

COLORFUL FUN!

ART, MAZES, & WORD SEARCH

January 2026 • **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

2026- EDITION #1

WELLNESS

JANUARY

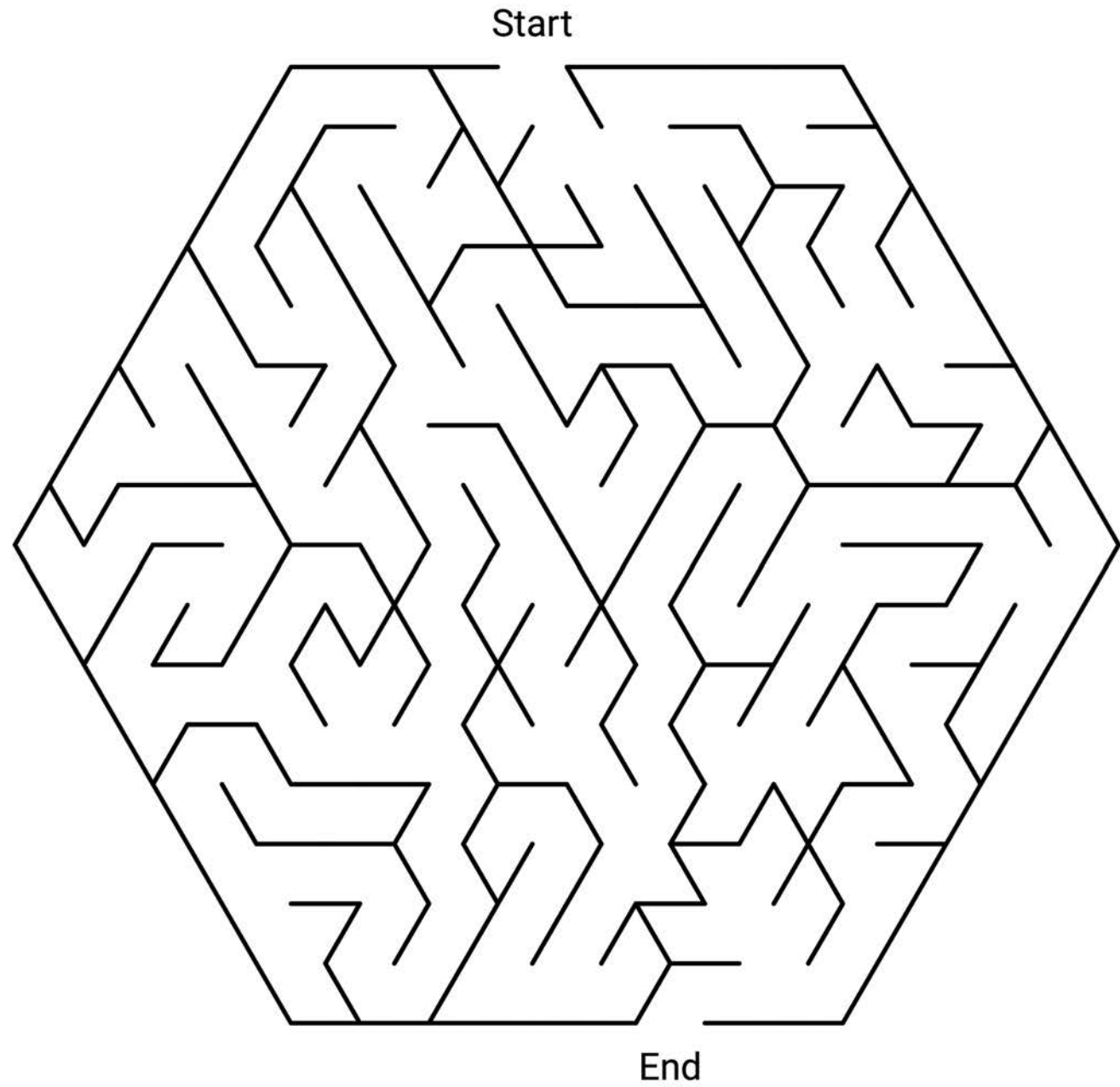
Let's get nice and cozy during this winter month, but not too cozy.

We need to prepare the soup and keep moving to ensure our minds and bodies stay well.

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





The Cozy Side of Winter

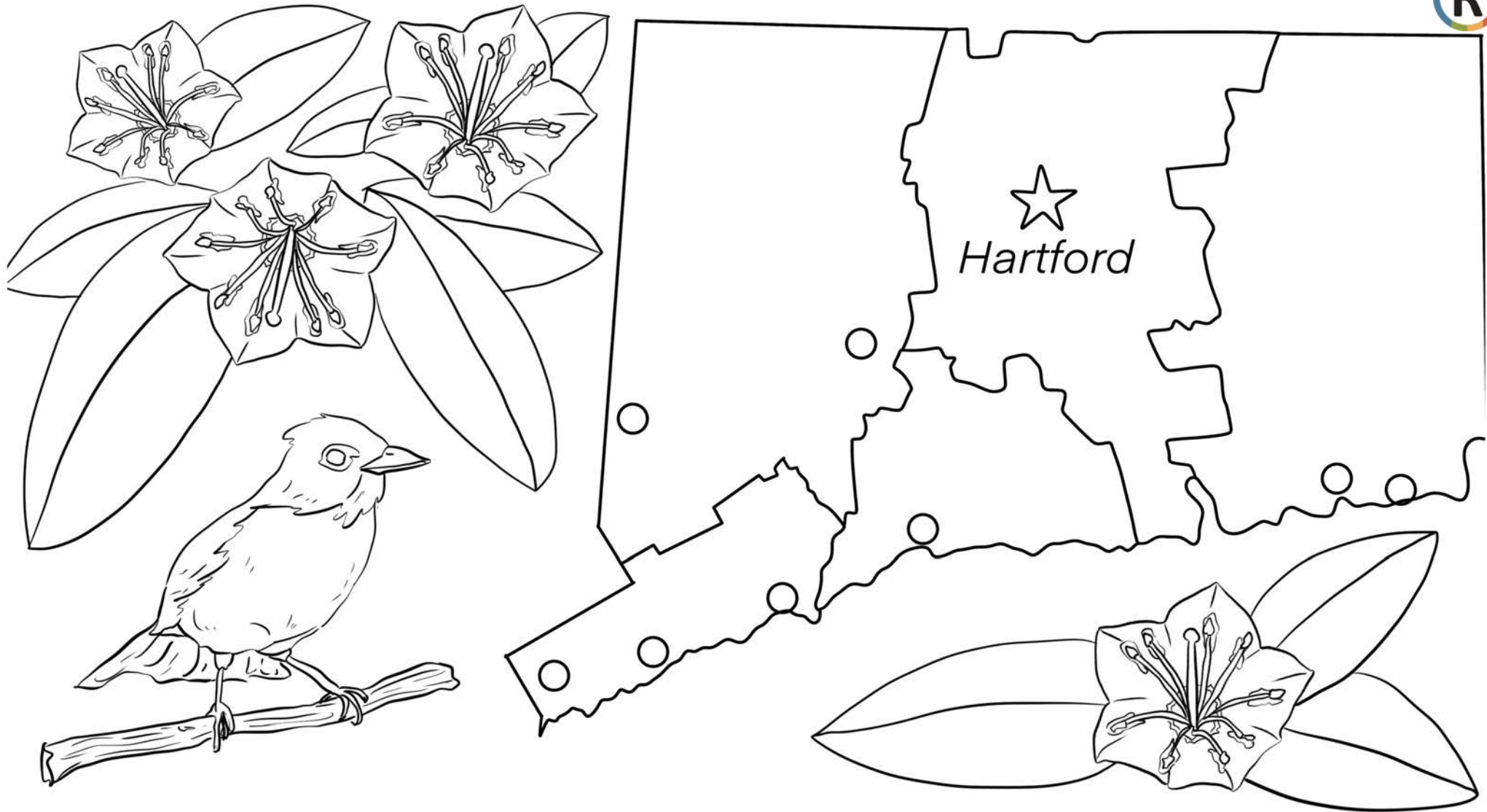


Can you find the words below in the box above?

Blanket
Cabin
Candle
Cozy

Fleece
Glow
Hearth
Mittens

Nap
Pajamas
Quilt
Scarf

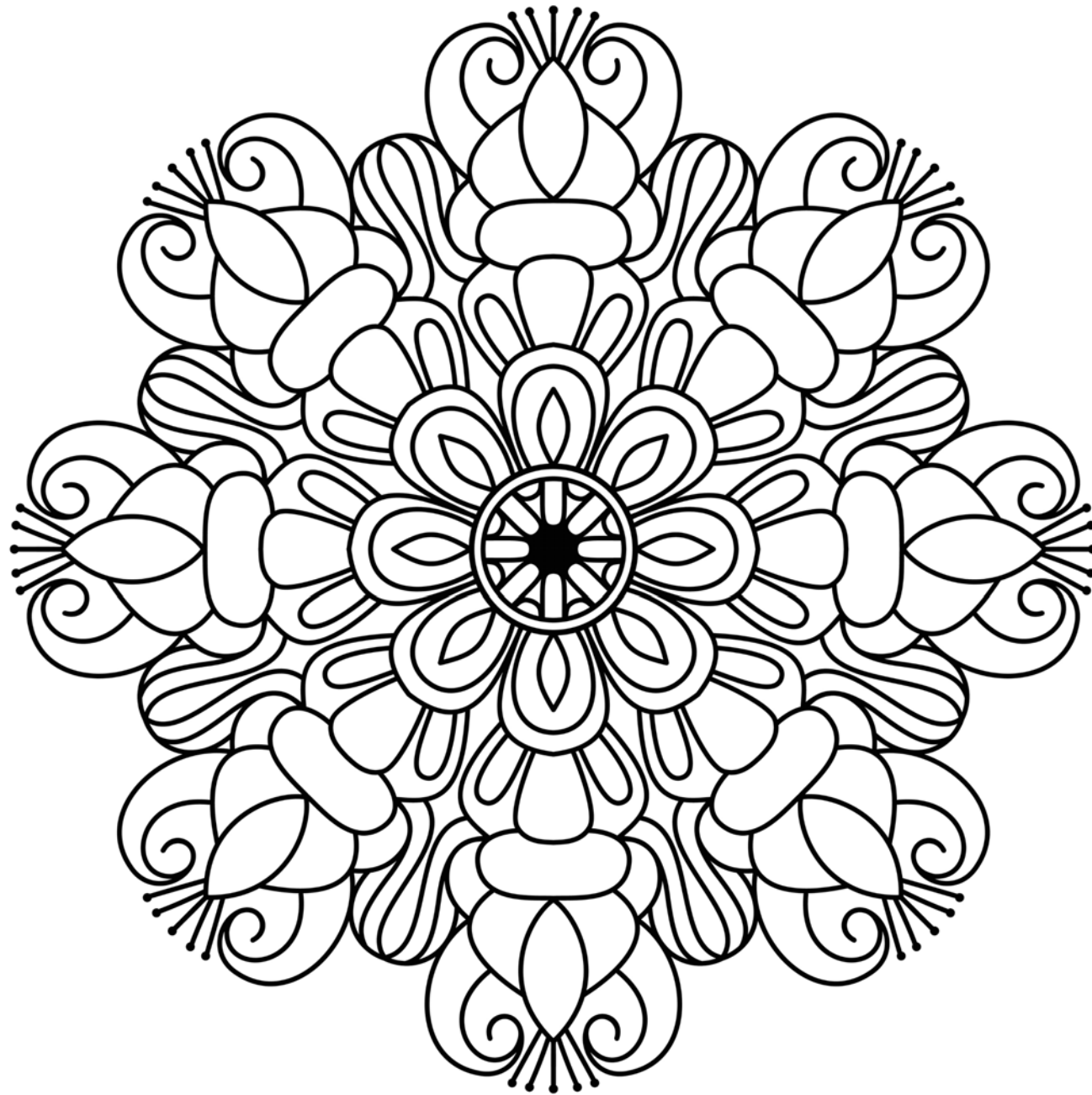


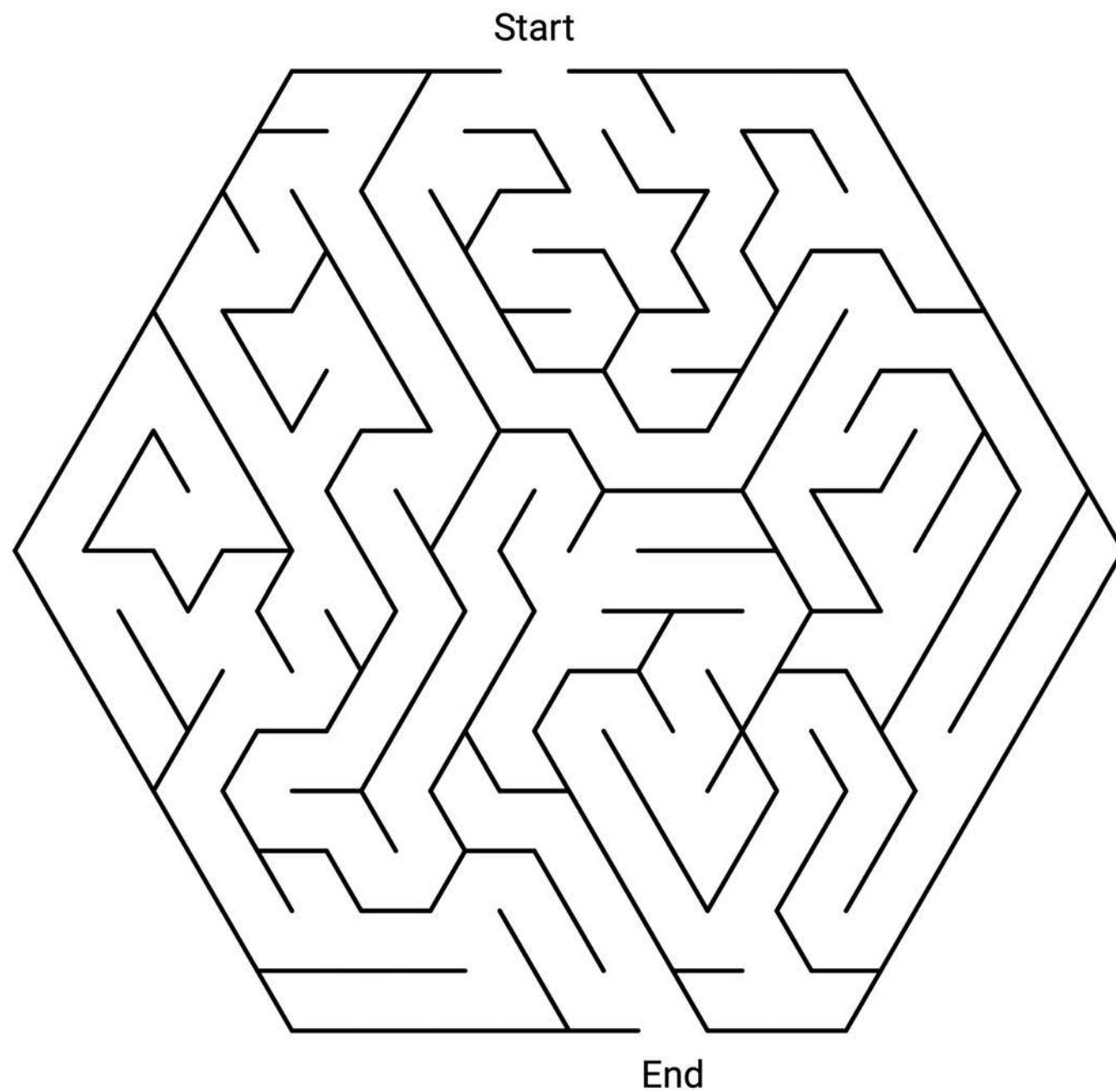
CONNECTICUT



**Has your idea of coziness changed
over the years?**







Maze 6

Winter Wellness Moves

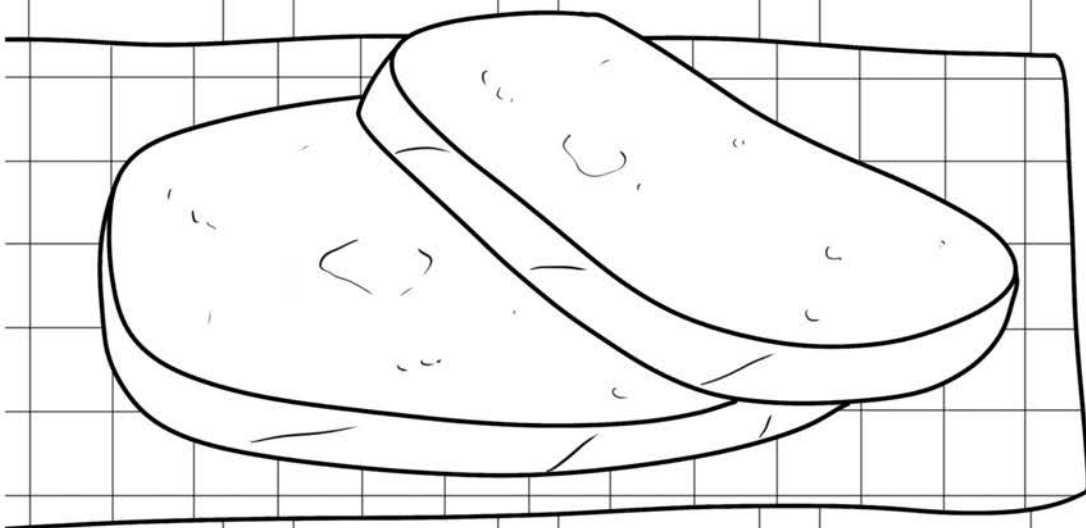
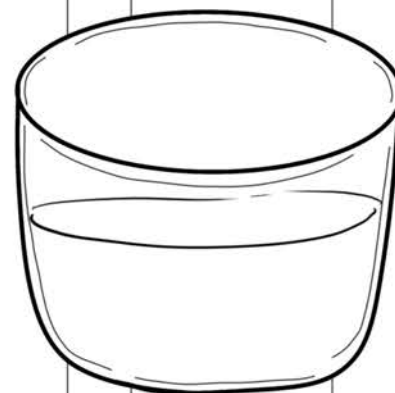
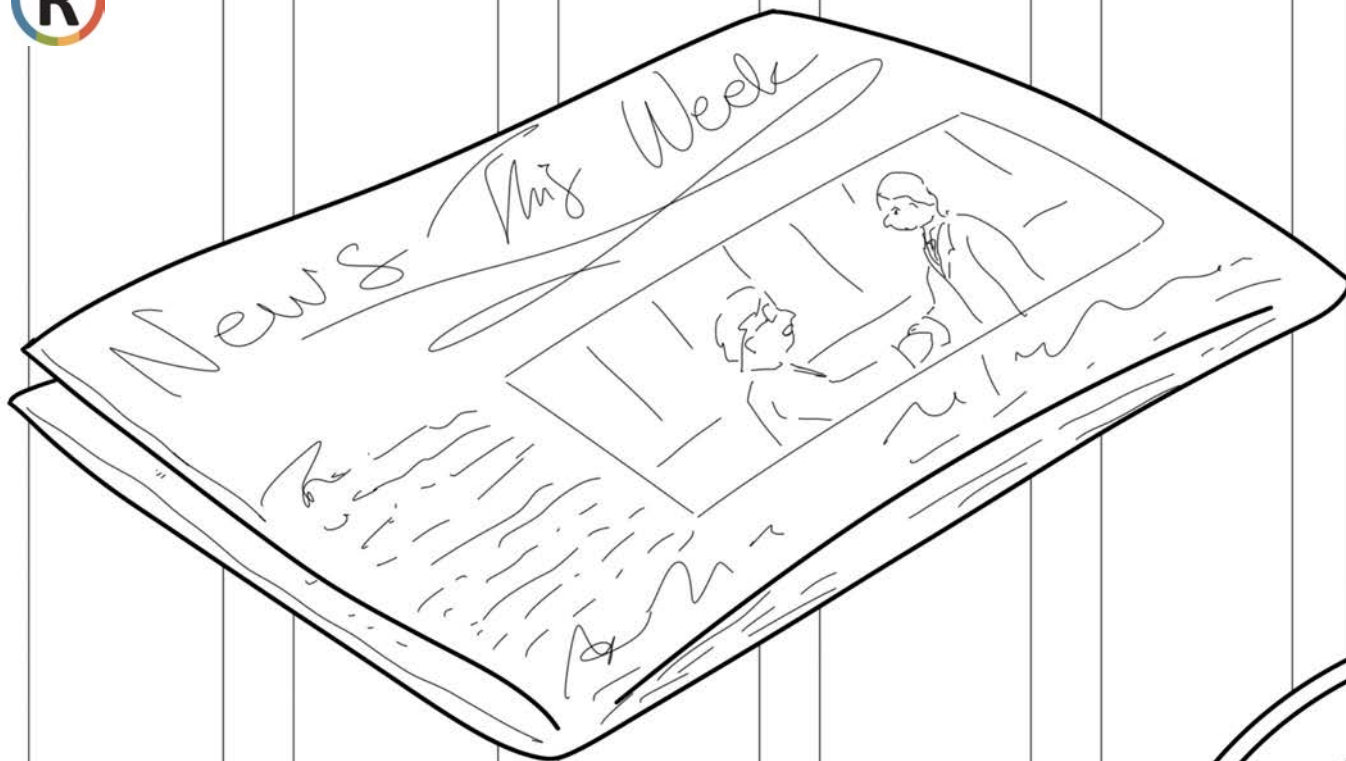


Can you find the words below in the box above?

Bend
Breathe
Chair
Circulate

Flex
Gentle
Hold
Lift

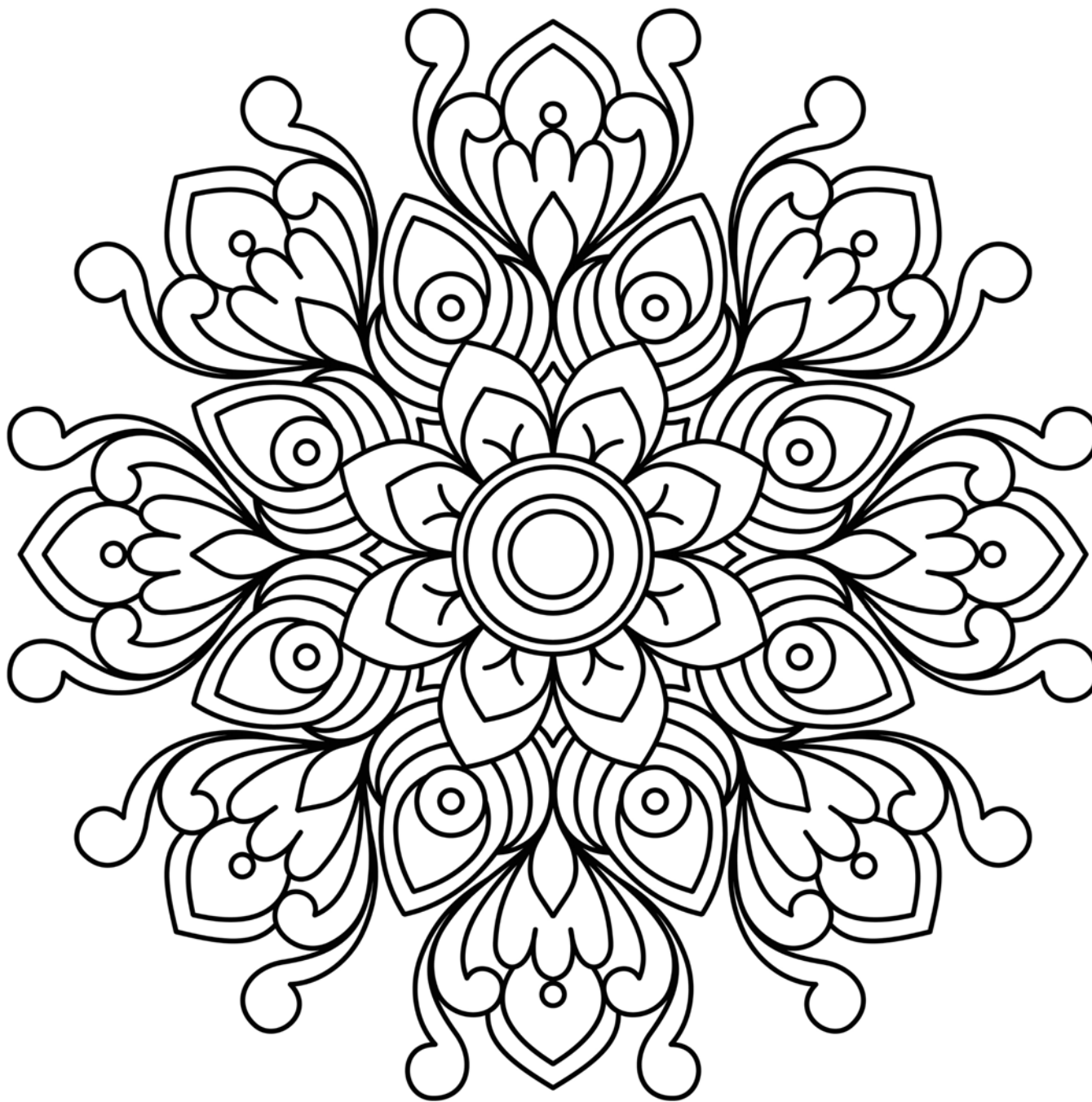
Posture
Reach
Rotate
Sit



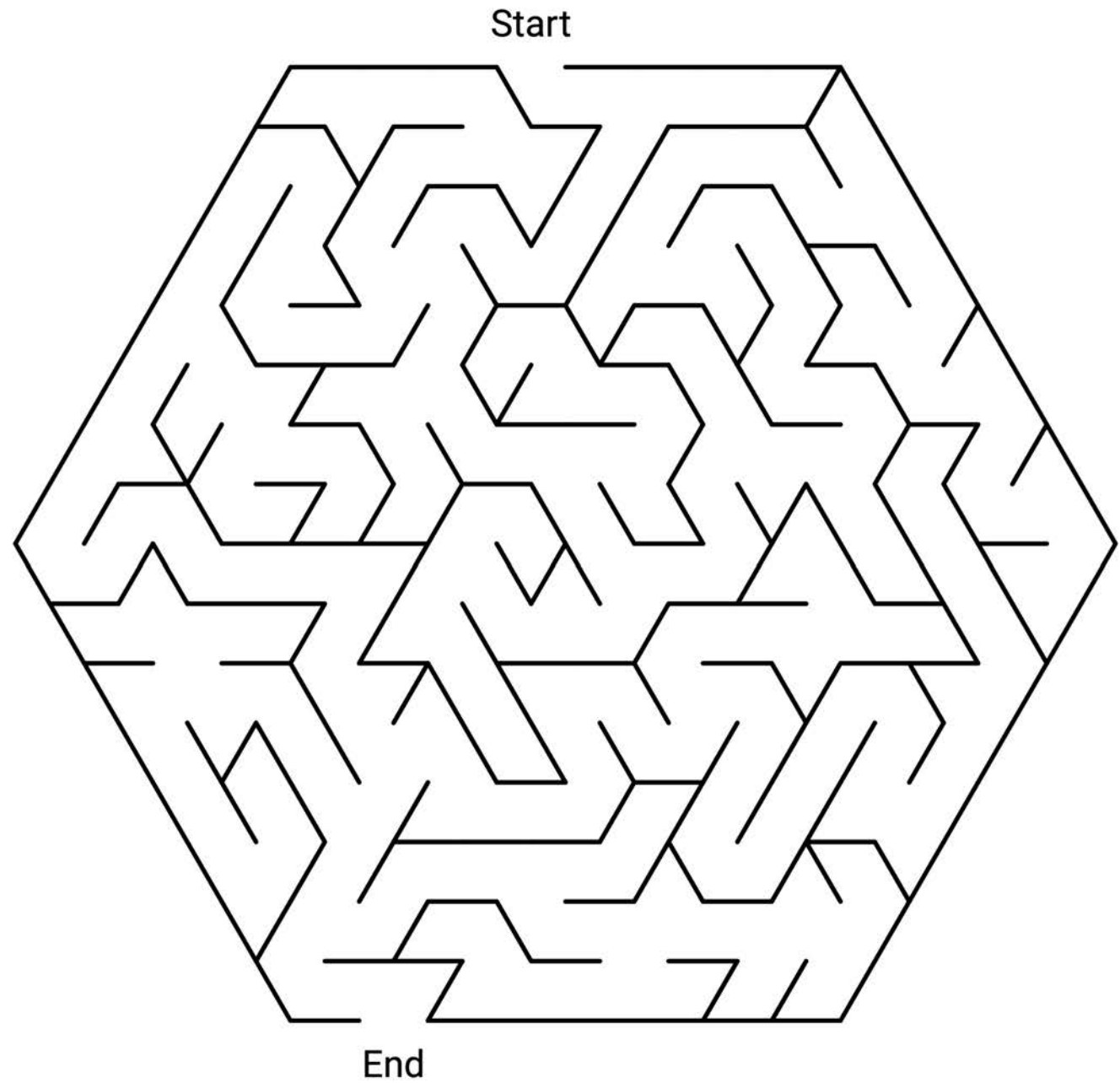


**How did people stay
active in winter when
you were younger?**





Maze 7





Favorite Soups



Can you find the words below in the box above?

Barley
Bisque
Cabbage
Chicken

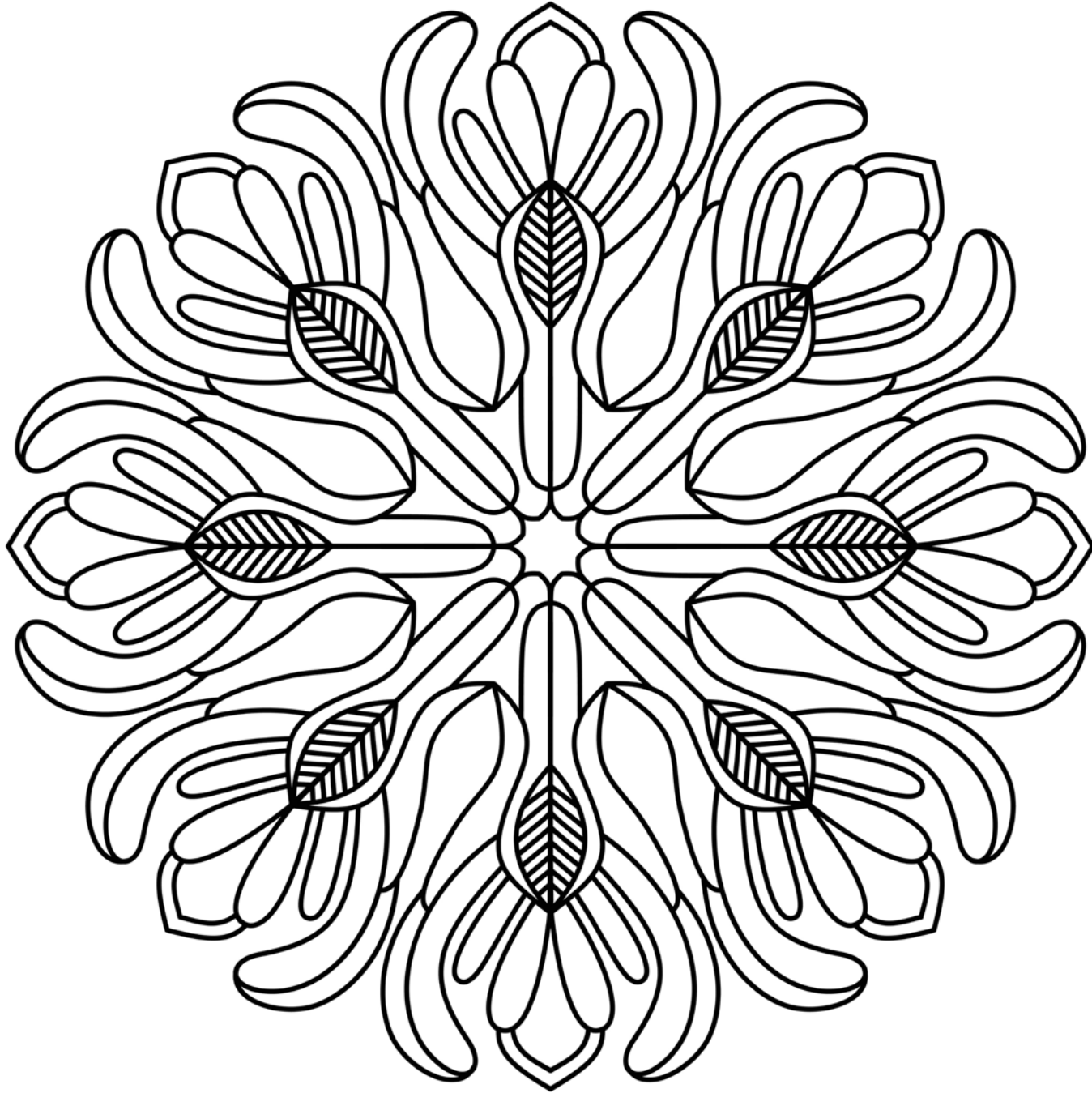
Ham
Lentil
Matzo
Minestrone

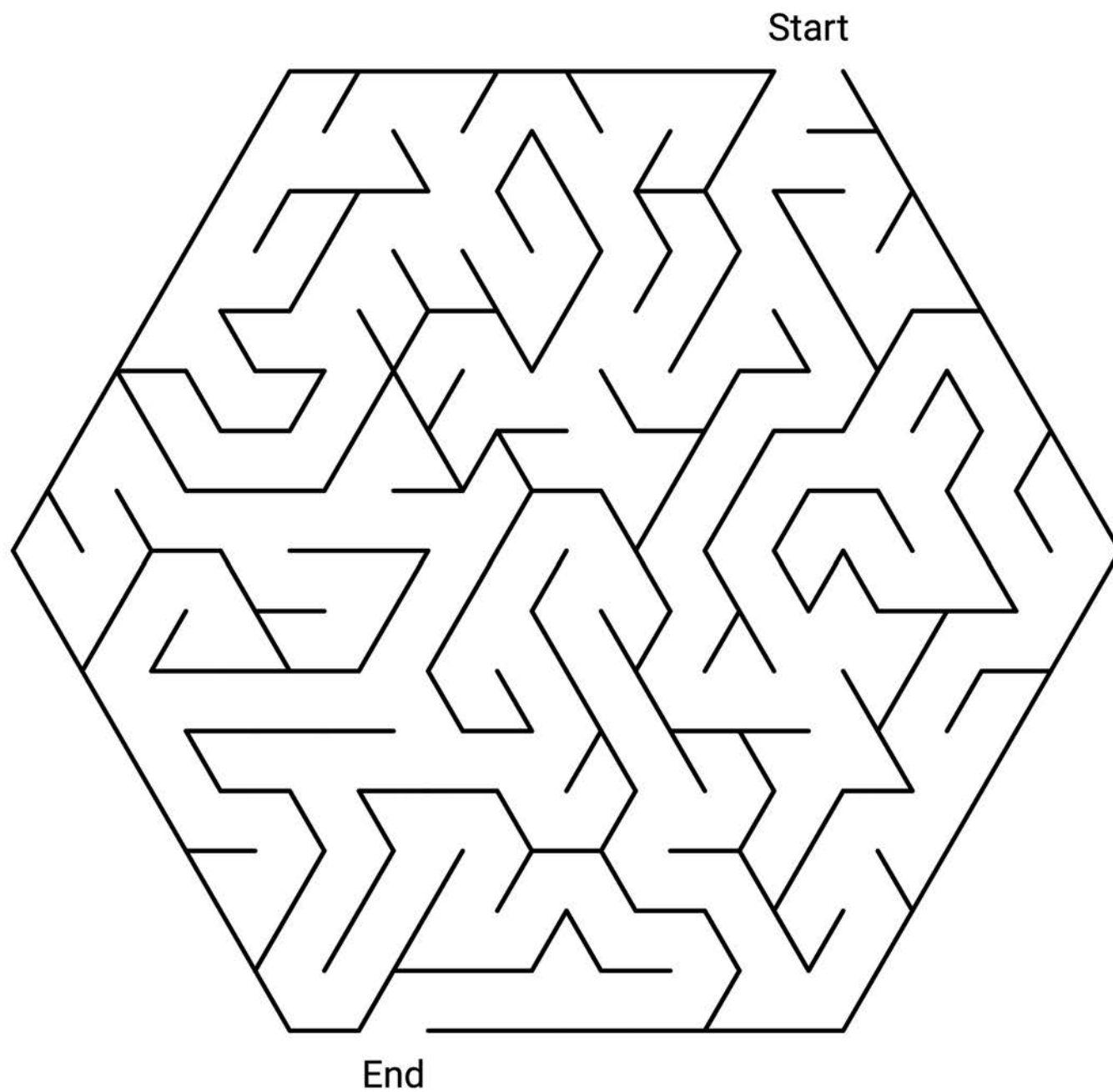
Navy
Noodle
Onion
Potato





**Did soup mean something different during
hard times?**





Maze 8



Connecticut Cities

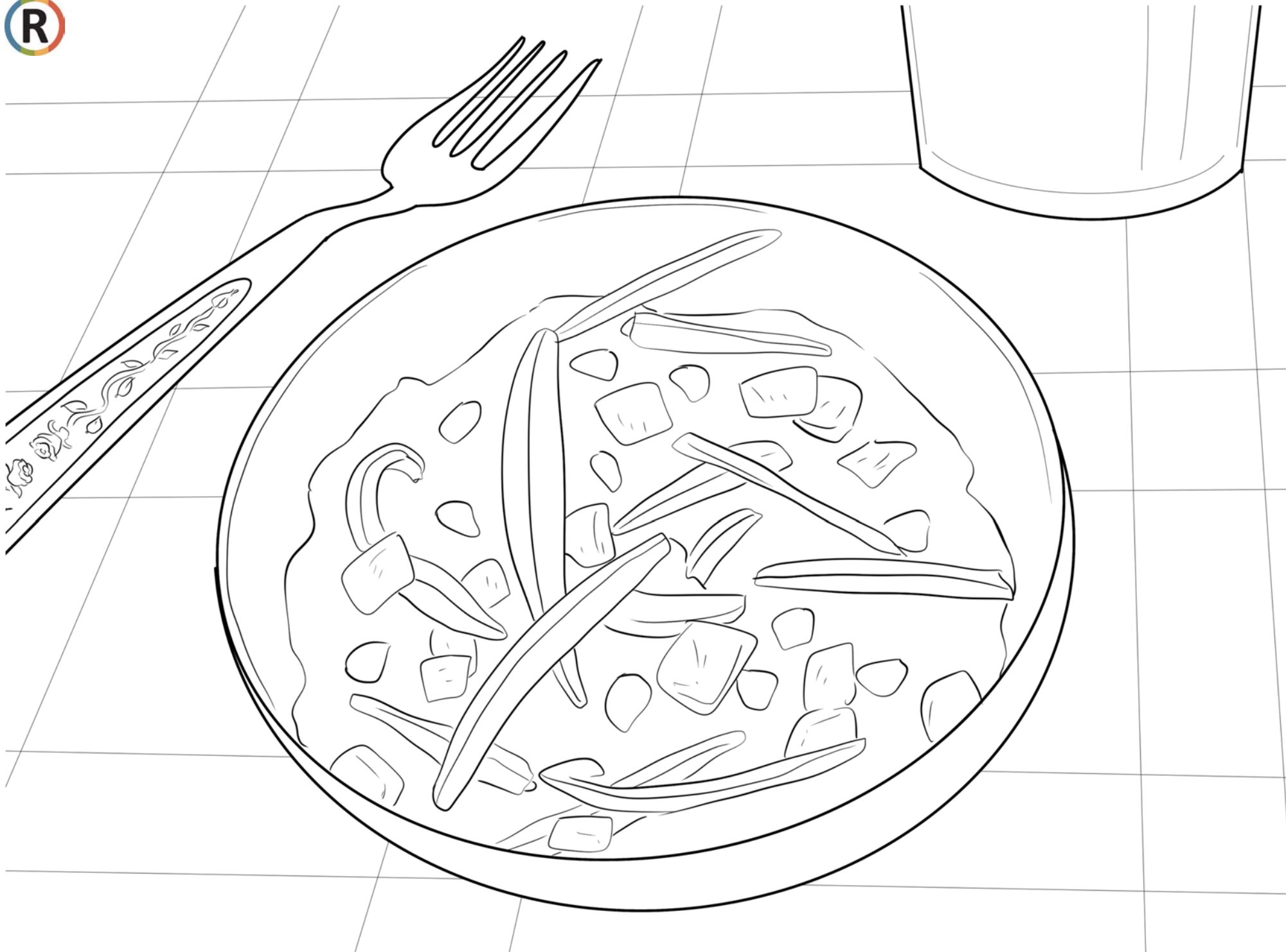
| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | H | A | R | T | E | R | L | H | B | T | N | E | W | H |
| O | G | P | H | O | M | N | I | A | H | H | A | V | D | T |
| T | R | M | B | O | M | O | H | R | U | D | J | L | R | K |
| D | O | E | D | W |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

Can you find the words below in the box above?

Bridgeport
Charter
Danbury
Essex

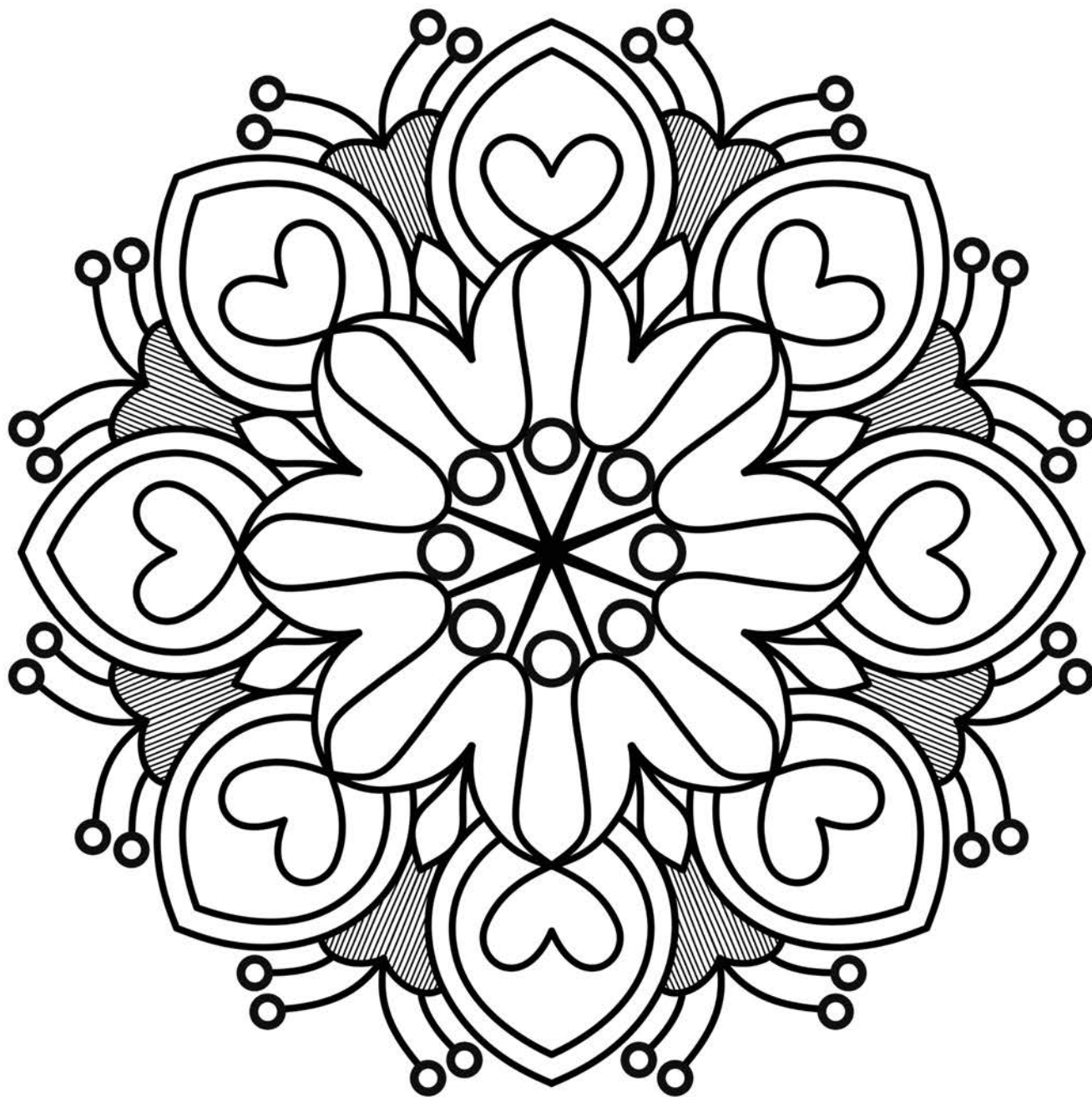
Fairfield
Groton
Hartford
Meriden

Milford
Norwalk
Norwich
Stamford

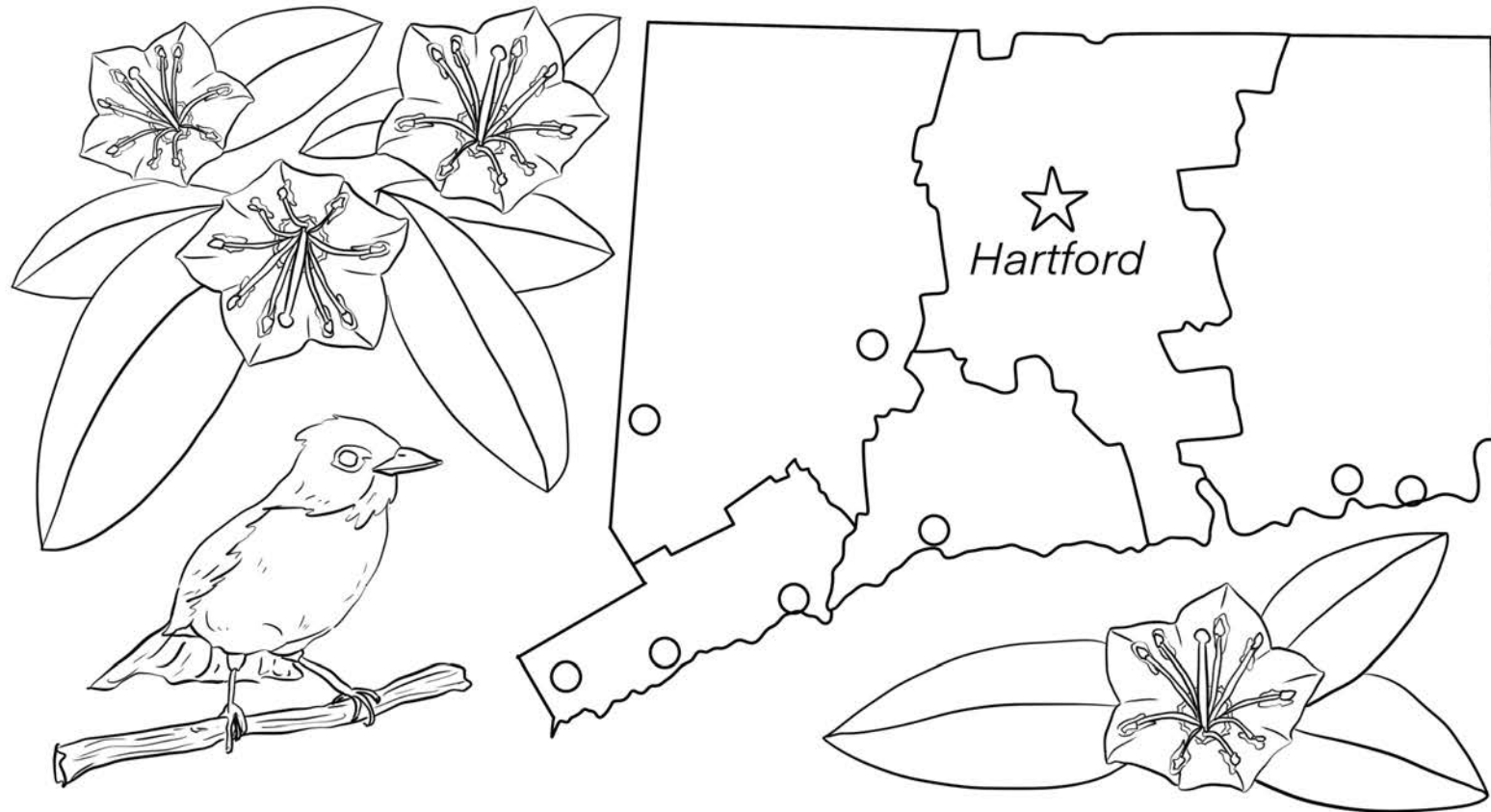


**What soup do you think will
never go out of style?**

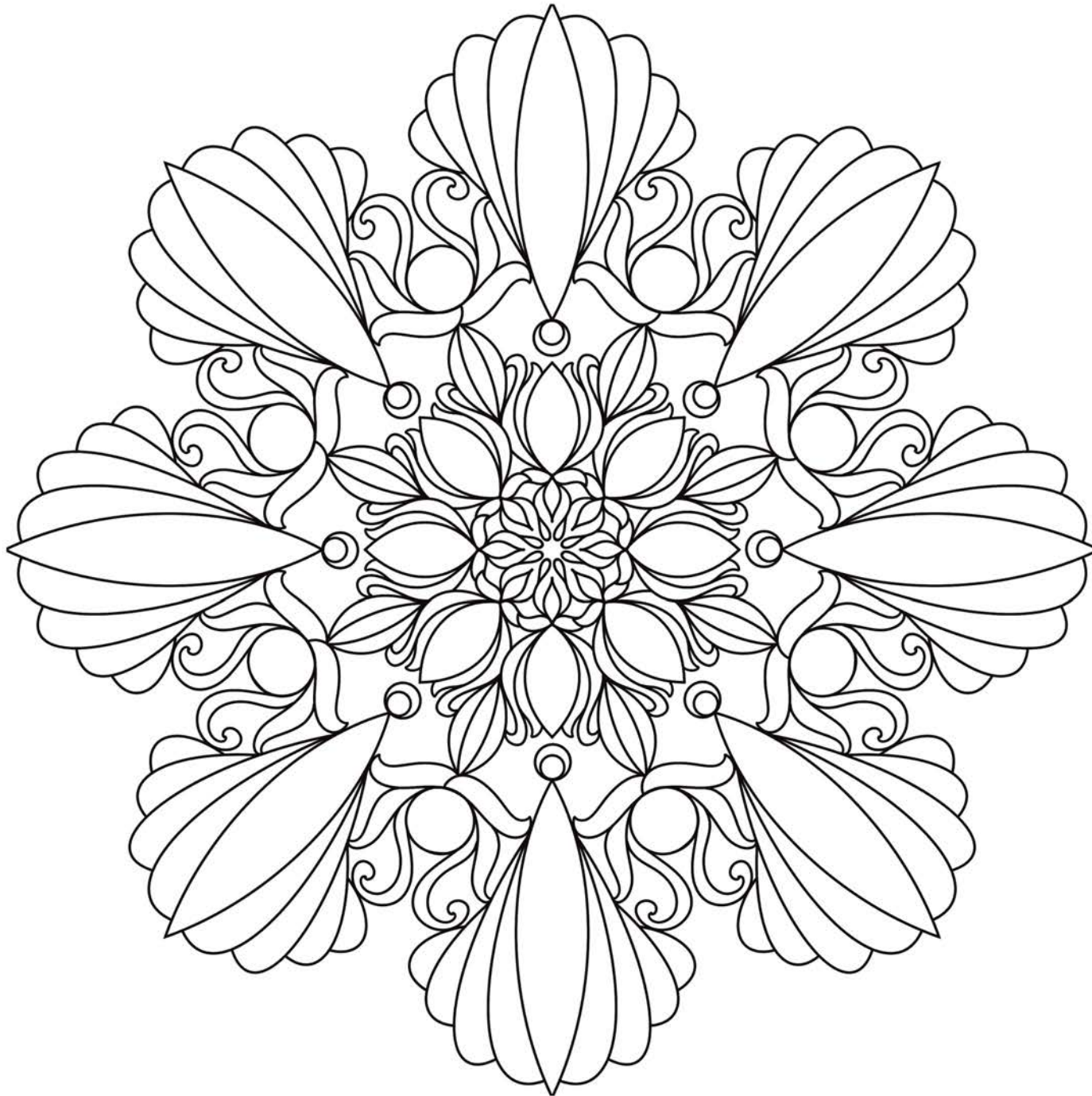








**Have you ever been to Connecticut?
What would you want to do or see?**





Draw what comfort looks like on a cold day.



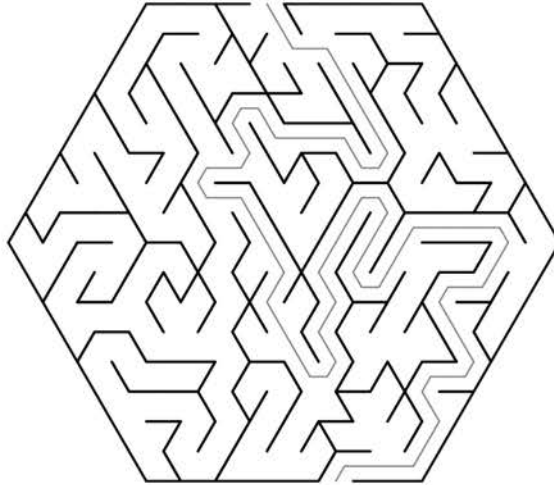
Illustrate a simple way to stay active indoors.



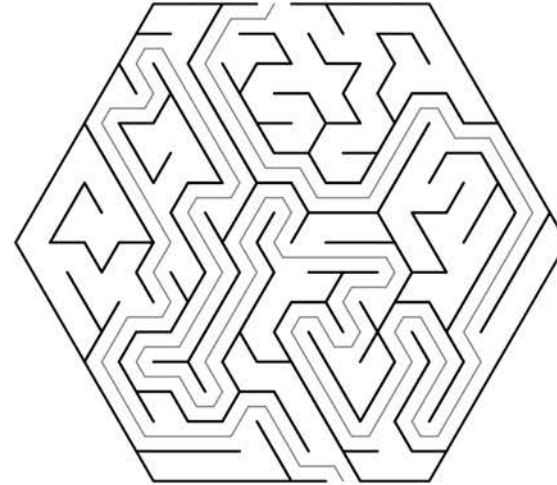
Draw something Connecticut is known for.

**M
A
Z
E**

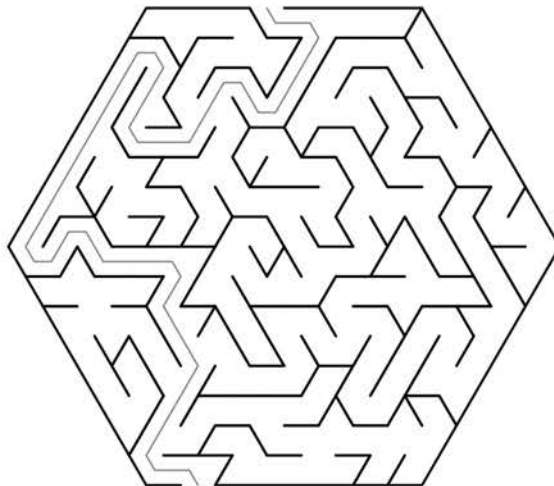
5



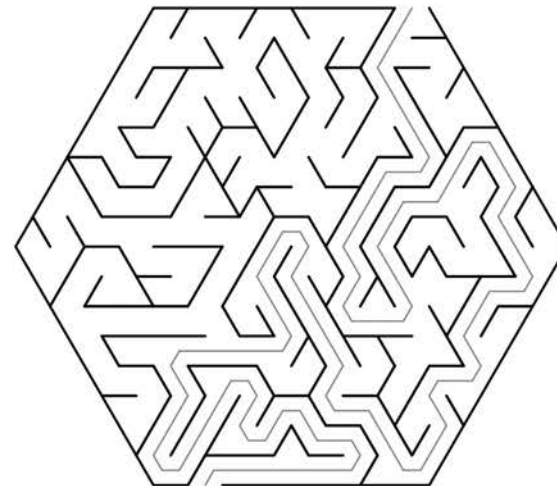
6



7



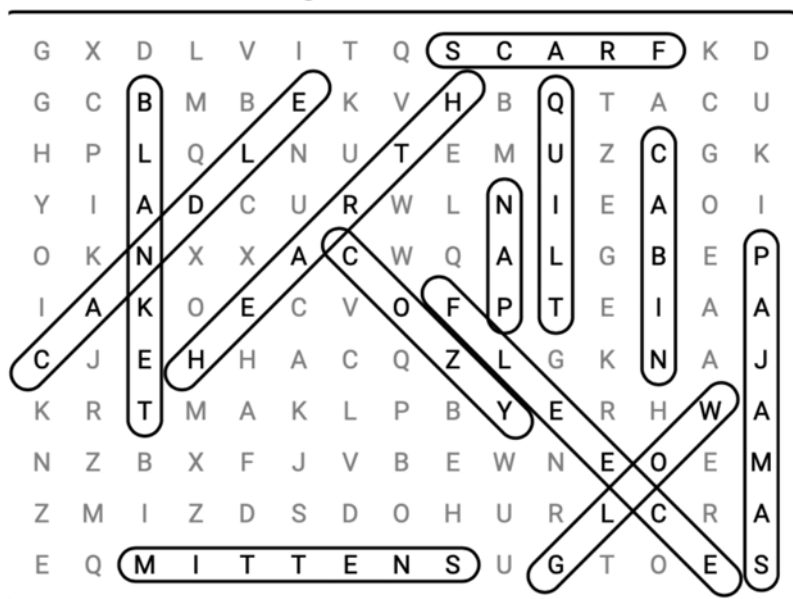
8



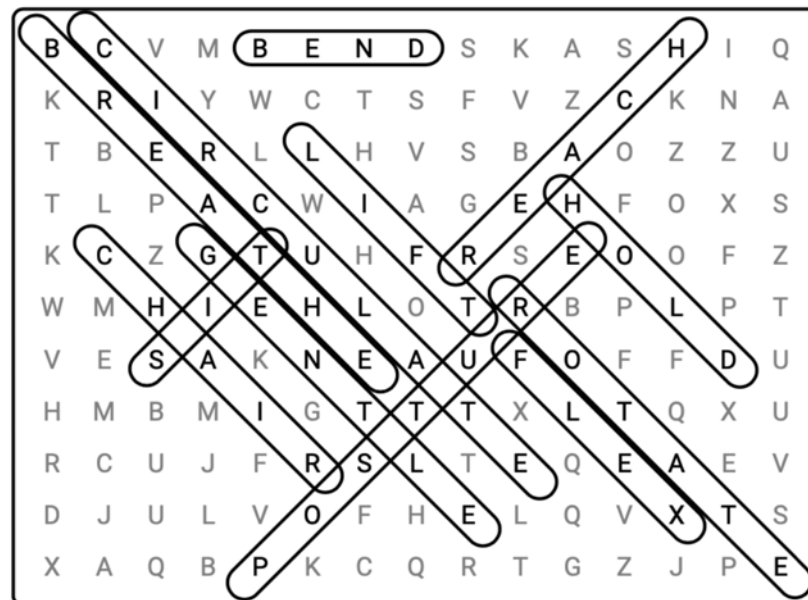
**A
N
S
W
E
R
S**



The Cozy Side of Winter

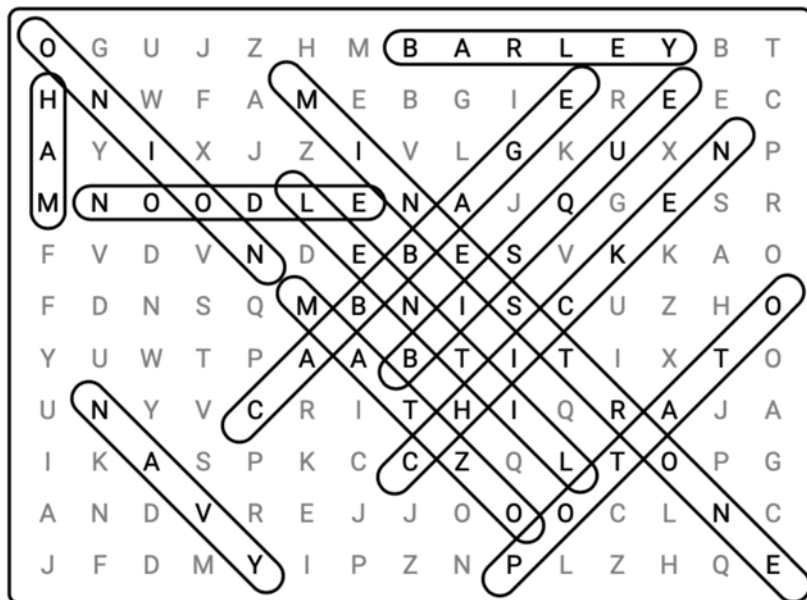


Winter Wellness Moves

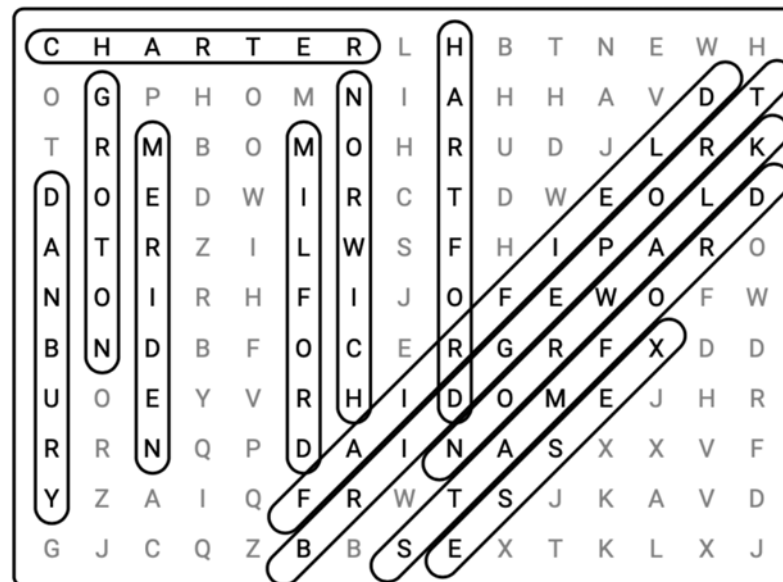


SEARCH

Favorite Soups



Connecticut Cities



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

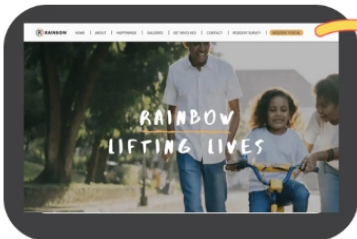
AND PRESS 1

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

