

COLORFUL FUN!

ART, MAZES, & WORD SEARCH

October 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 #10

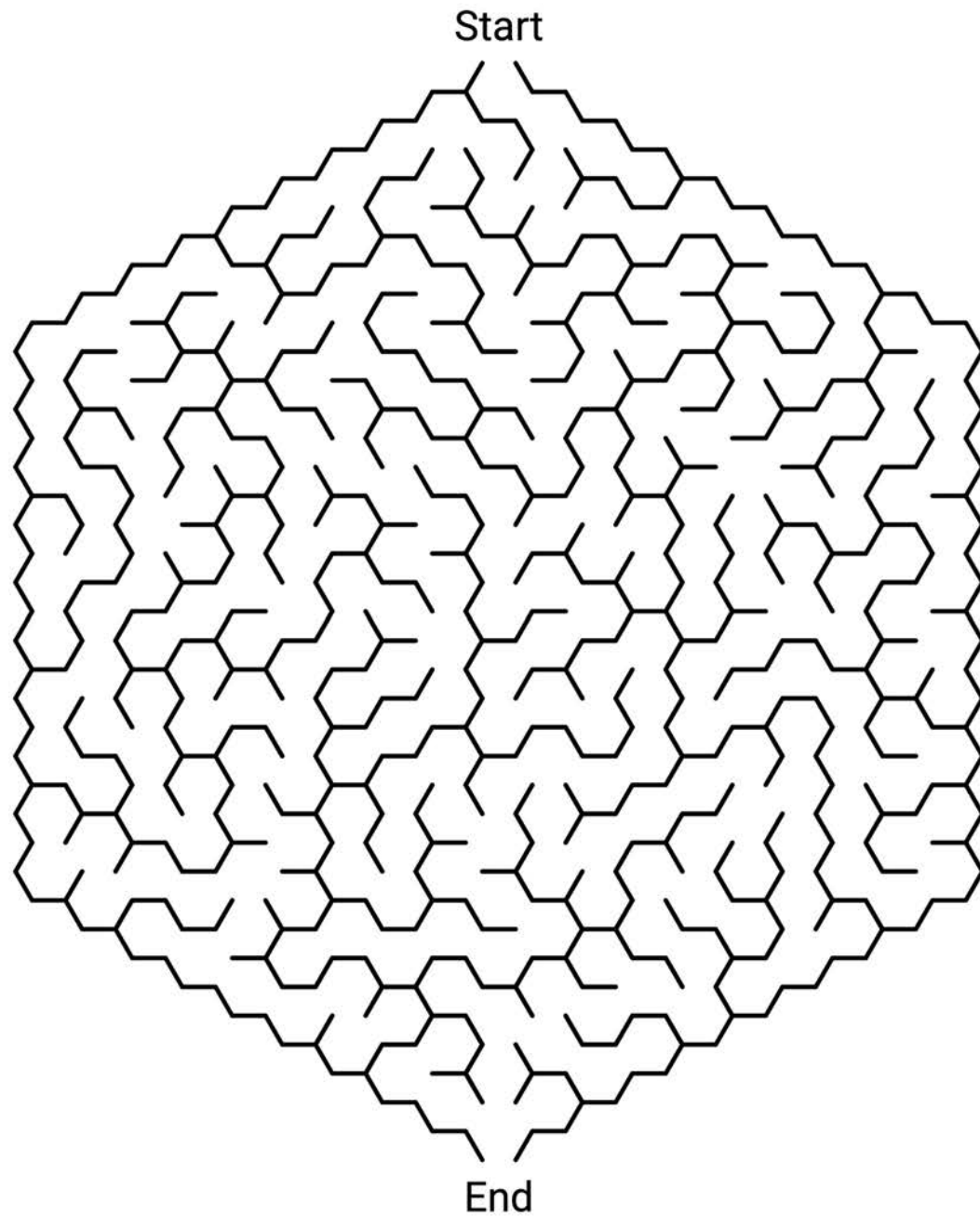
WELLNESS OCTOBER

Get ready to stretch high then low - touch that blue grass of Kentucky as we travel across this amazing state. Don't forget your water bottle!

CHECK OUT OUR OTHER ACTIVITY BOOKS FOR SENIORS

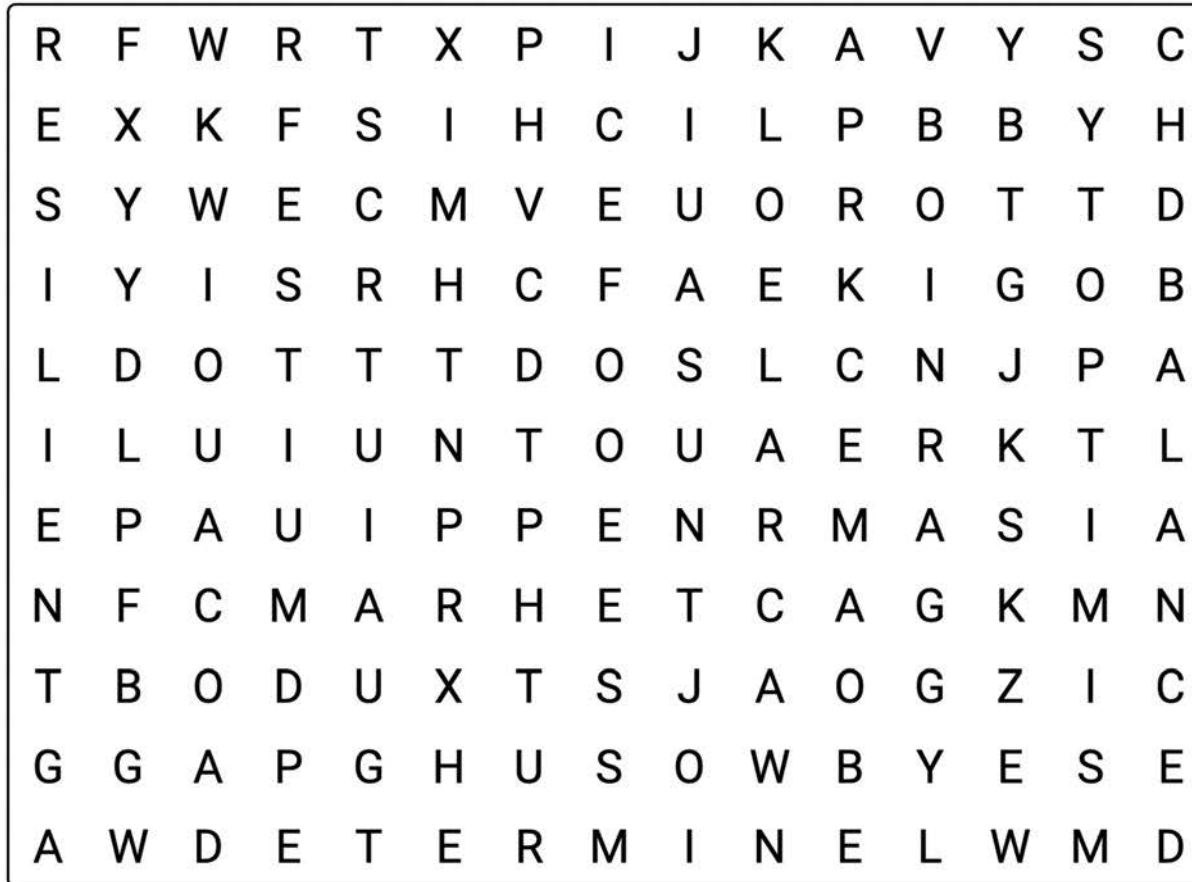
- *WORD WIZARD*
- *SUDOKU NINJA*
- *SIMPLY SEARCH*
- *MAZINGLY EASY*
- *AMAZING MINDS*
- *MIGHTY MANDALAS*
- *ARTISTIC ACTIVITIES*
- *STIMULATING SEARCH*
- *COGNITIVE CROSSWORDS*

Maze 5





Focus on Resiliency



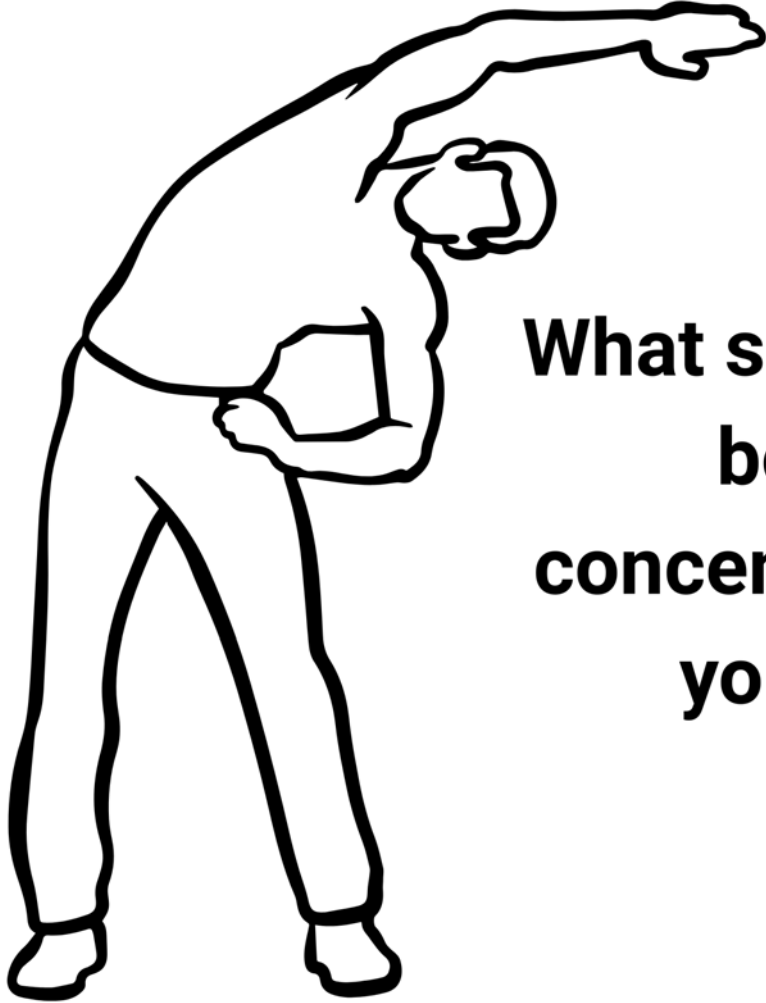
Can you find the words below in the box above?

Adapt
Balance
Courage
Determine

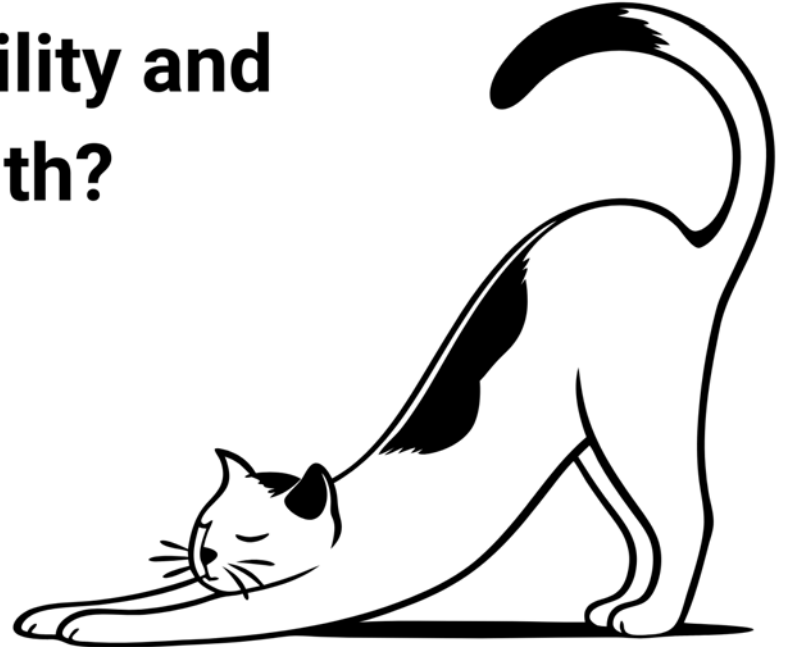
Faith
Heal
Mindful
Optimism

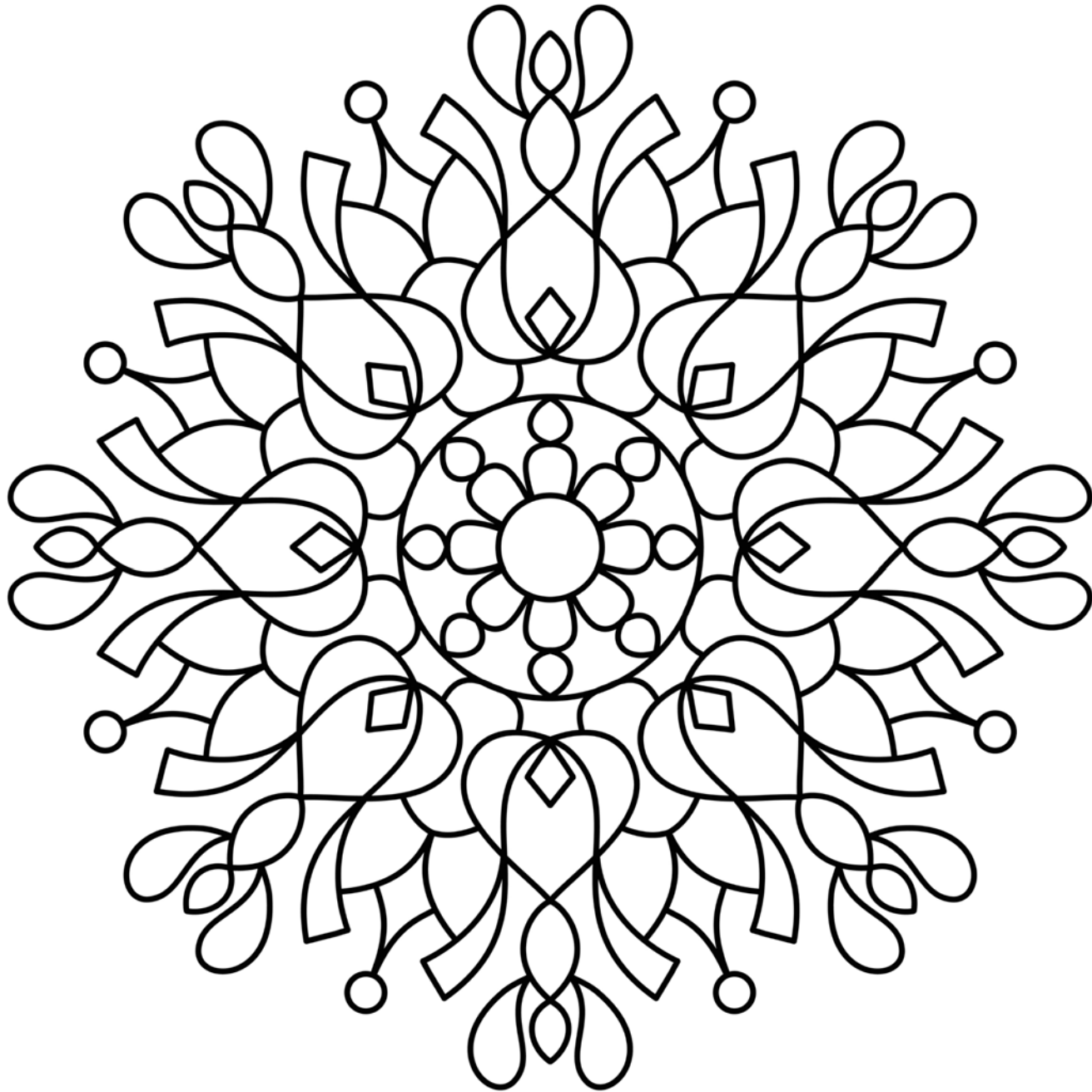
Purpose
Resilient
Strength
Tenacity

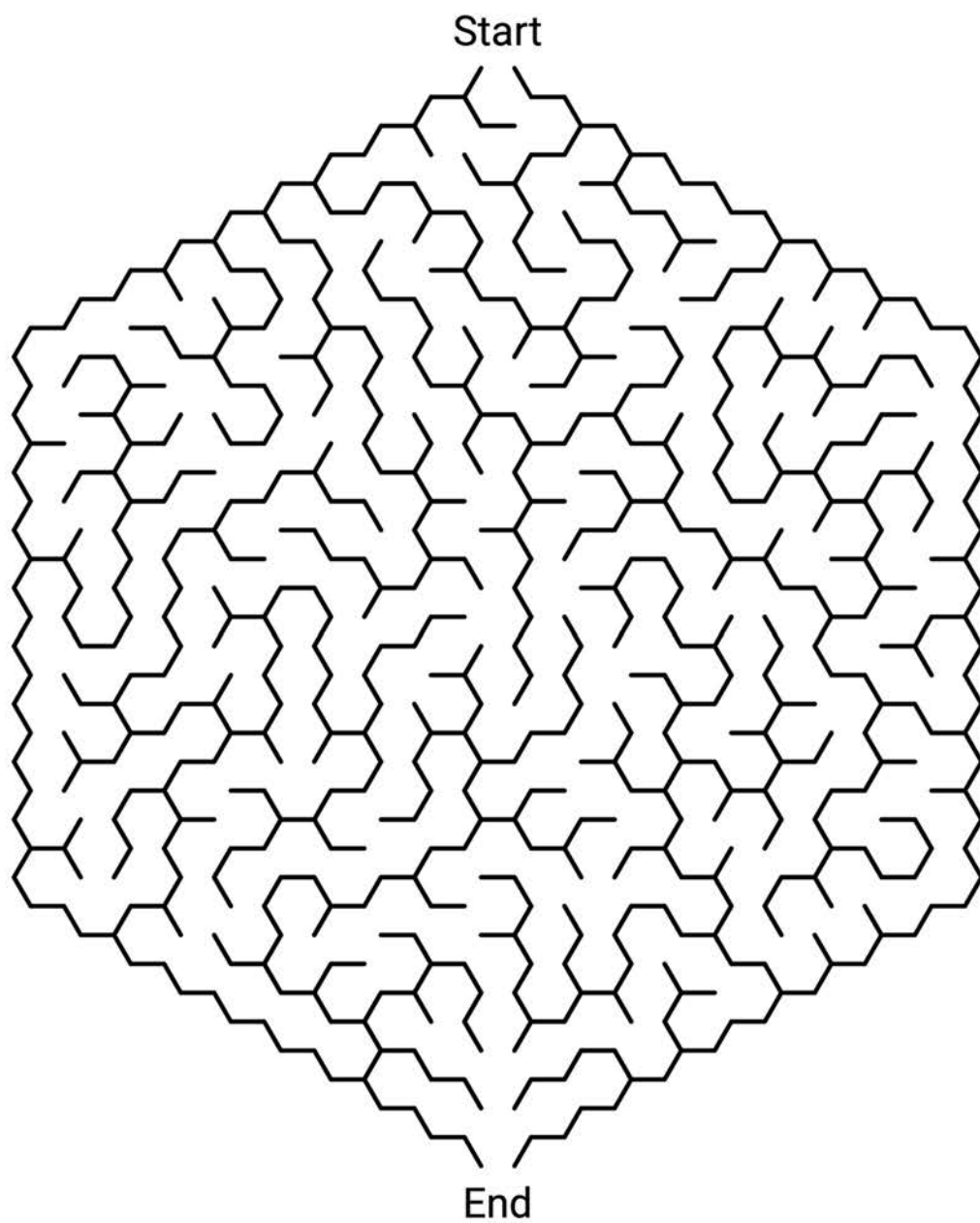




**What specific areas of your
body should you
concentrate on to enhance
your flexibility and
strength?**







Maze 6



Stretch Daily

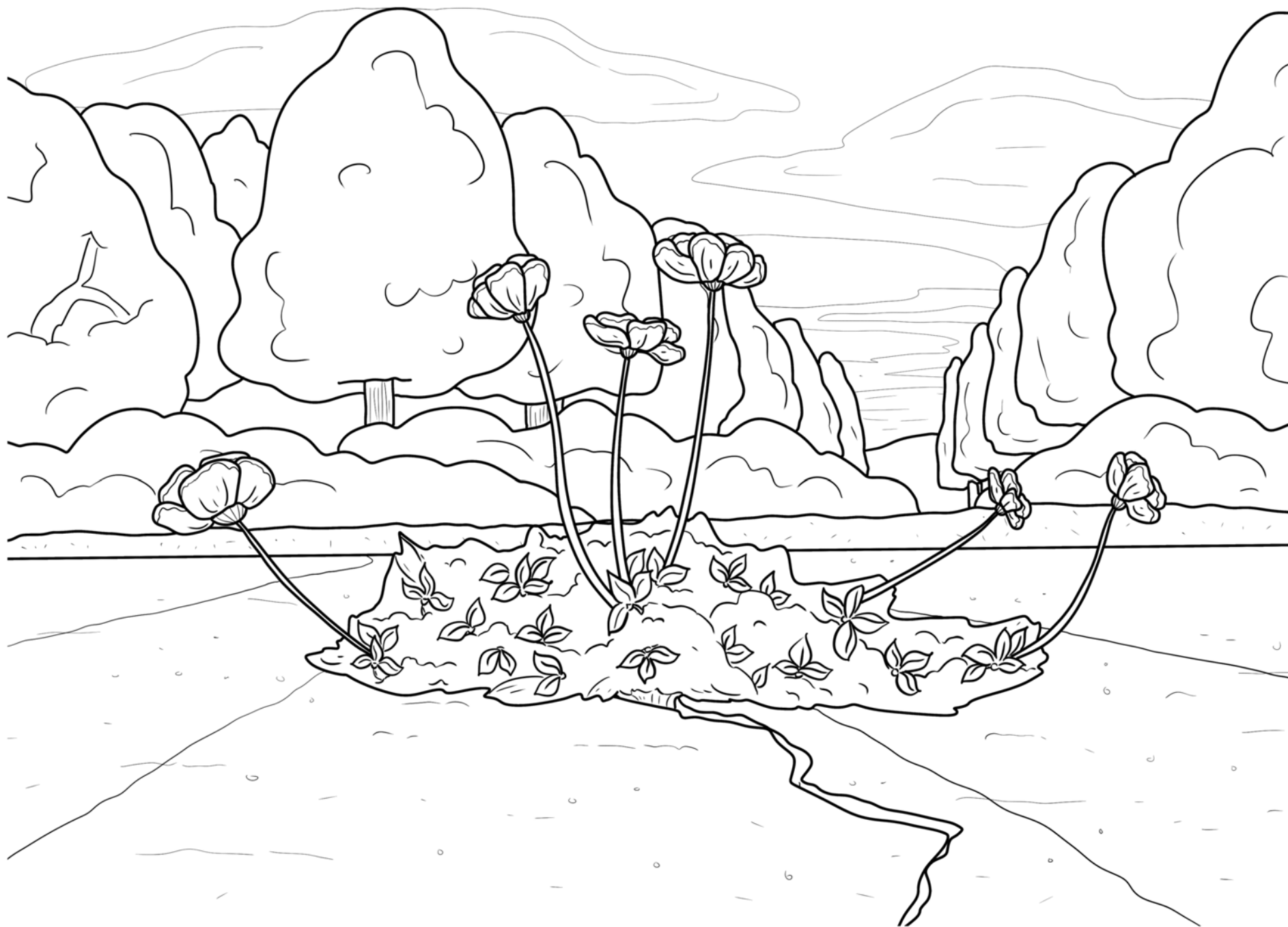


Can you find the words below in the box above?

Arm
Breathe
Core
Flow

Gentle
Hips
Knee
Leg

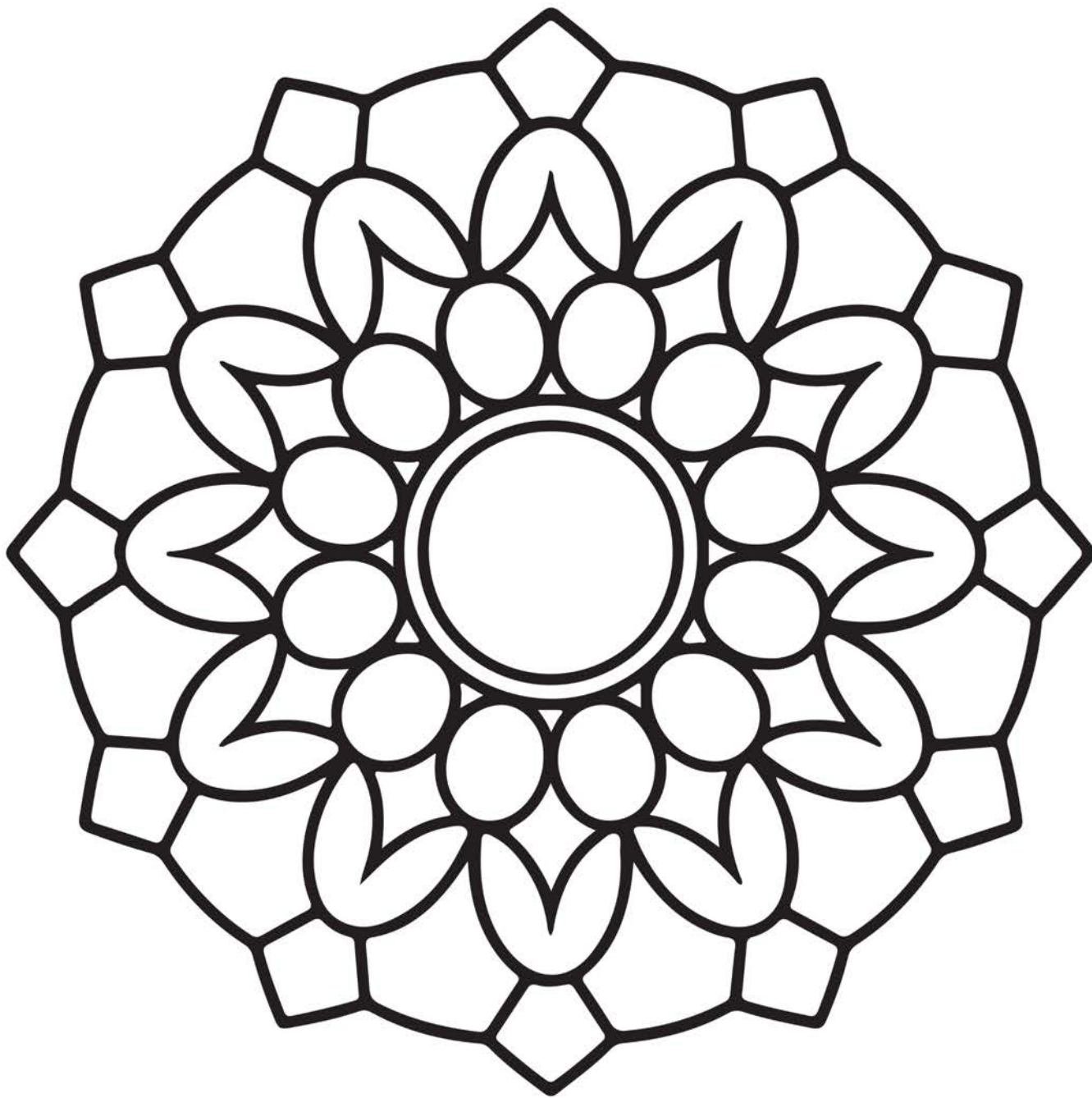
Pose
Reach
Relax
Shoulder



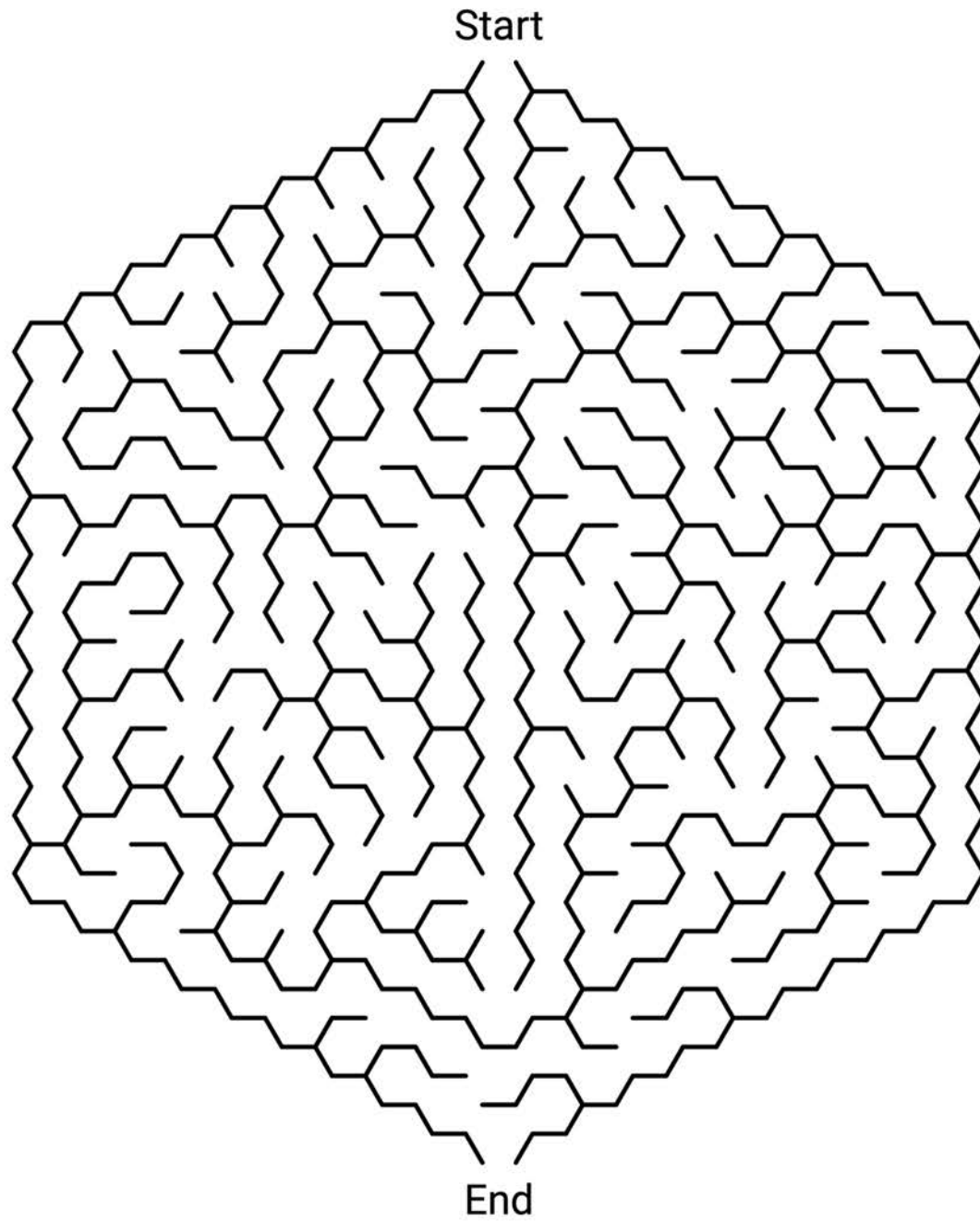
GOOD
morning

**Think of stretching as giving your body a
“good morning” or “good night” hug—it
prepares you for movement and helps you
relax.**

GOOD
evening

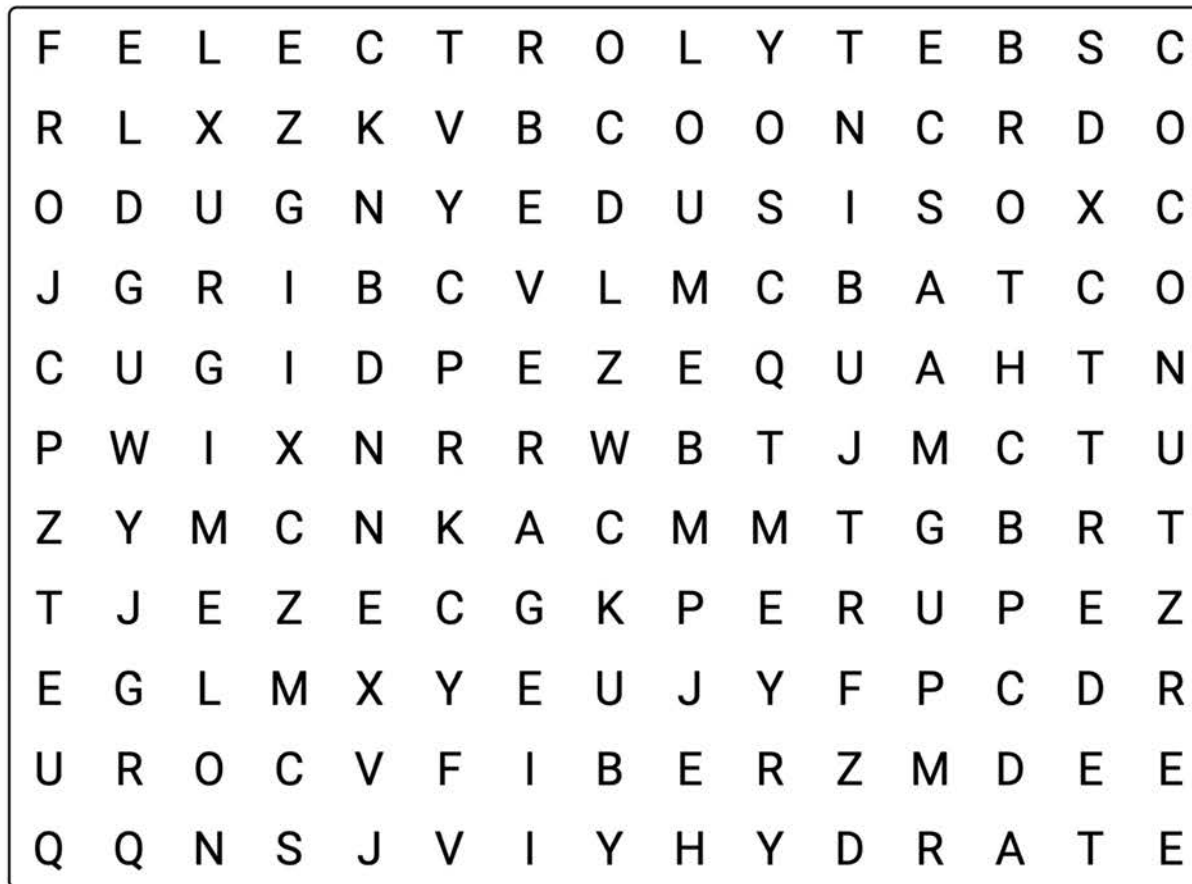


Maze 7





Foods that Hydrate



Can you find the words below in the box above?

Beverage
Broth
Coconut
Cucumber

Drink
Electrolyte
Fiber
Fluid

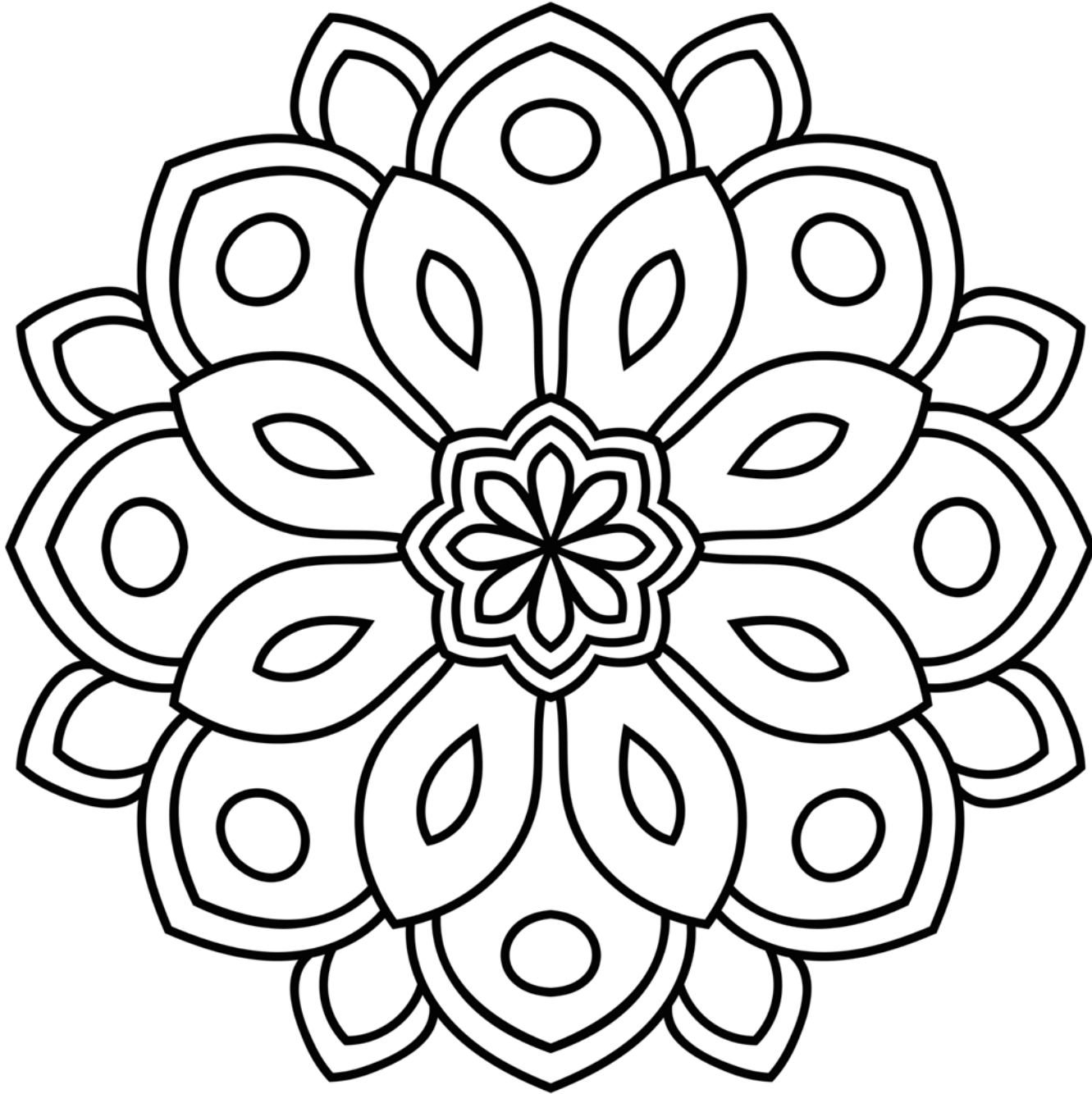
Hydrate
Juice
Lettuce
Melon

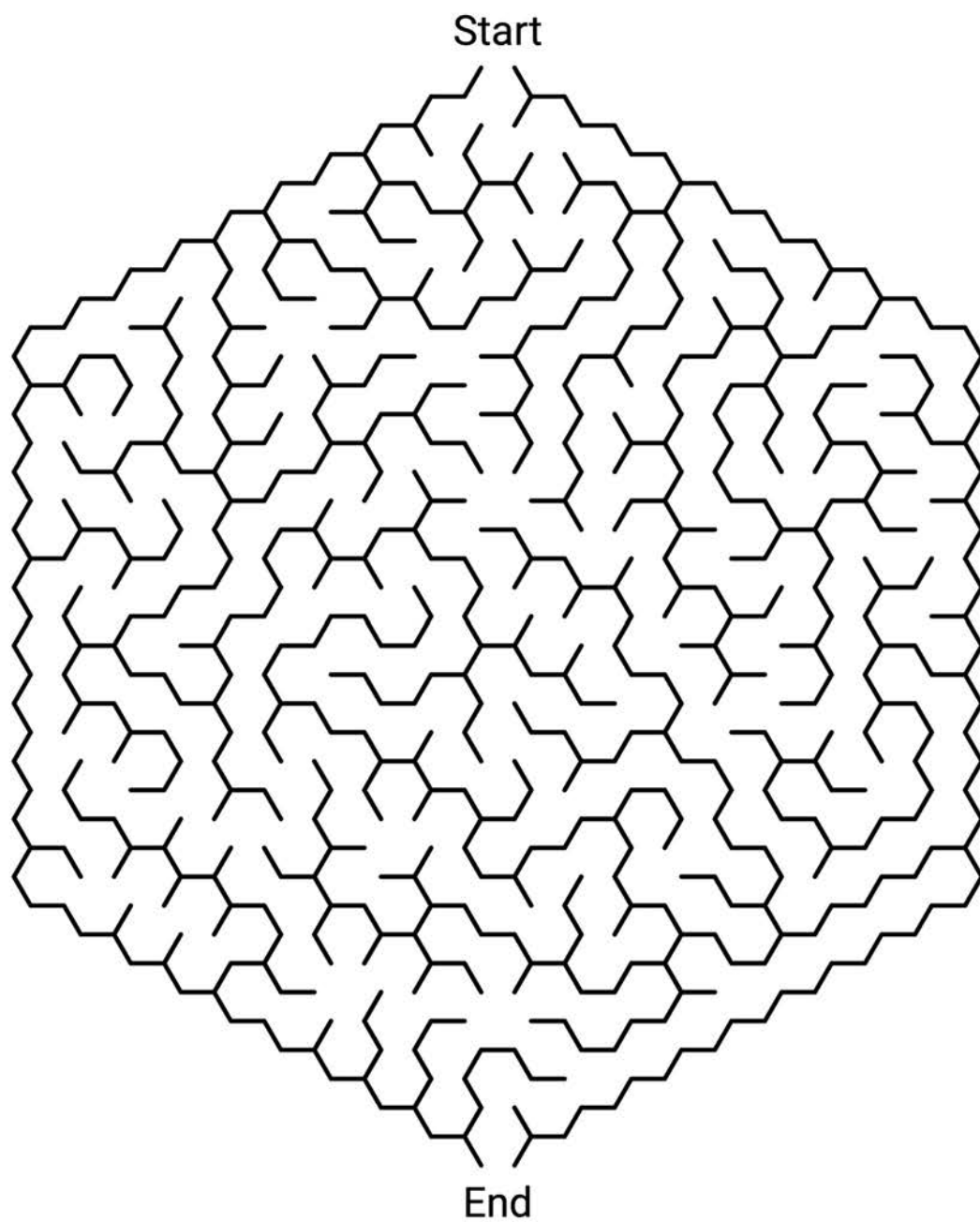




**Name one thing that
you can do to improve
your hydration.**







Maze 8



Life in Kentucky



Can you find the words below in the box above?

Appalachia
Banjo
Bluegrass
Caves

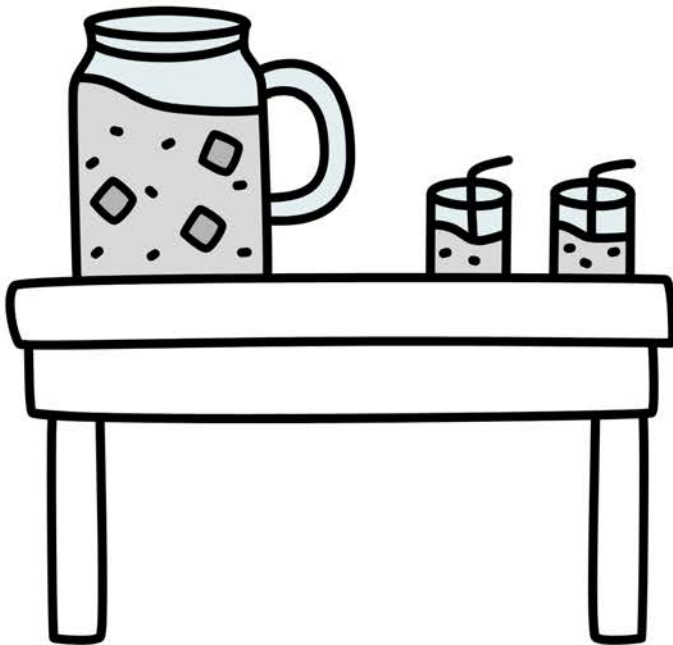
Derby
Fiddle
Frankfort
Julep

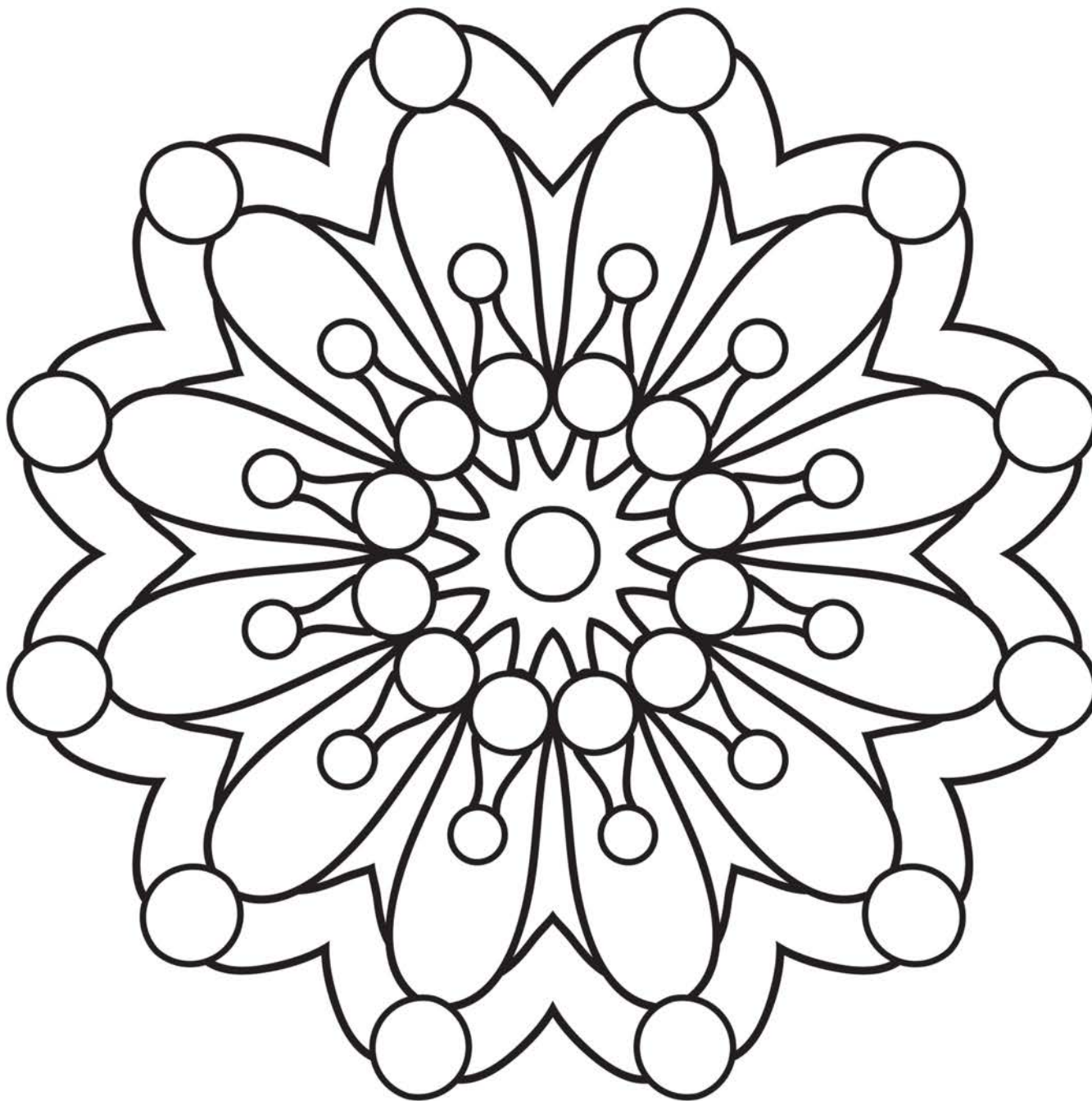
Kentucky
Mint
Race
River

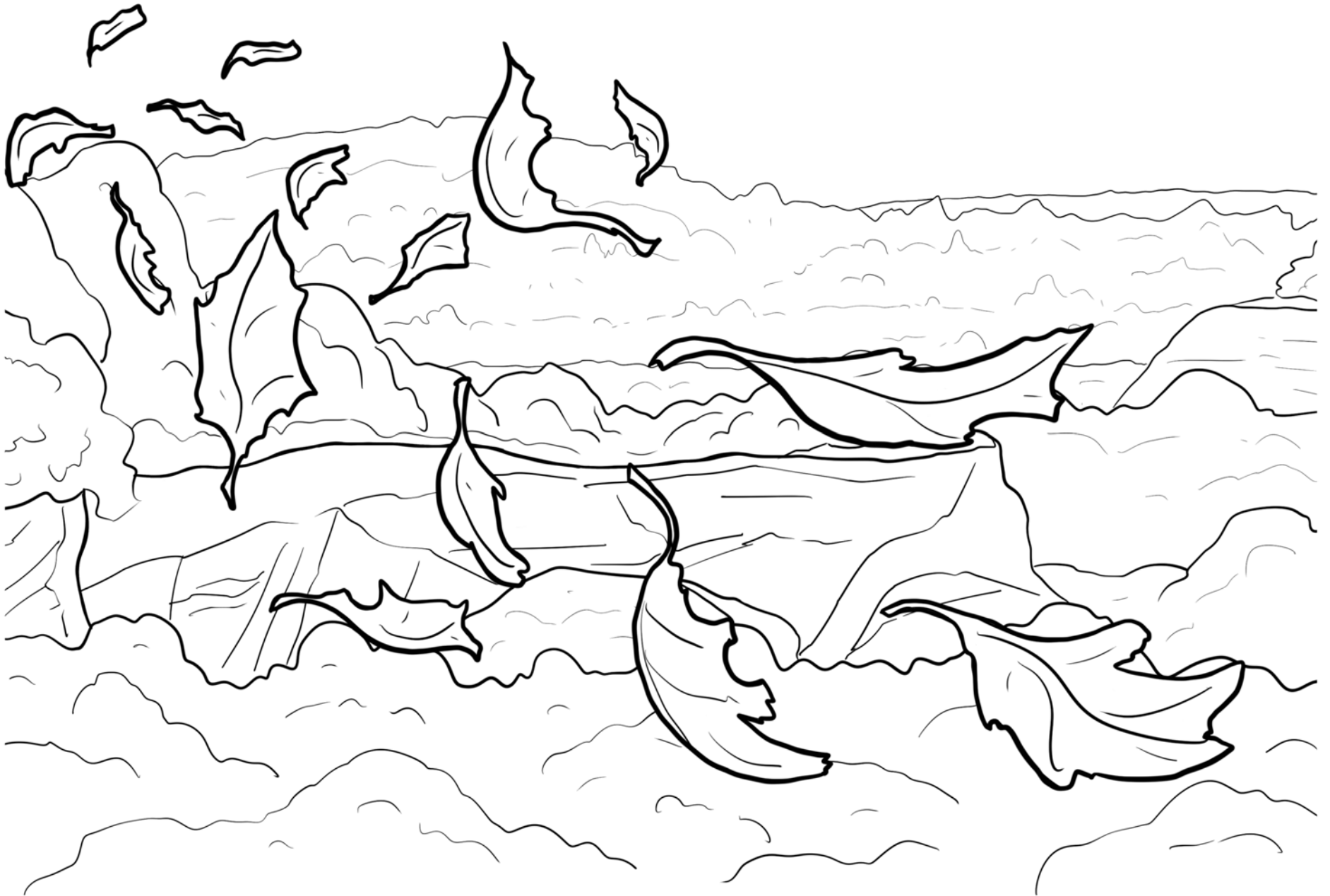


**Think about the times during your day when
you usually feel most thirsty.**

**Could you keep a glass of water nearby to
make it easier to sip throughout the day?**



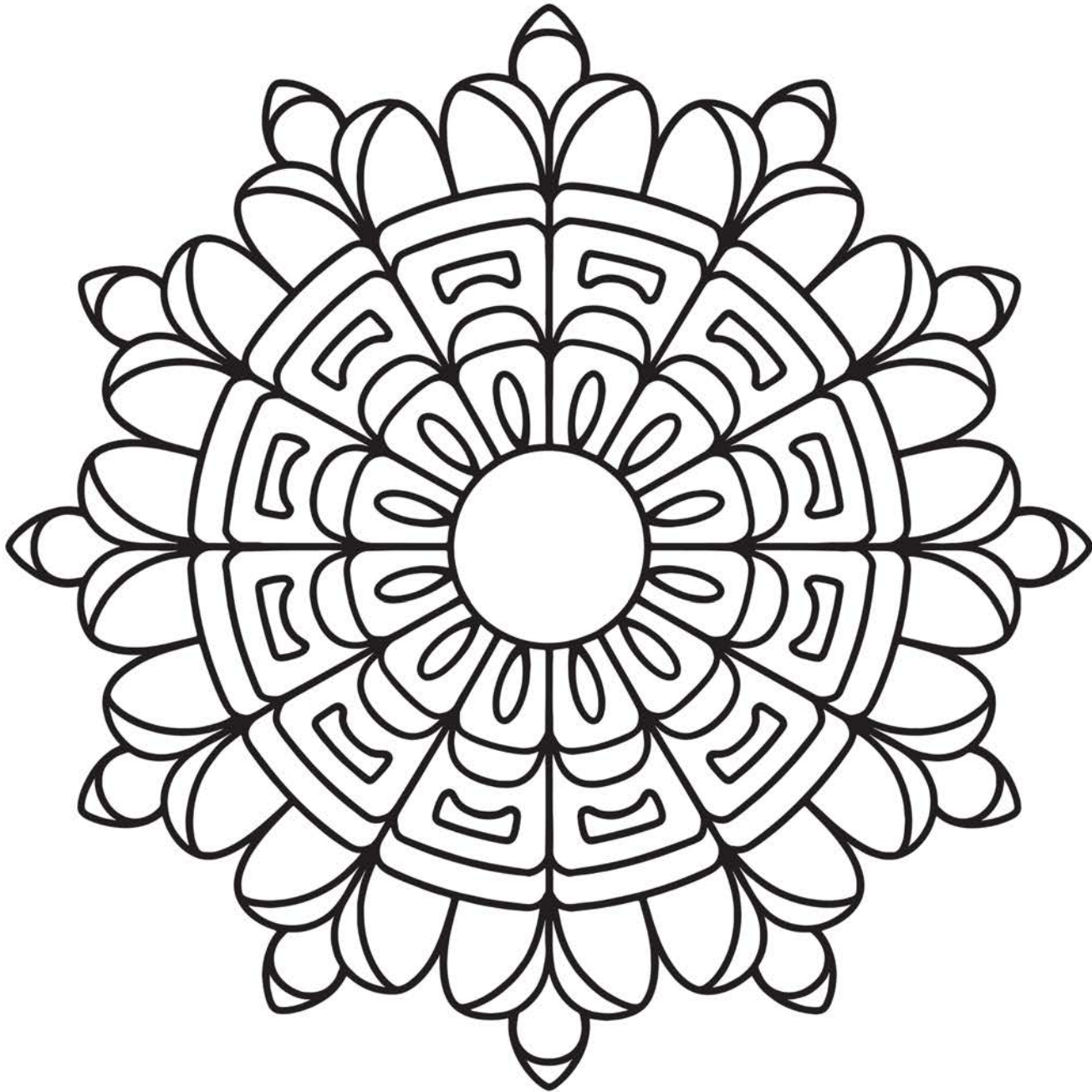






What is one small thing you're looking forward to today—big or small?







Draw a simple log cabin in the woods. Imagine smoke coming from the chimney and a trail leading up to the front door.



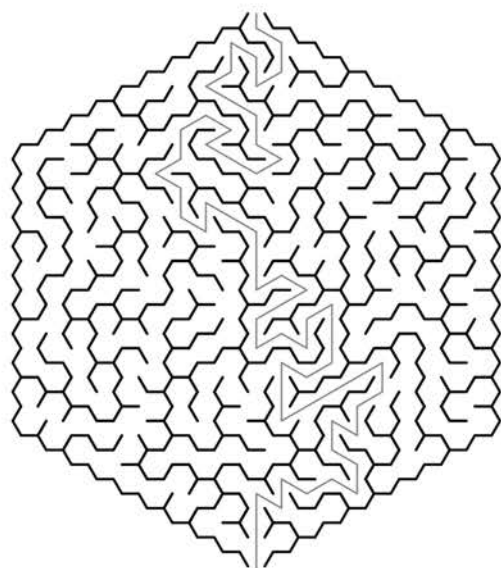
Sketch a mountain path or gateway between tall hills. Add a figure walking through, like Daniel Boone.



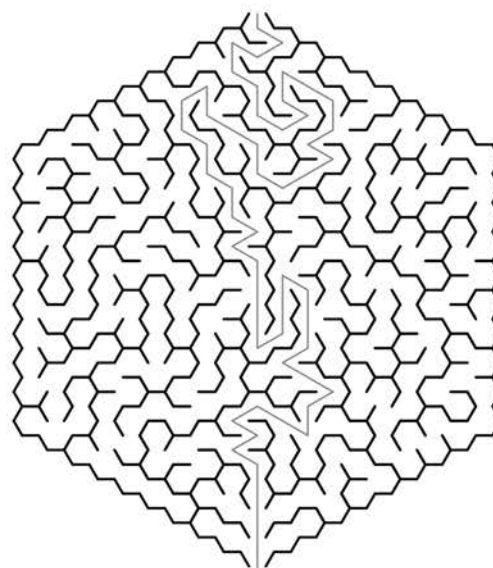
Draw a small campfire with a pot hanging over it. Imagine Daniel Boone or early settlers cooking their meal.

**M
A
Z
E**

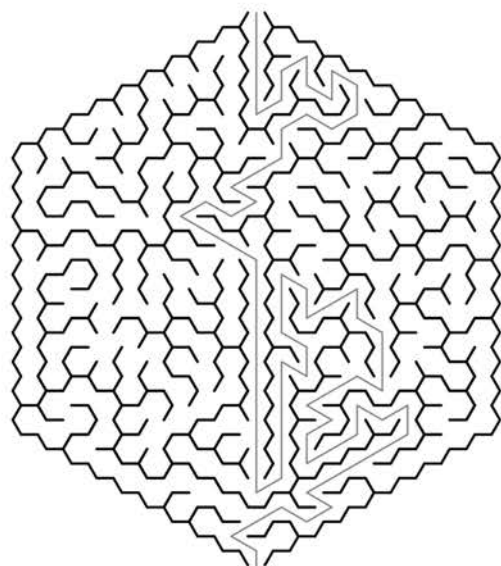
5



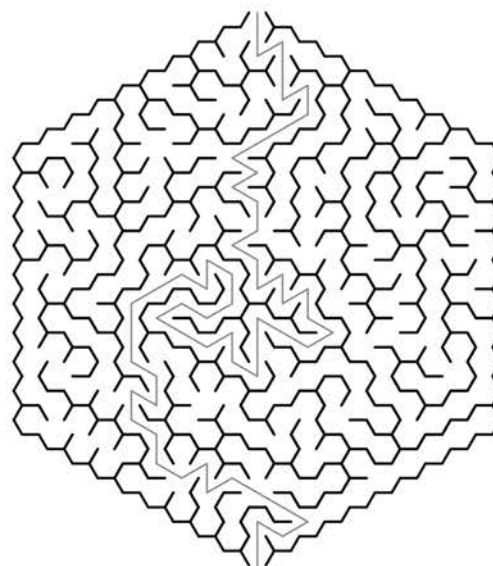
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7



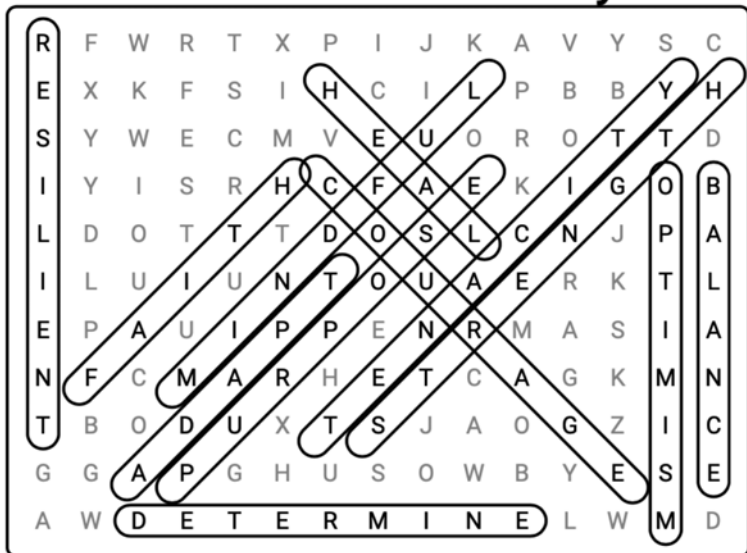
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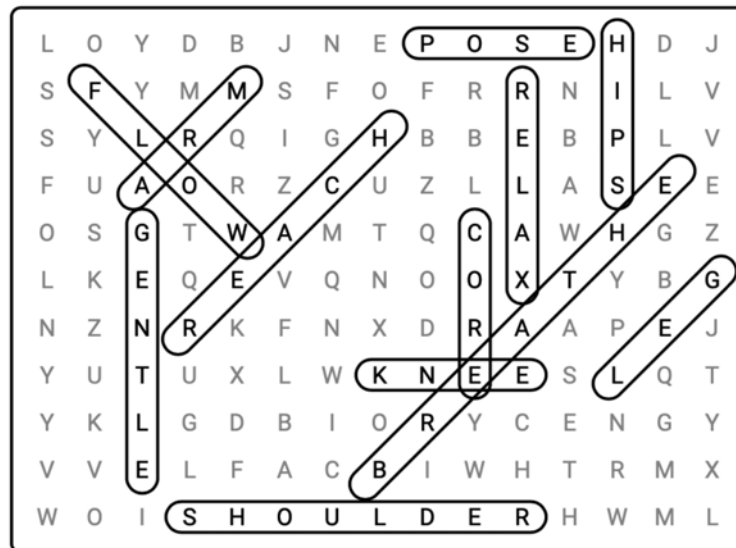
**A
N
S
W
E
R
S**



Focus on Resiliency

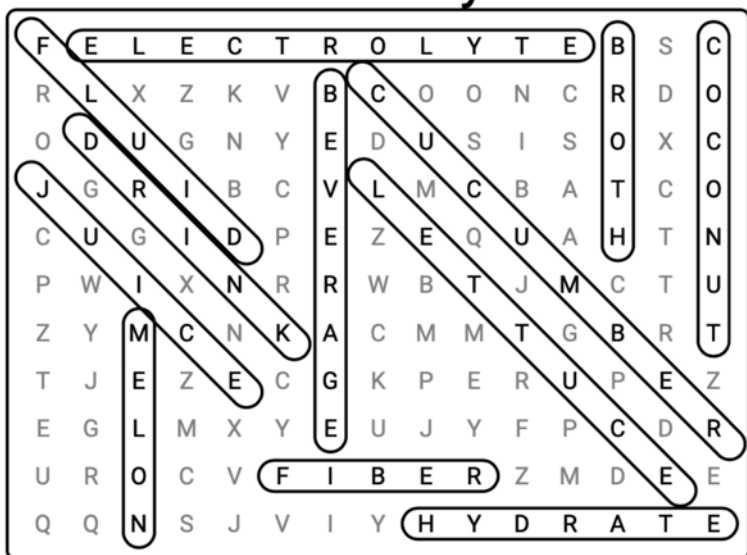


Stretch Daily

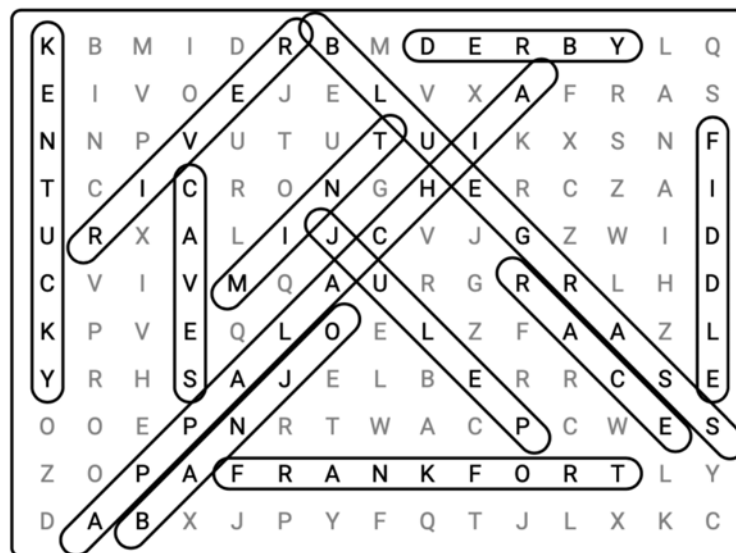


SEARCH

Foods that Hydrate



Life in Kentucky



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

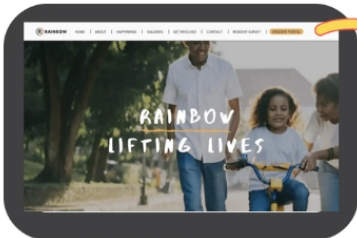
AND PRESS 1

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

