

Great Activities for People of Every Age

Research shows that physical, mental and cultural activities enrich our lives and improve well-being, no matter what our age and condition. Pick a new activity, or revisit an old favorite that is adapted to meet your needs! The names of 20 favorites are hidden in this puzzle. Can you find them all?



ANIMALS
COOKING
CRAFTS
DANCING
DRAWING
EXERCISE
GARDENING



HIKING
INSTRUMENTS
LANGUAGES
LEARNING
MUSIC
SCULPTURE
SINGING

STORYTELLING
SWIMMING
TRAVEL

VOLUNTEERING
WALKING
YOGA