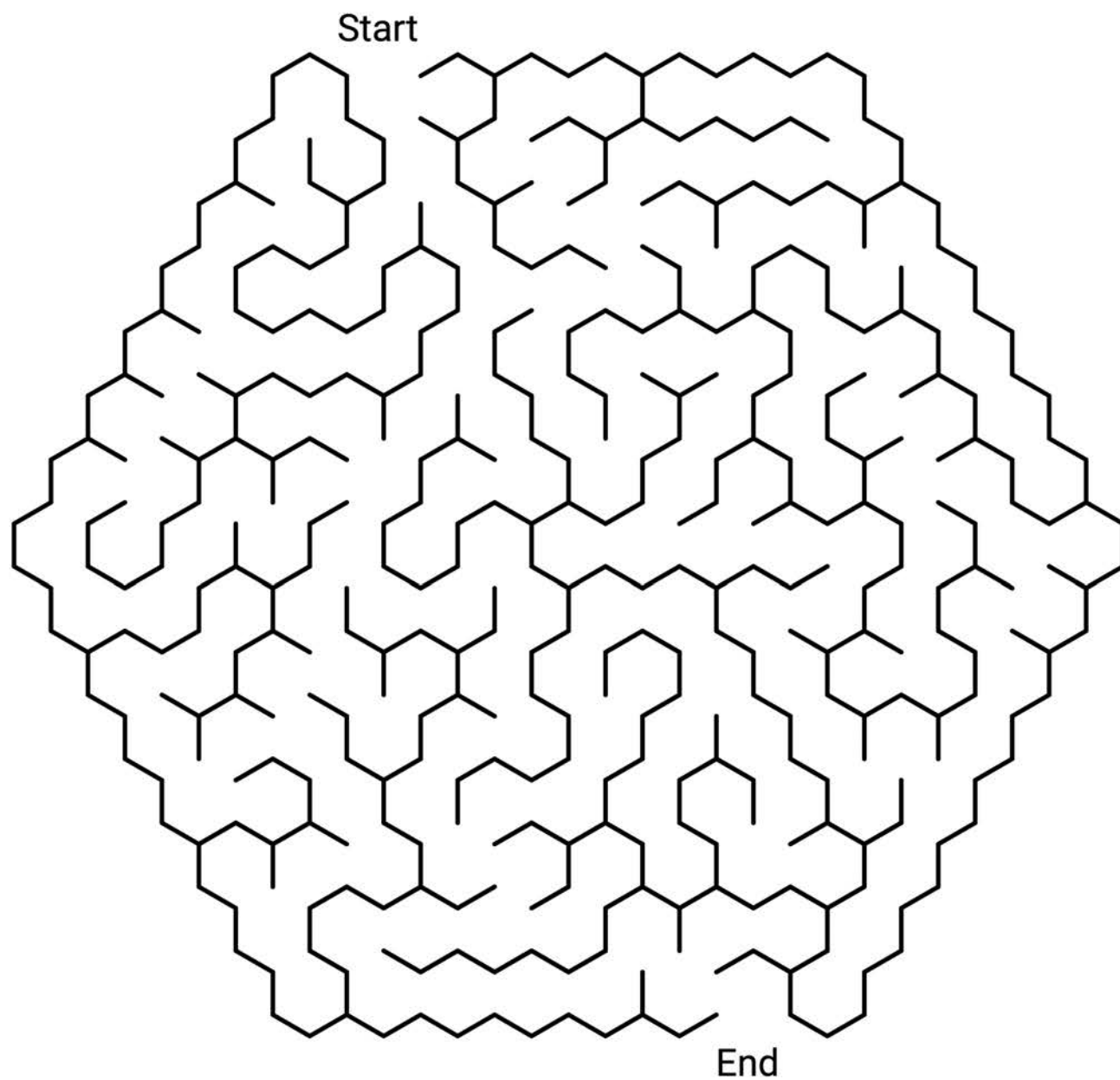


Camping takes us away from distractions and back to simple joys — tents, stars, and togetherness.



**Did you ever
sleep in a tent
or a cabin?
What do you
remember
most — the
fire, the food,
or the night
sky?**





Maze 8



Marvelous Maine



Can you find the words below in the box above?

Acadia
Augusta
Clam
Coast

Dock
Forest
Harbor
Lobster

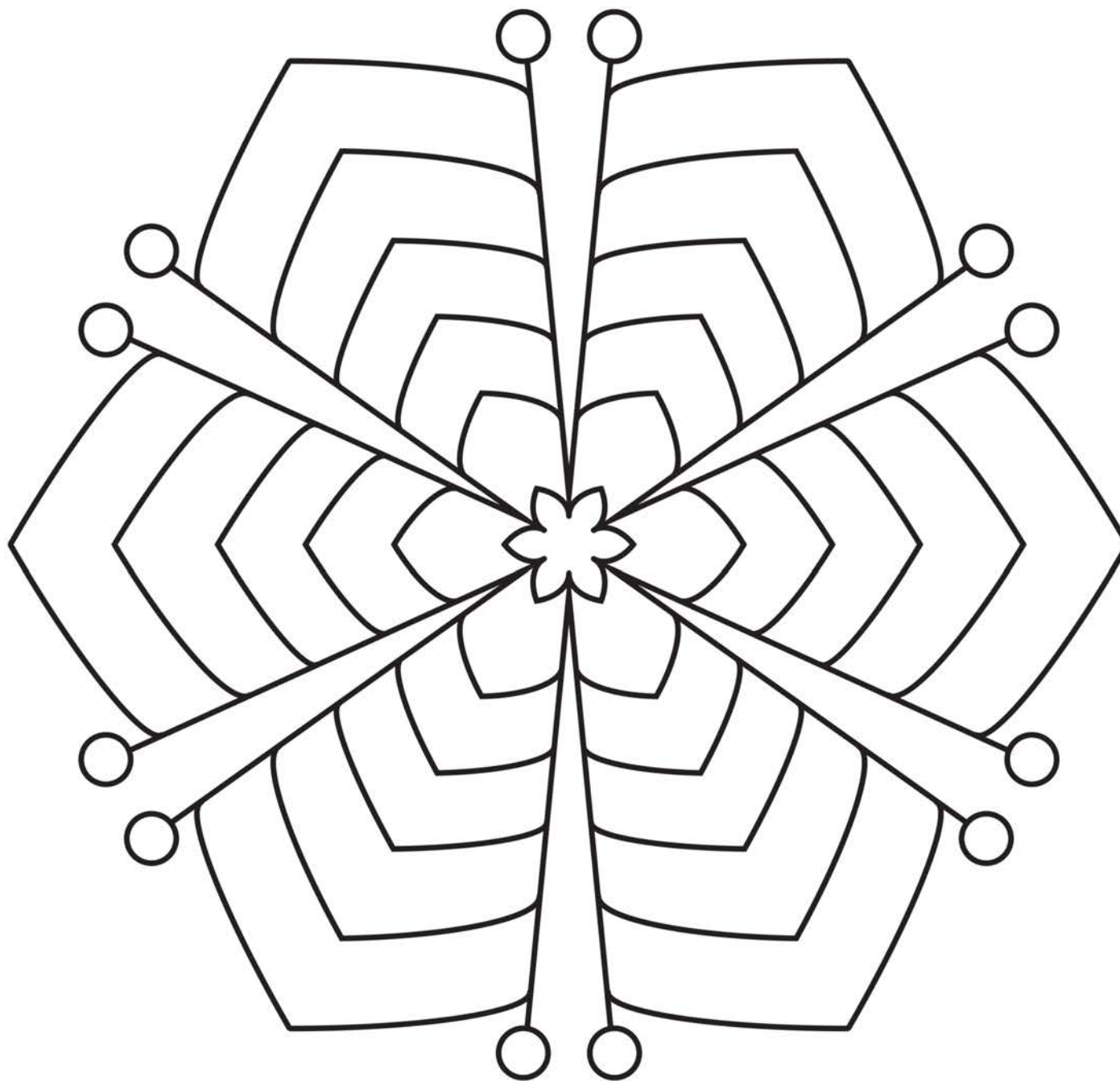
Maine
Moose
Ocean
Pine

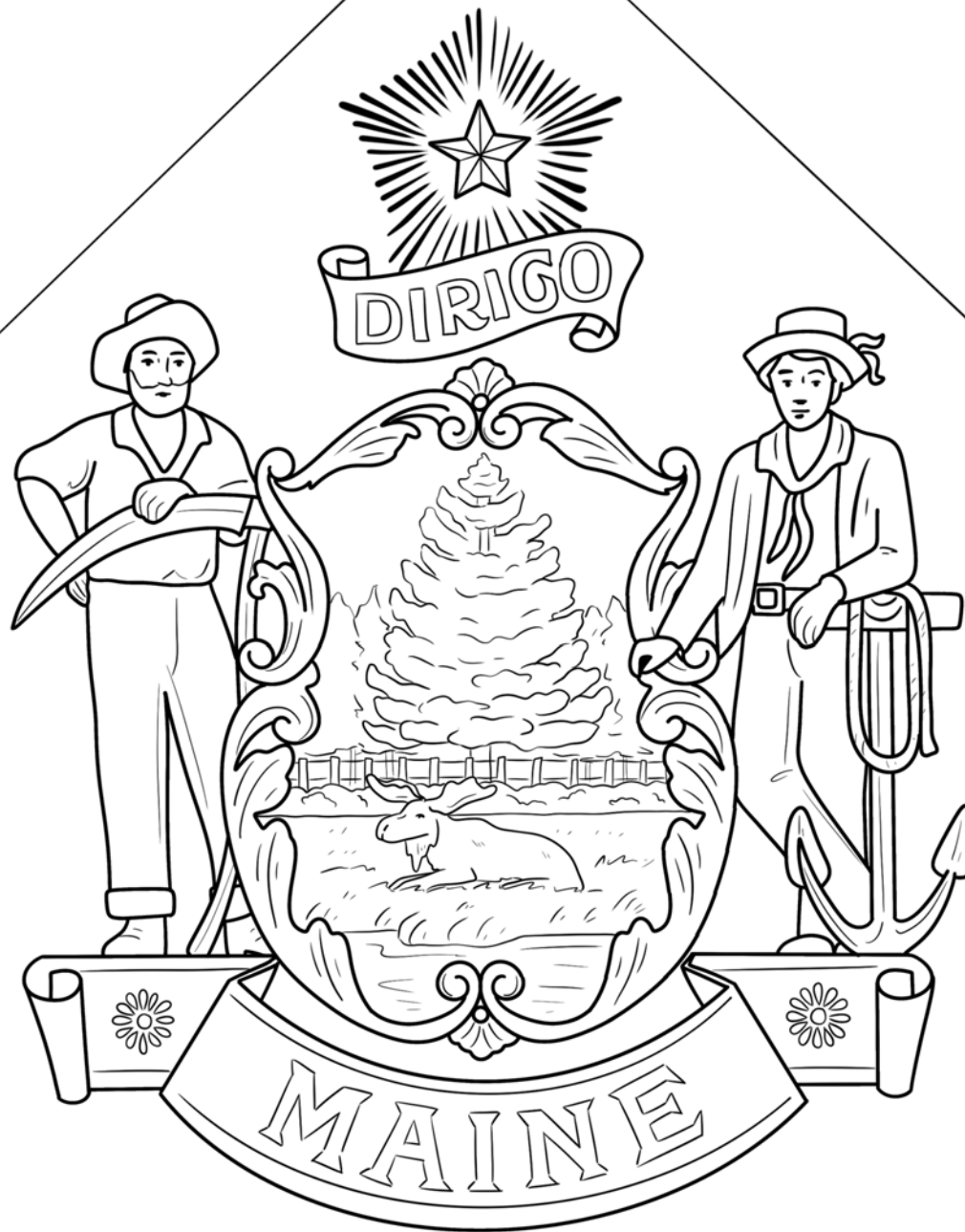


**Did someone in your family
make a “signature” soup or
salad?**

**What ingredients made it
special?**



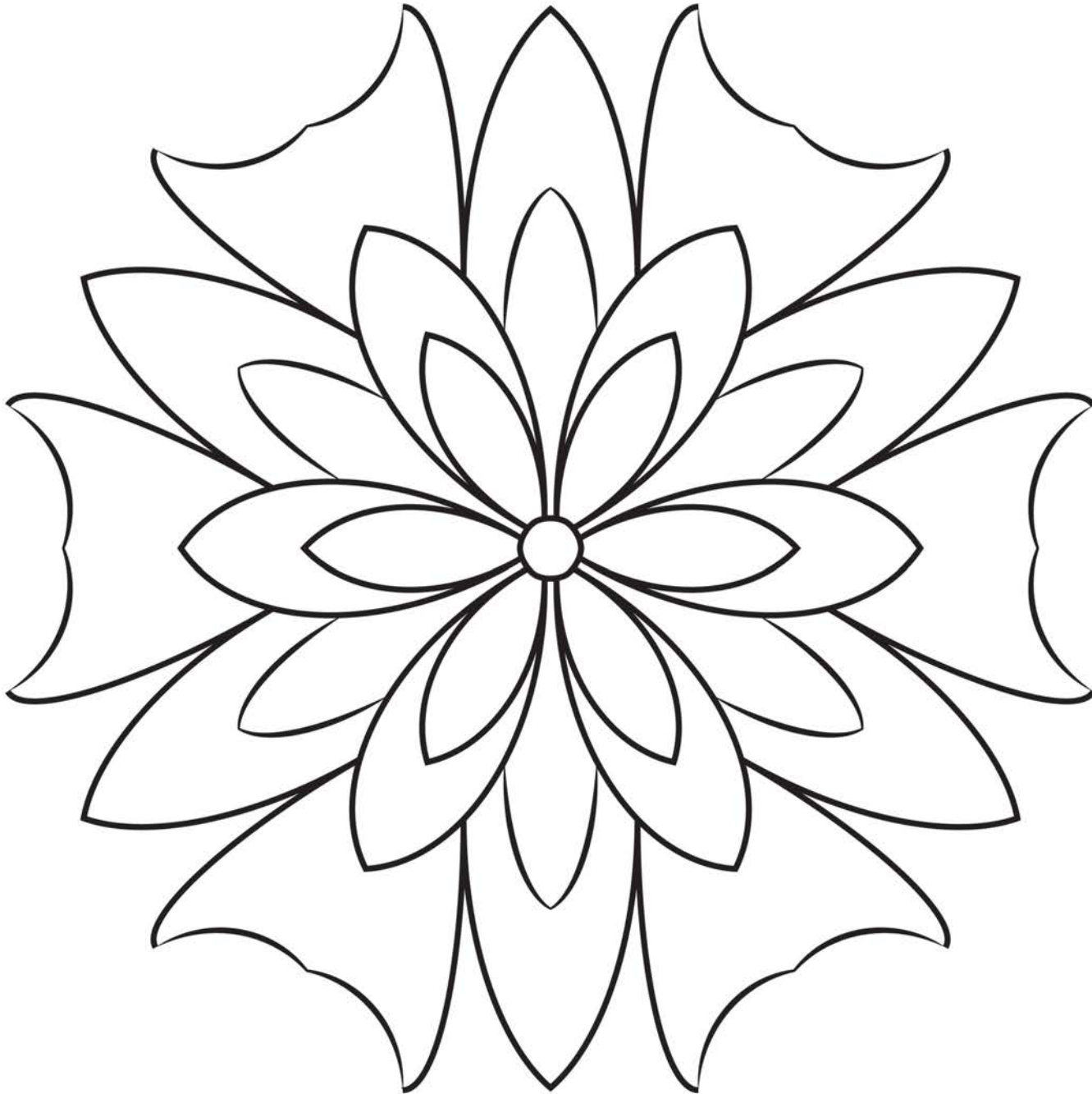






**The ocean is always moving, yet
always steady. How can this
remind us of life's balance
between change and stability?**







Illustrate a happy face with big laughter lines.



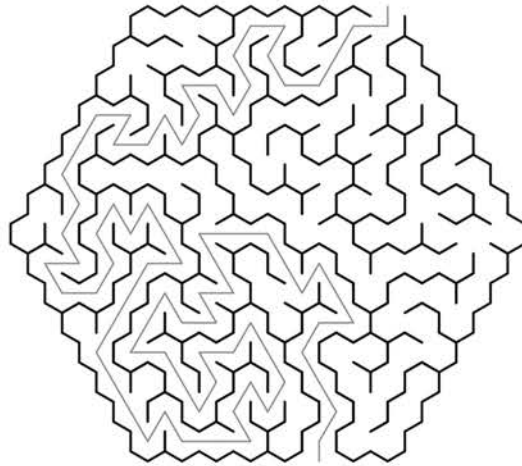
Illustrate a picnic table set with soup and salad.



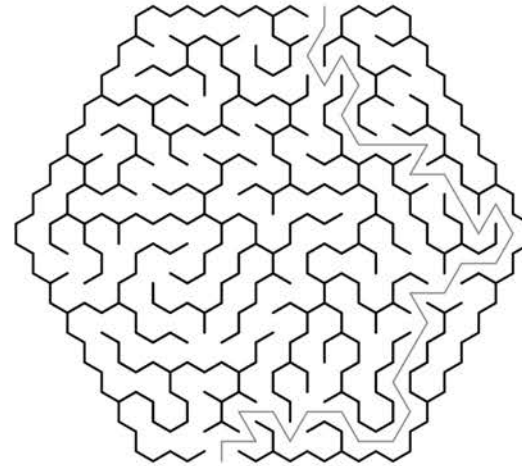
Draw herbs or vegetables from a garden ready to eat.

**M
A
Z
E**

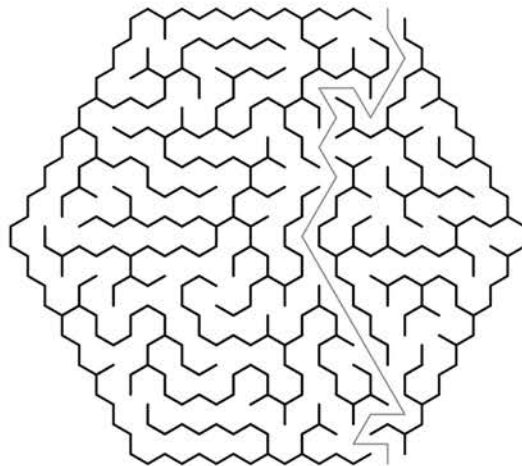
5



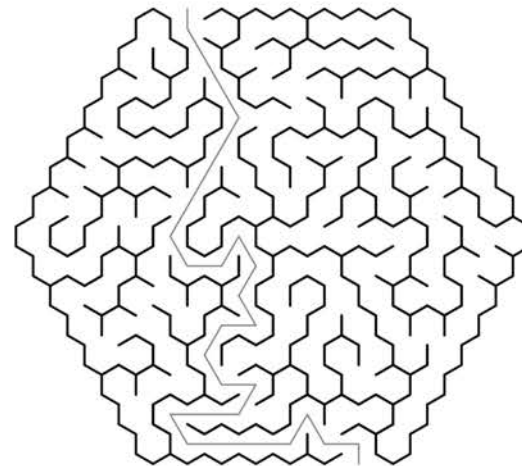
6



7



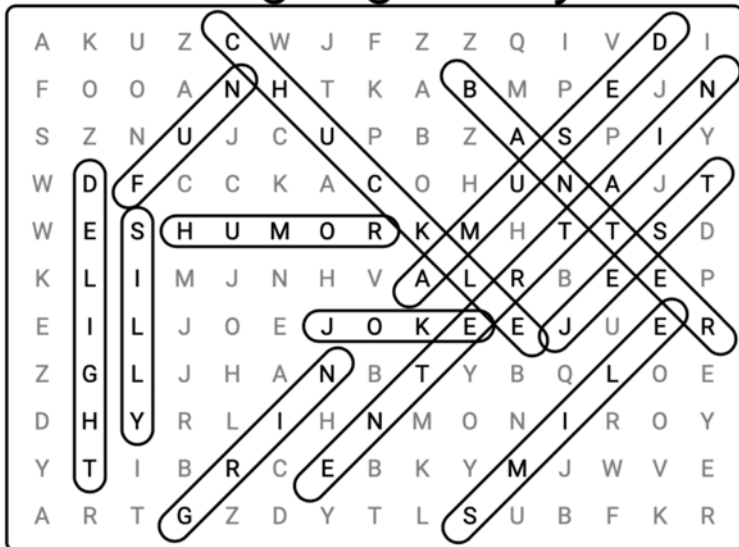
8



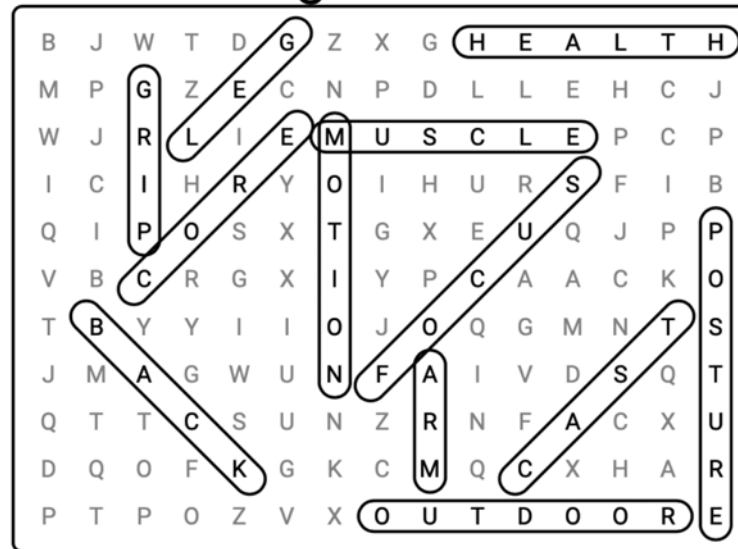
**A
N
S
W
E
R
S**



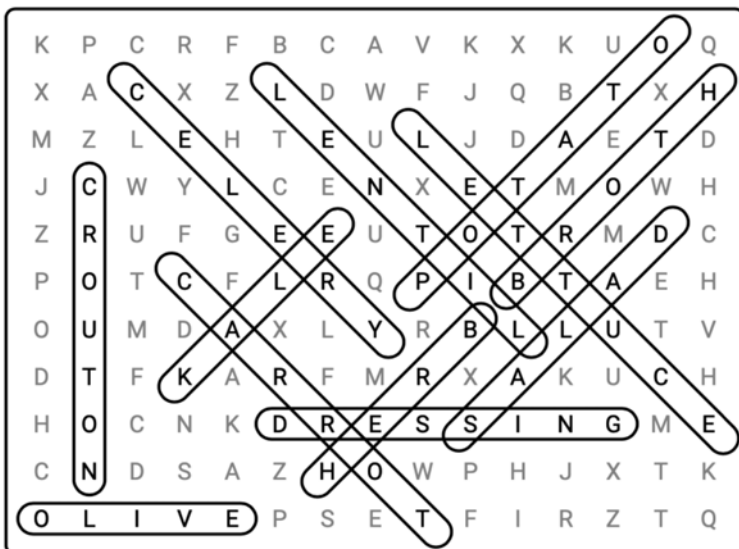
Laughing for Joy



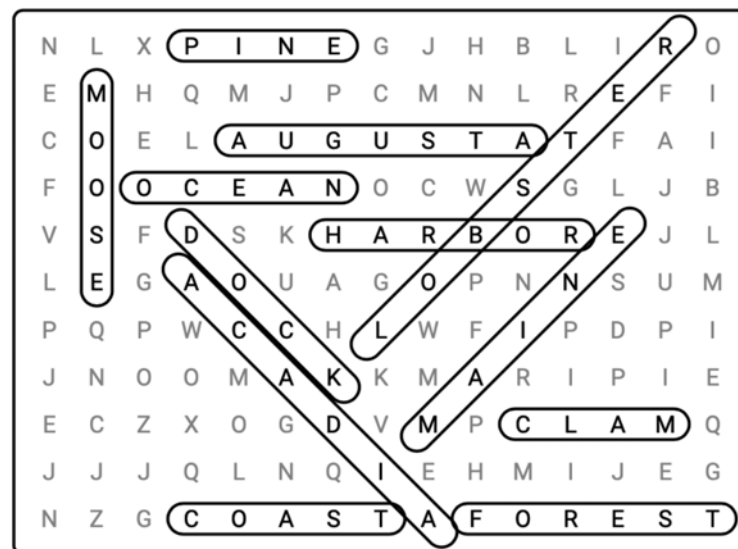
Reeling in Wellness



Soup and Salad



Marvelous Maine



SEARCH

ANSWERS



Providing service-enriched housing programs for residents of rental housing communities.

JOIN US
FOR



→ Puzzles



→ Exercise Classes



→ Senior Activities

→ Book Club

→ Educational Courses

→ Senior Networking

Let's connect!



Rainbow Senior Circle



@Rainbowhousinglife



@Rainbowhousing





Have questions about services?

- ✓ Call the Rainbow Hotline



(888) 299-8915

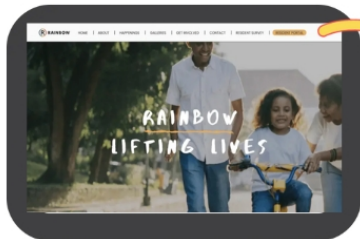
AND PRESS 1

Looking for more information or want to register for a Live Workshop?

- ✓ Go to the online Resident Portal



resident.rainbowhousing.org



RESIDENT PORTAL



Offering free programs such as:

Job Readiness and Placement

Health Care Resources

Financial Literacy Courses

