

COLORFUL FUN!

ART, MAZES, & WORD SEARCH

February 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 #2

WELLNESS

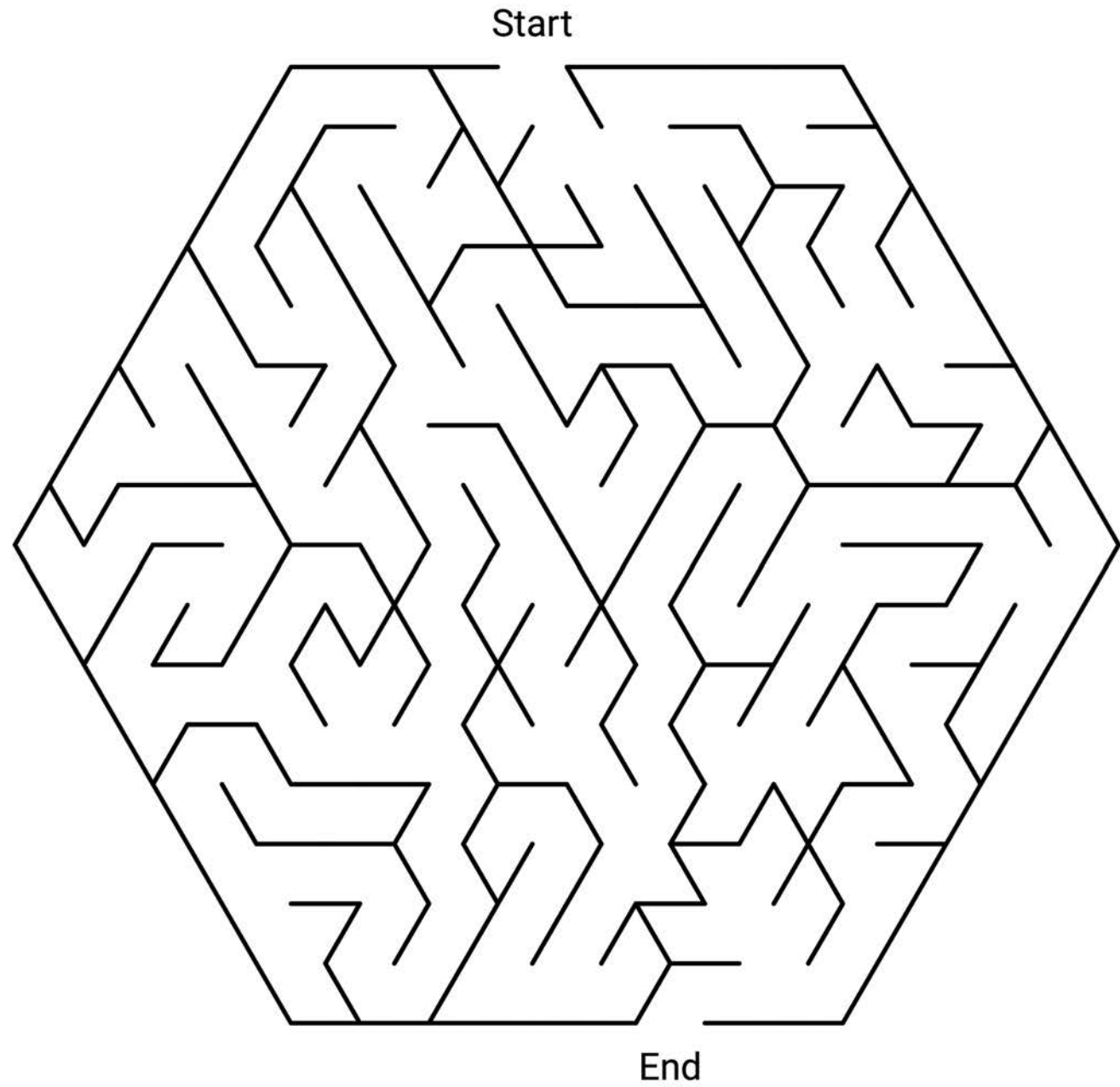
FEBRUARY

We are going to need a plate of good Southern vegetables to give us the energy for some dancing. Don't worry, we can take it all at a slower pace when we get tired.

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





A Slower Pace

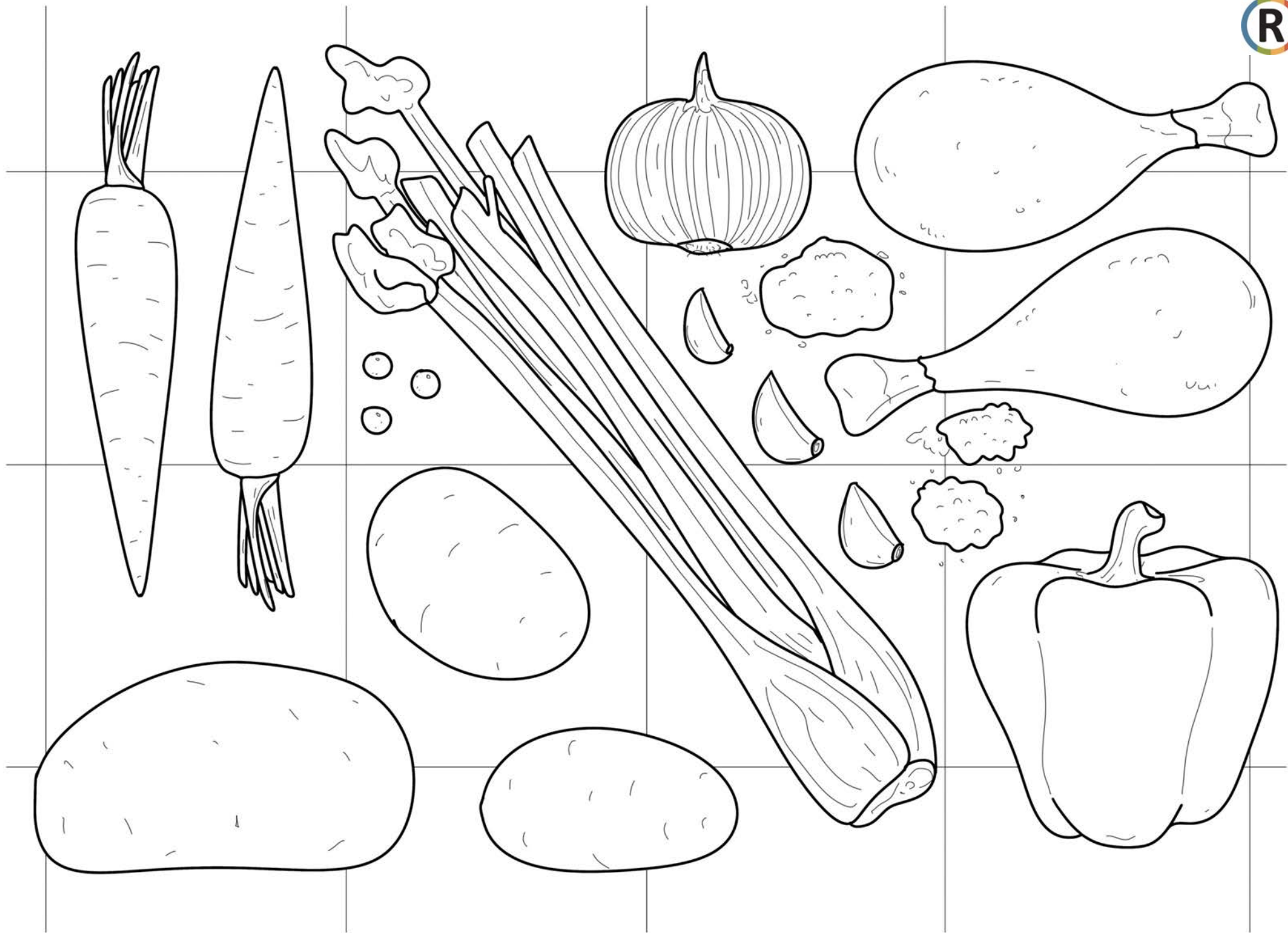


Can you find the words below in the box above?

Awareness
Breathe
Calm
Content

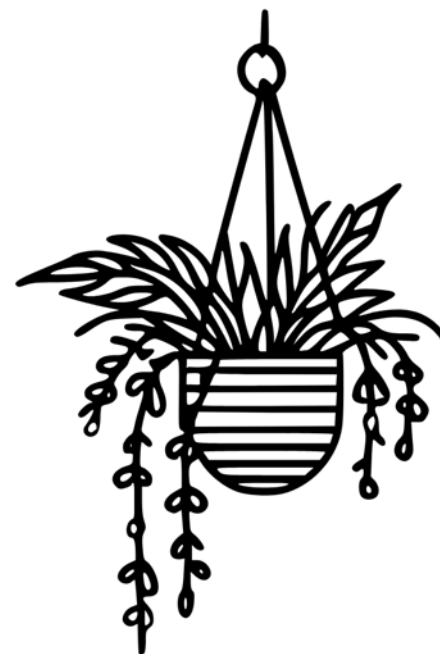
Enjoy
Gentle
Harmony
Leisure

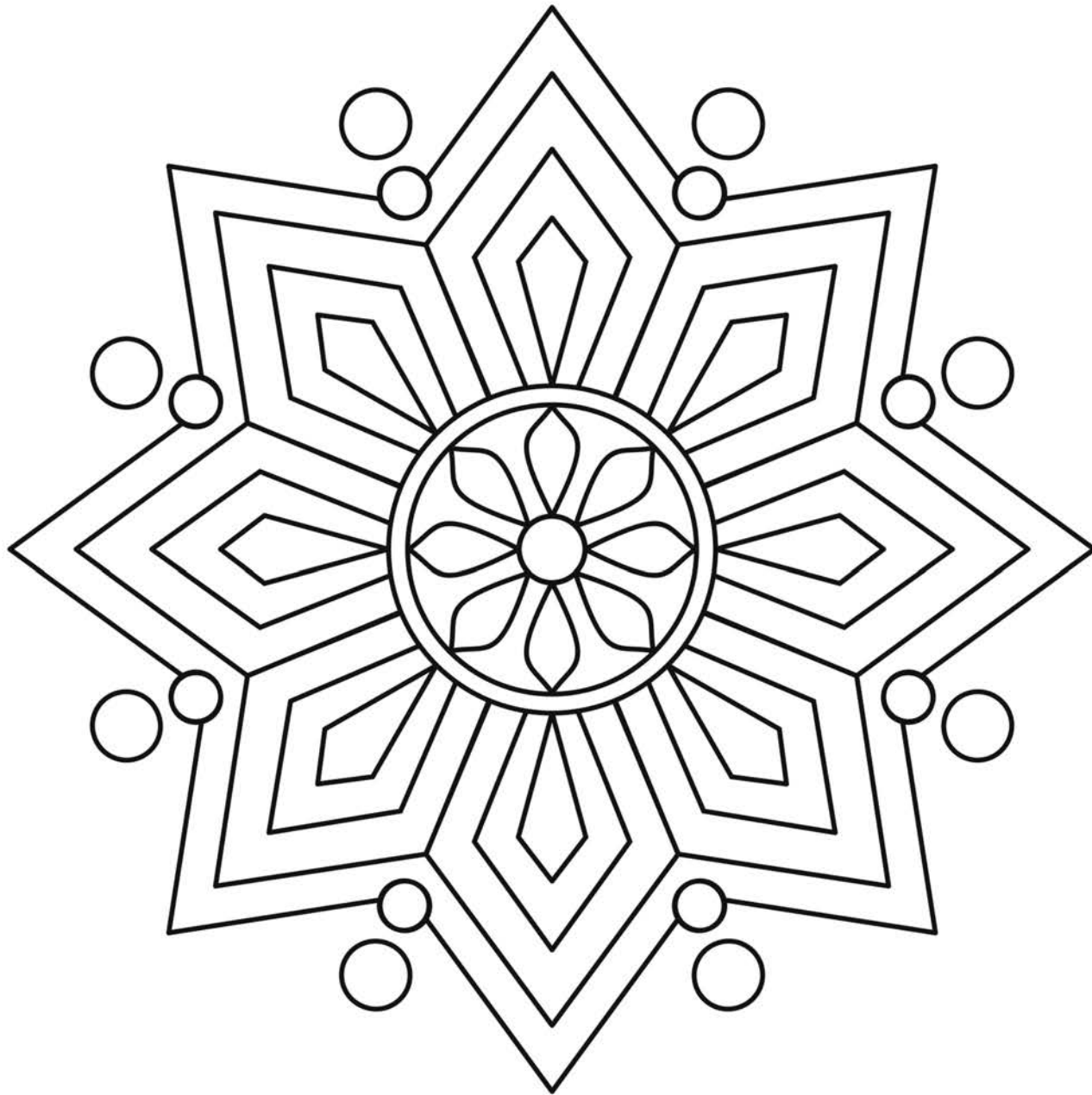
Mindful
Nature
Patience
Peace

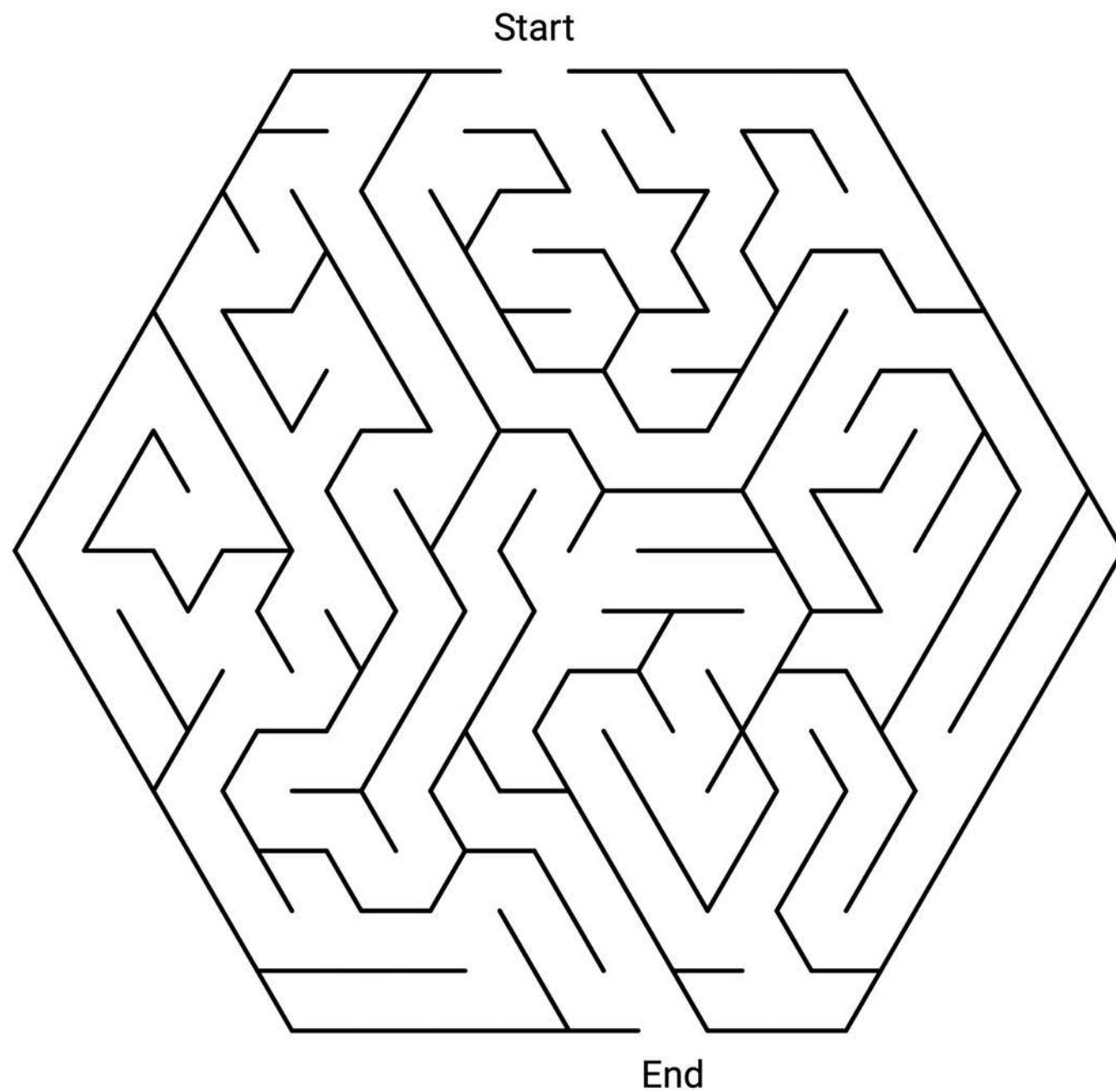




**How does taking a
few deep breaths or
pausing change your
day?**







Maze 6

Simple Dance Steps

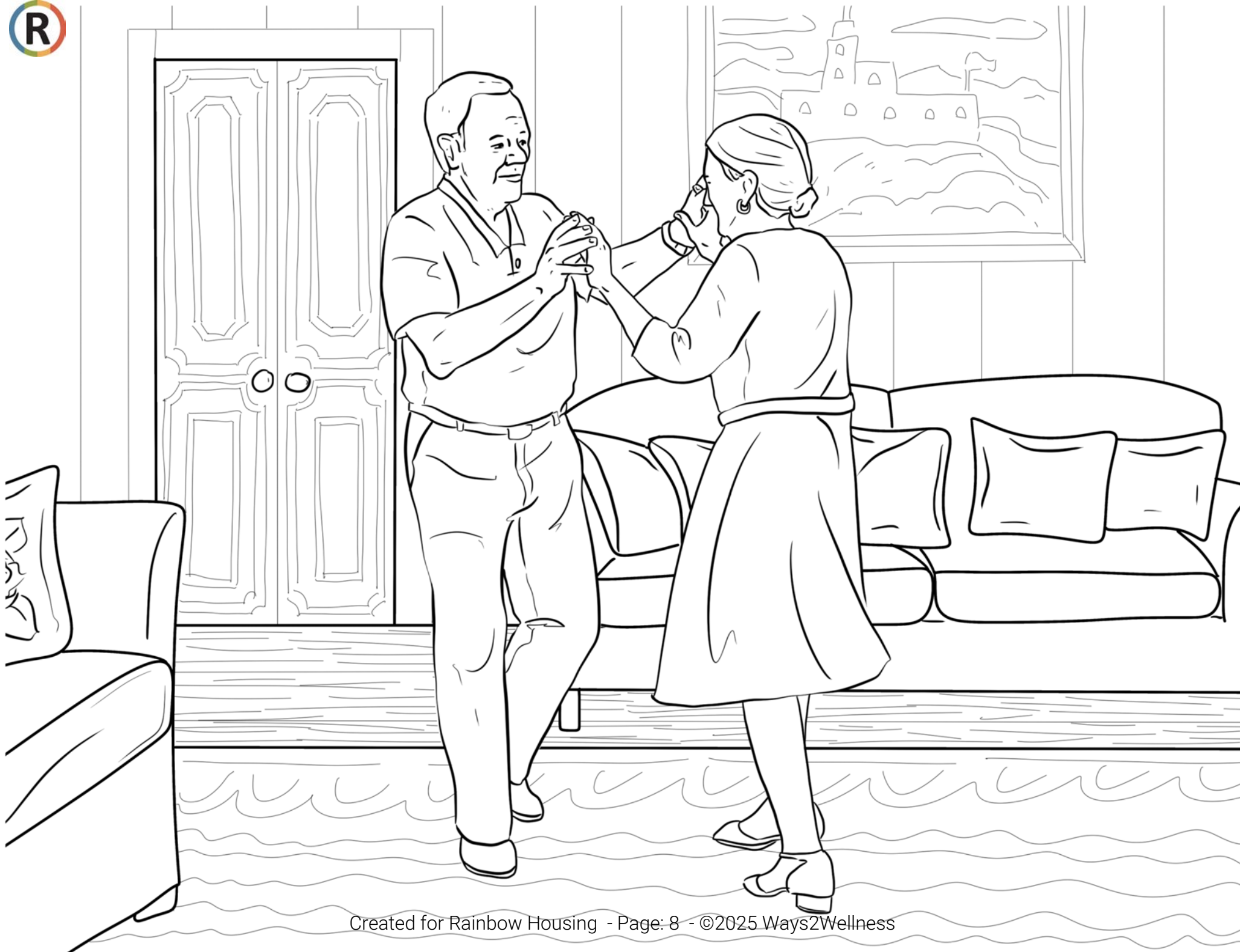
K	L	T	E	Z	S	S	T	Z	V	D	S	U	J	P
B	Q	I	L	I	P	P	B	T	F	P	C	A	Q	S
Z	D	E	F	G	C	L	I	M	L	B	M	F	S	W
U	E	W	G	T	L	S	J	N	D	O	E	O	I	P
D	F	X	U	S	A	I	H	K	B	U	S	N	W	O
C	I	V	C	T	P	G	D	A	W	N	H	R	P	I
X	S	P	N	E	Q	Y	S	E	K	C	U	O	G	N
H	W	S	F	P	I	Y	X	U	H	E	F	L	P	T
H	E	E	L	Q	L	C	M	R	W	H	F	L	Y	P
E	B	U	X	J	U	M	X	F	U	H	L	A	C	W
G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

Can you find the words below in the box above?

Bounce
Clap
Dip
Glide

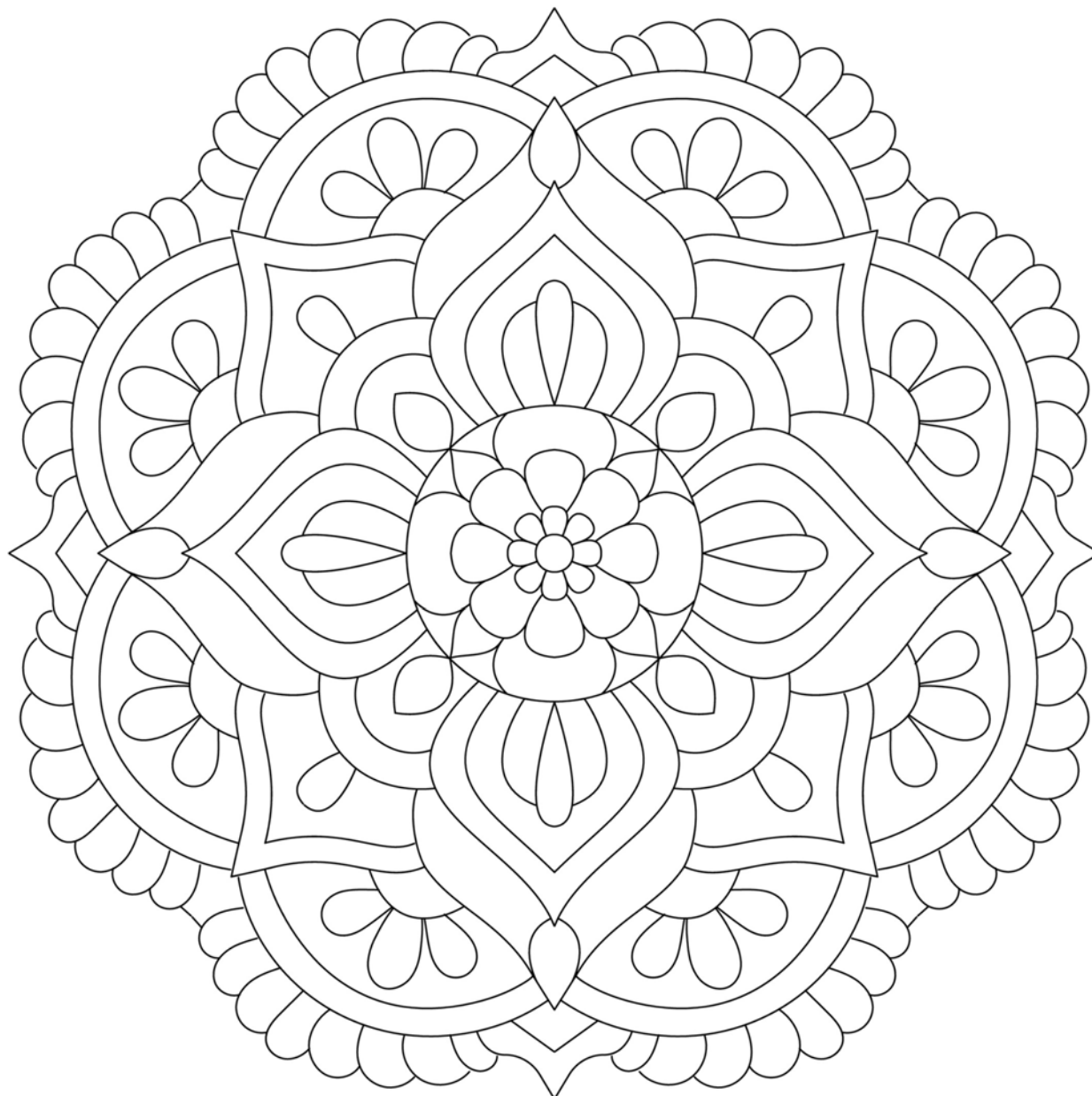
Heel
Lift
Point
Roll

Shake
Shuffle
Spin
Step

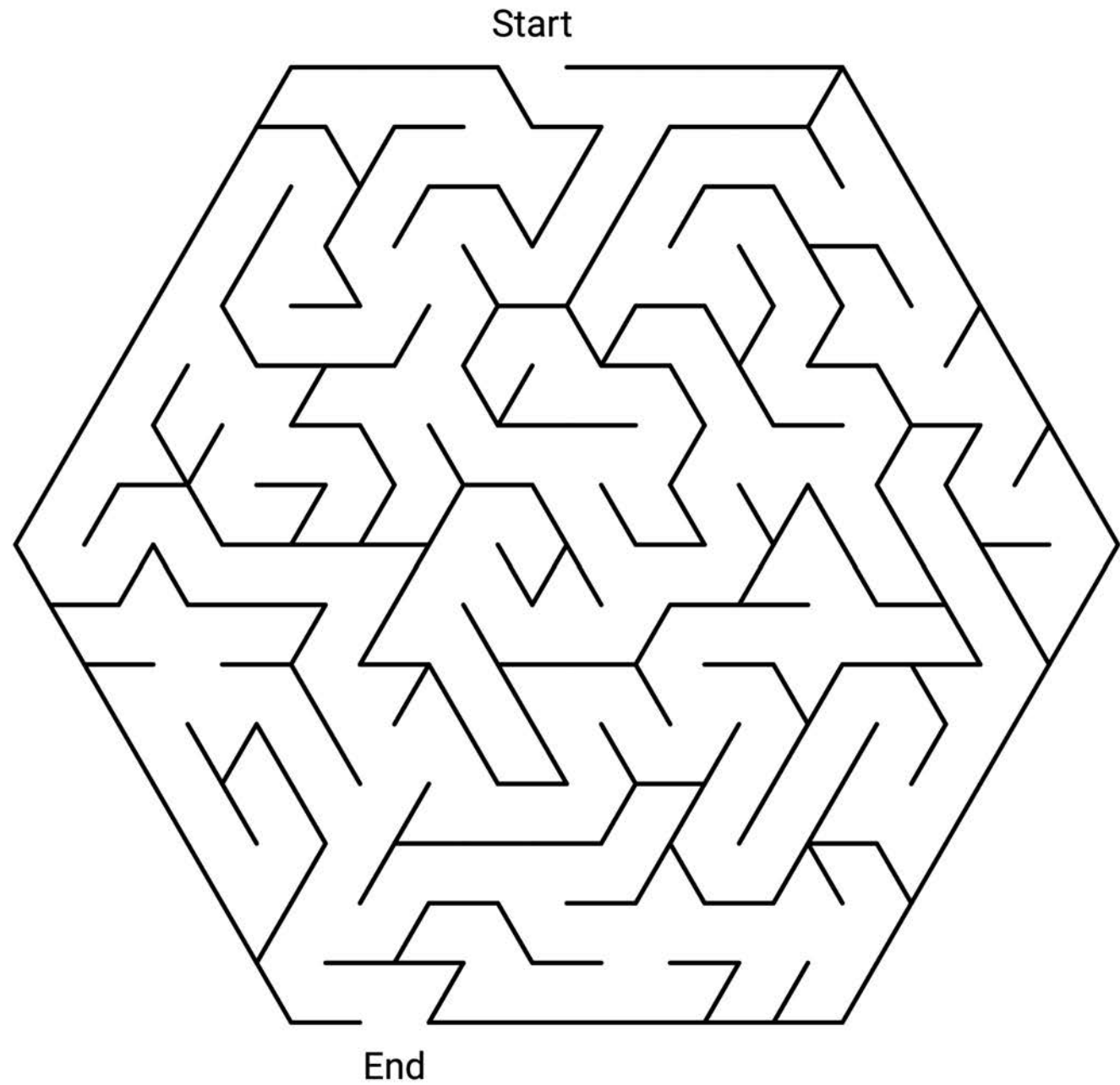


Recall a moment when you enjoyed a quiet morning or evening – what made it special?





Maze 7





Southern Veggies



Can you find the words below in the box above?

Artichoke
Beet
Broccoli
Cabbage

Carrot
Collard
Eggplant
Garlic

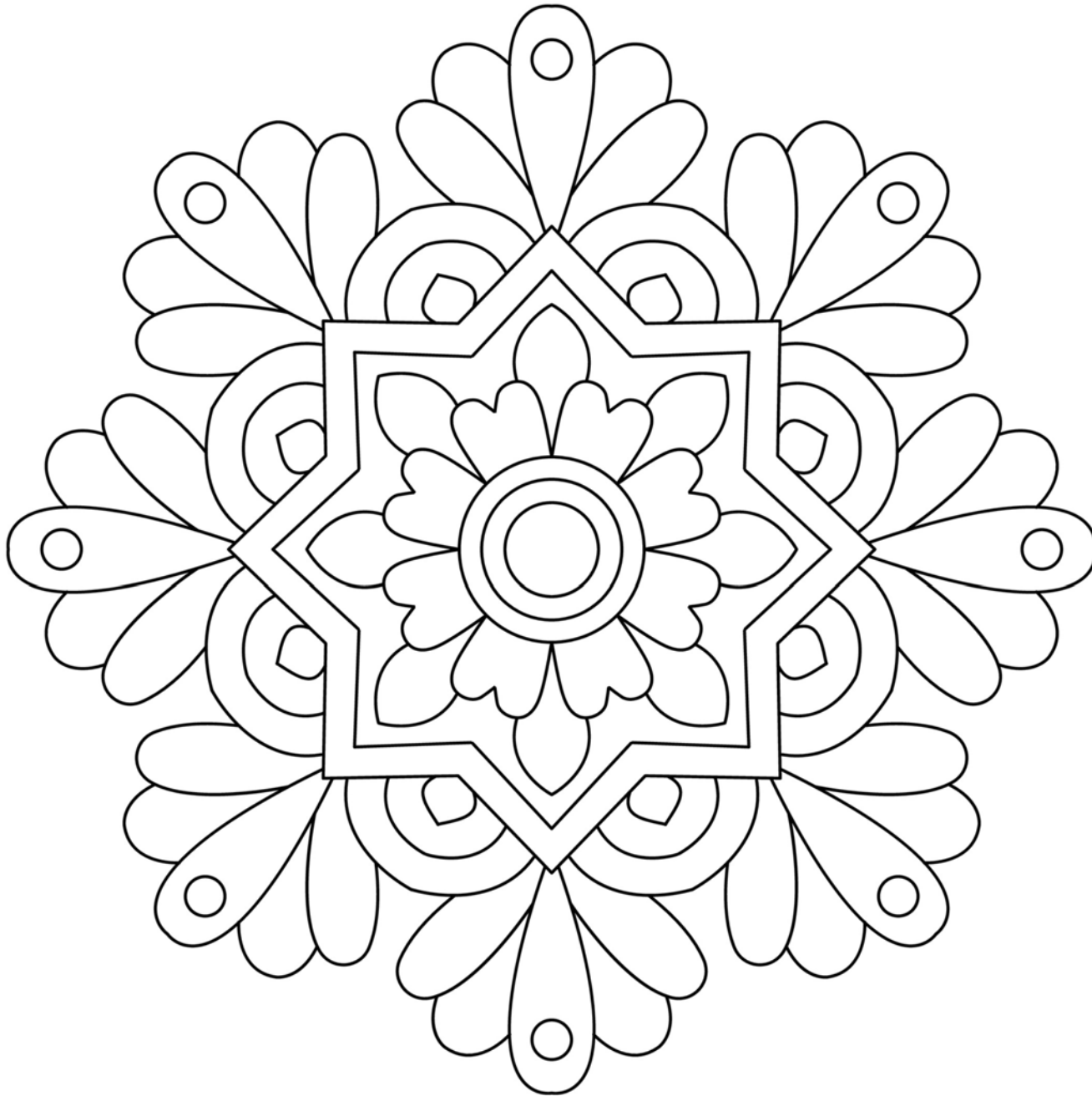
Green
Kale
Okra
Onion

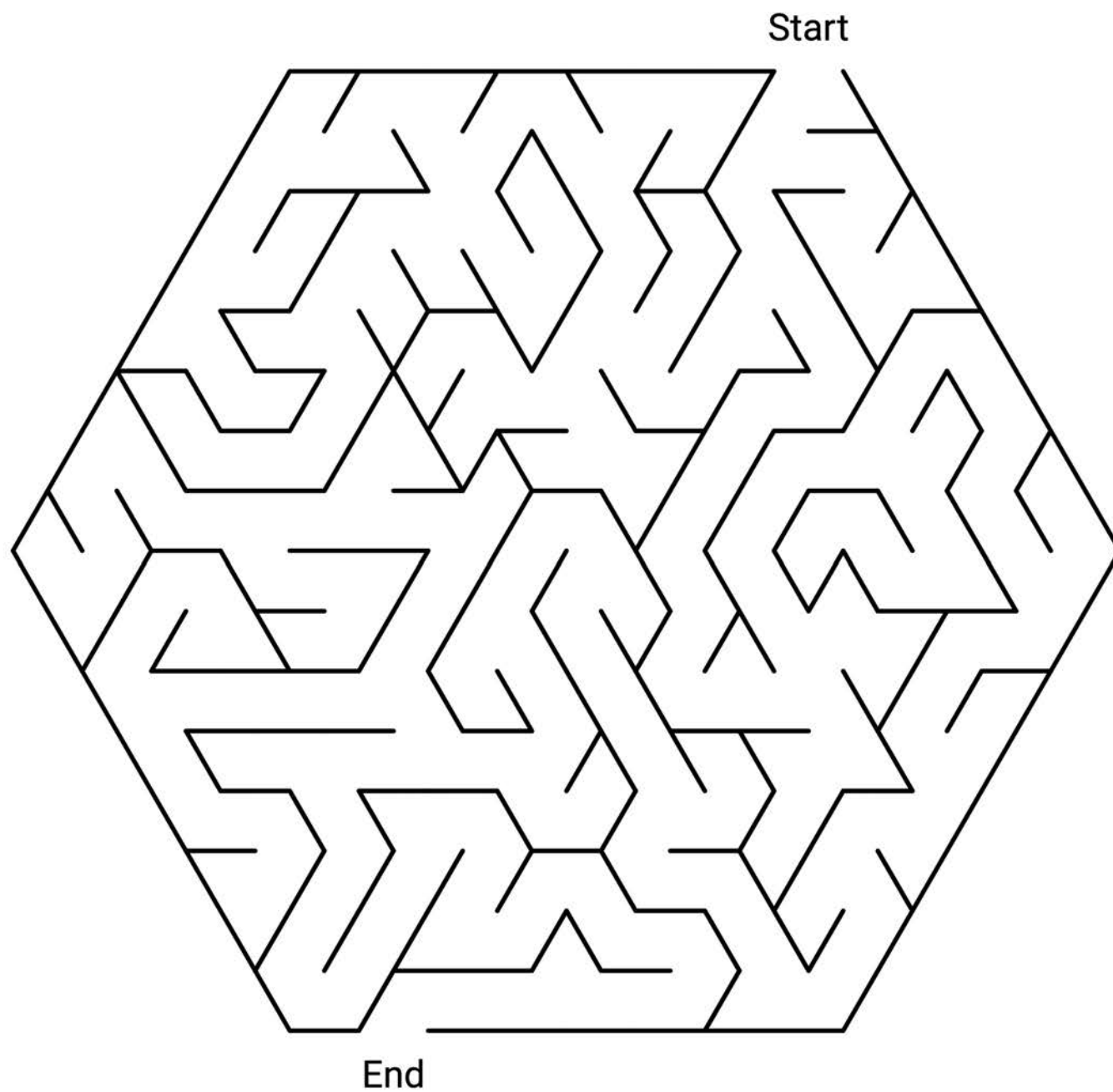
TENNESSEE





**Can you remember a dance you loved as a
child or young adult?**





Maze 8



Celebrating Tennessee

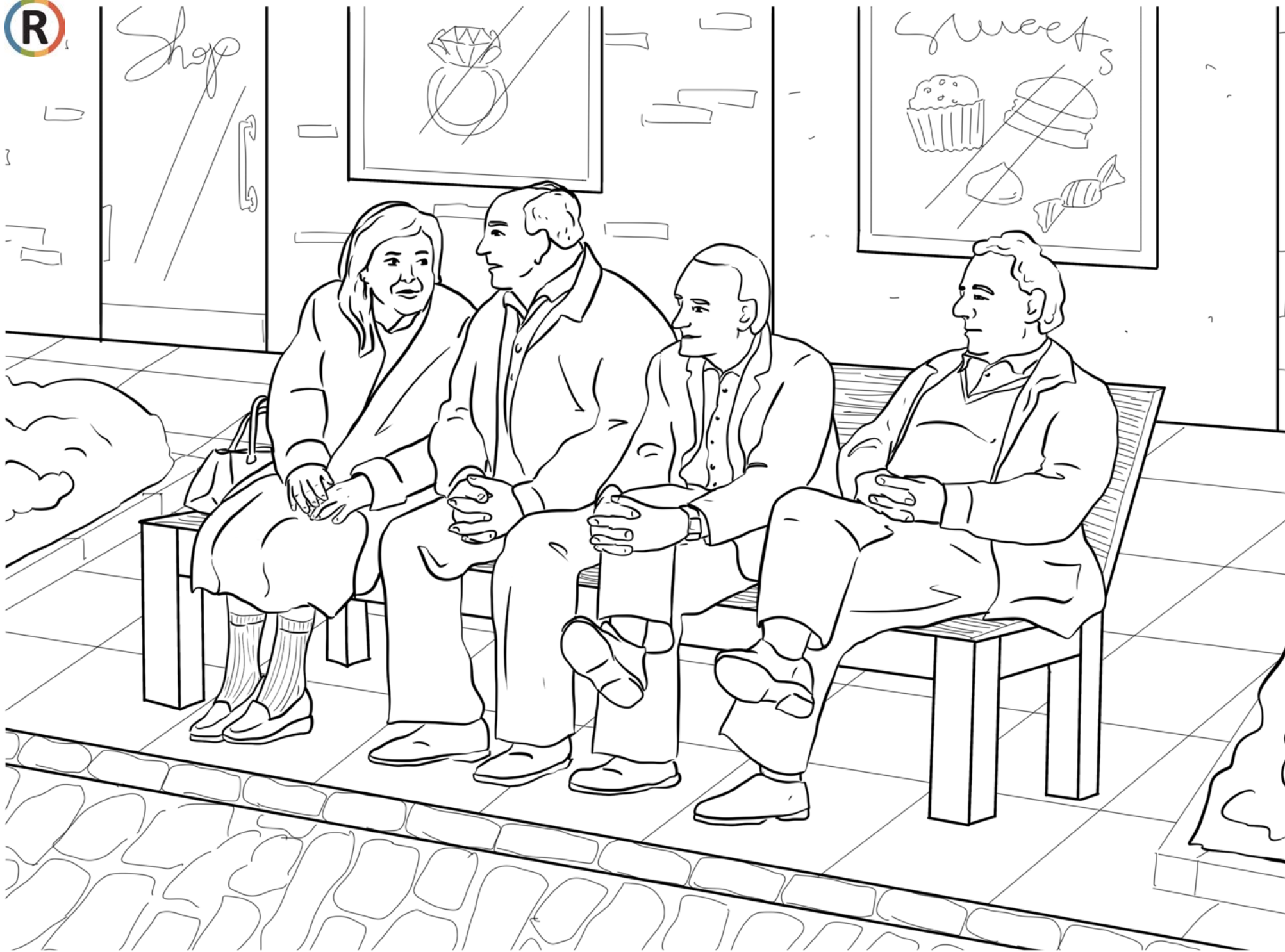


Can you find the words below in the box above?

Appalachia
Bass
Bristol
Chattanooga

Cumberland
Franklin
Gospel
Horse

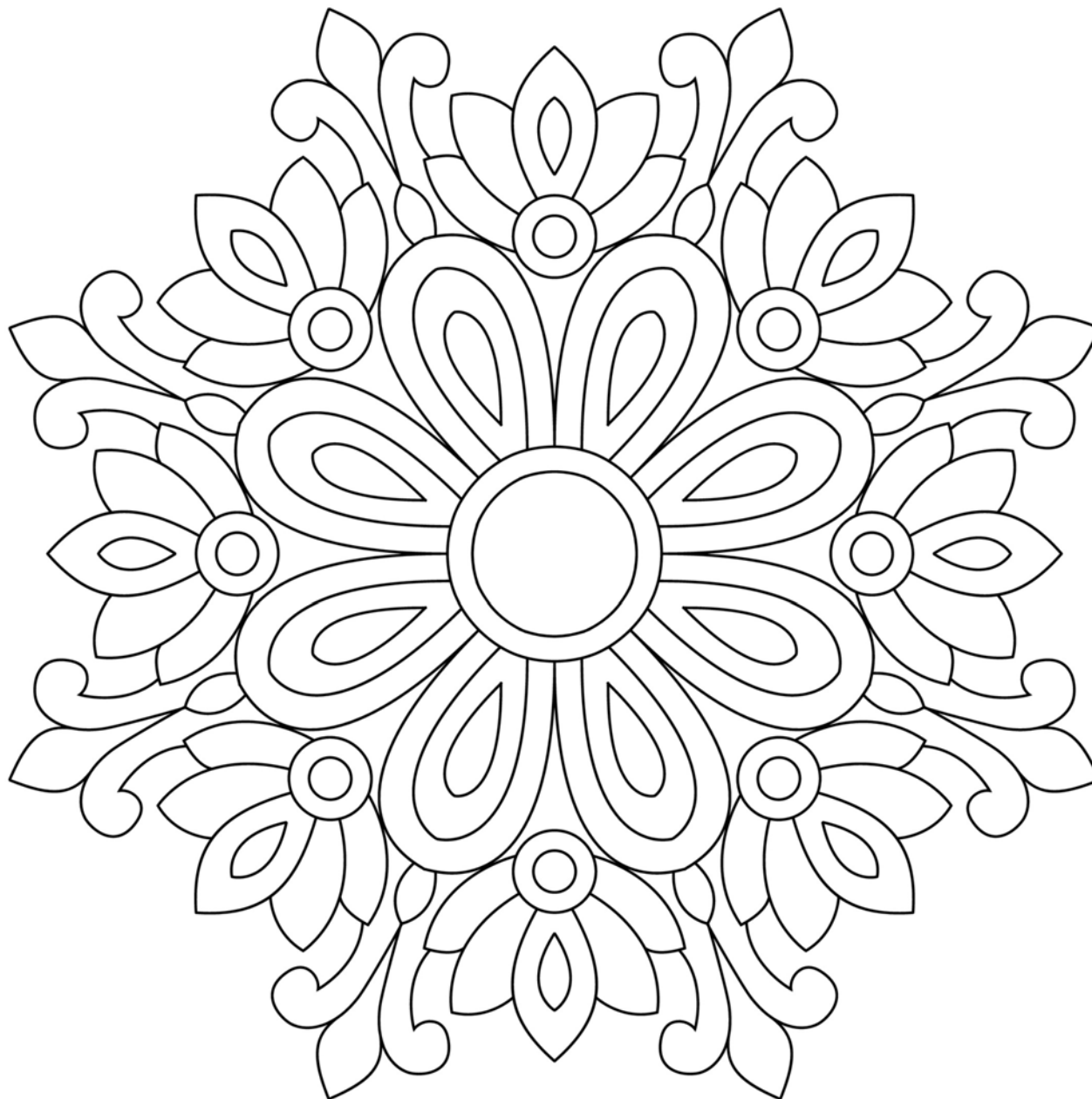
Iris
Jackson
Knoxville
Music



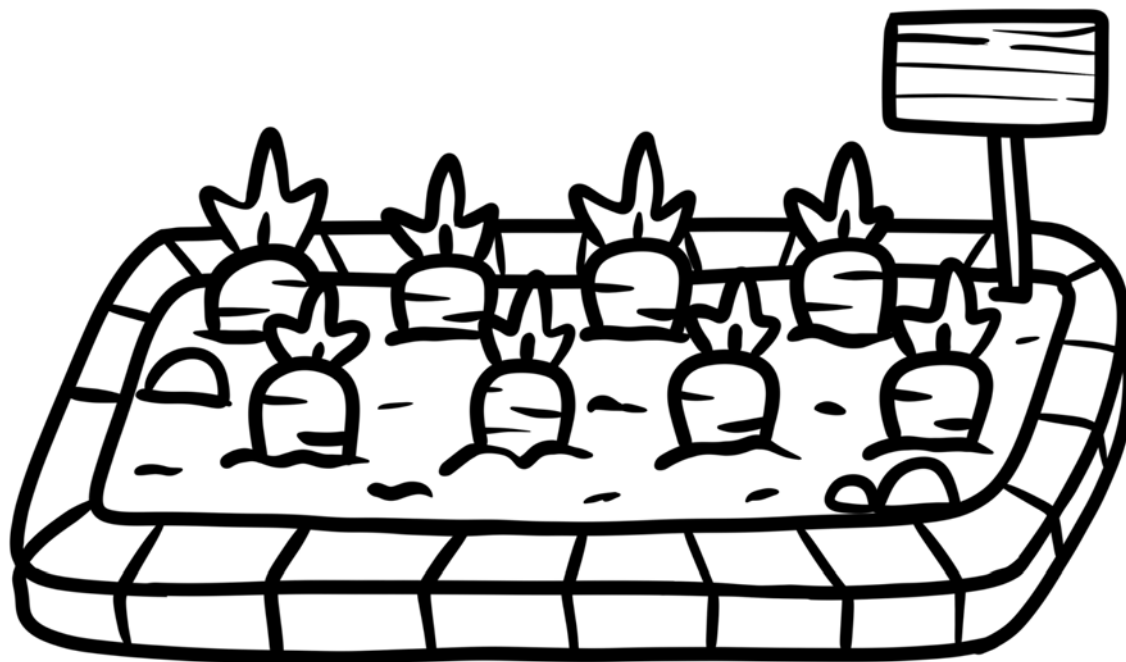


**Imagine a perfect day exploring
Tennessee — where would you go
first?**

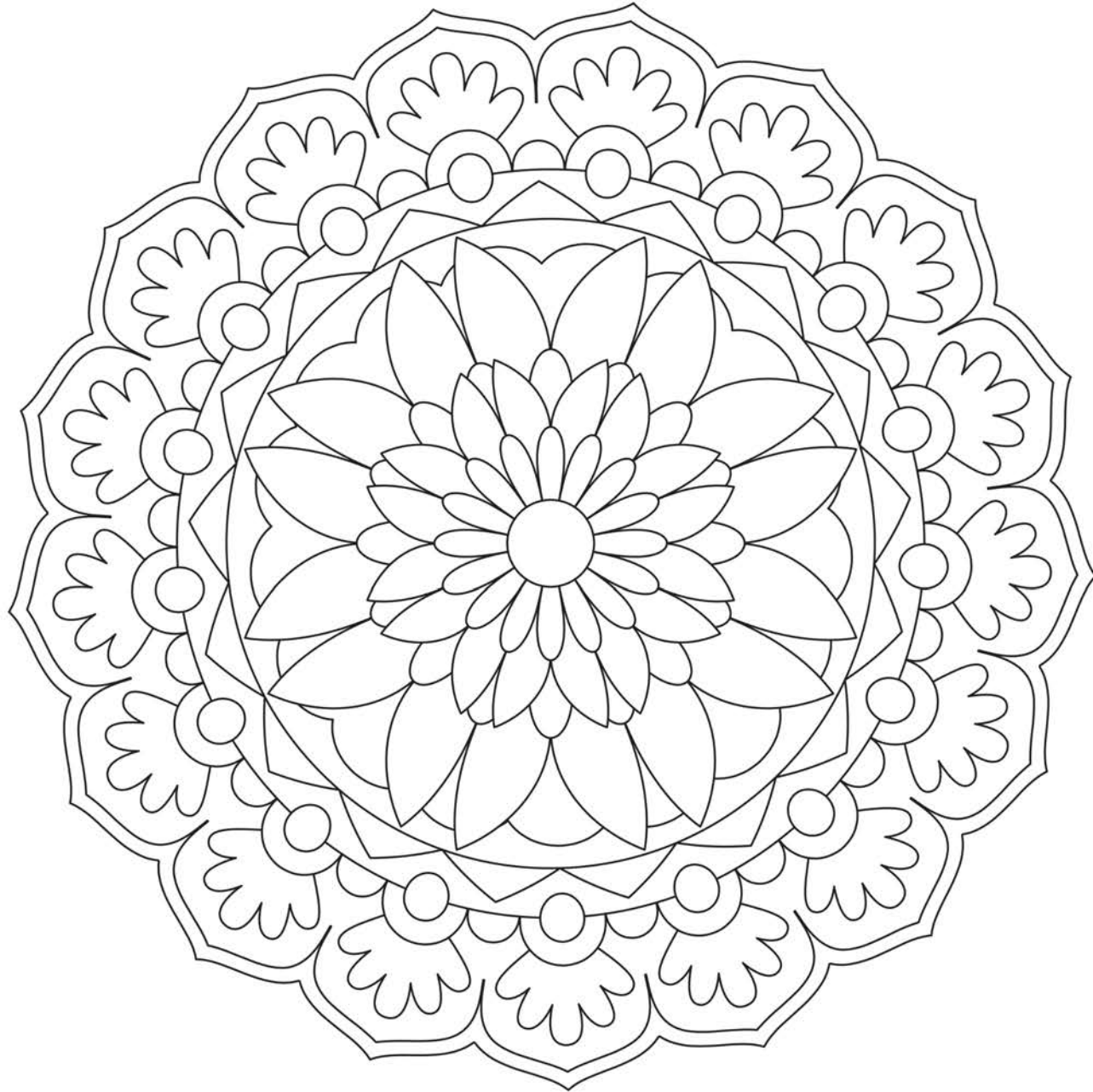








**How does gardening, cooking, or eating
fresh vegetables make you feel?**





Draw a peaceful moment where life feels unhurried. Add a rocking chair, a breeze, or something that brings calm.



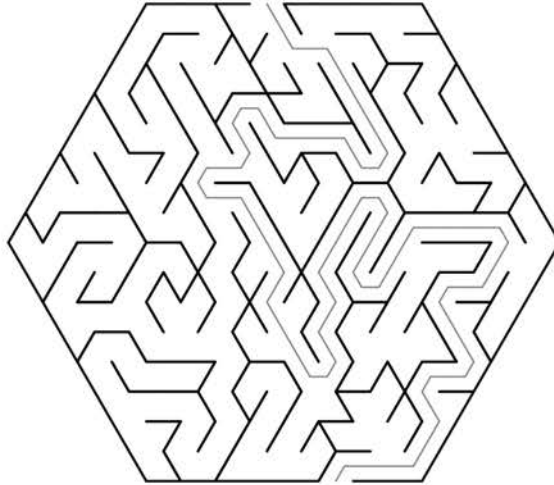
Draw someone doing simple dance steps like swaying, tapping a foot, or clapping along.



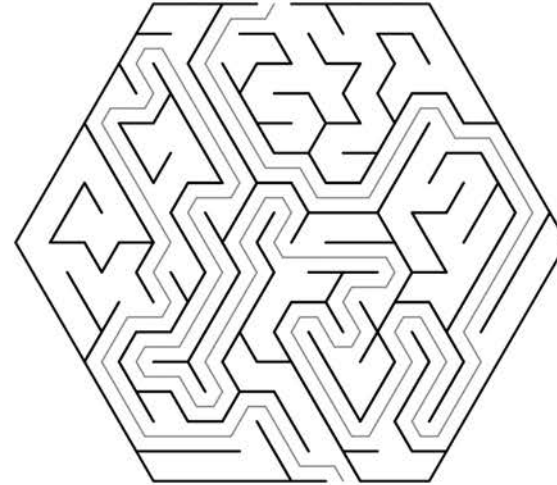
Draw a comforting Southern meal or memory. You might include fried catfish, a plate of Southern vegetables, or a family table.

**M
A
Z
E**

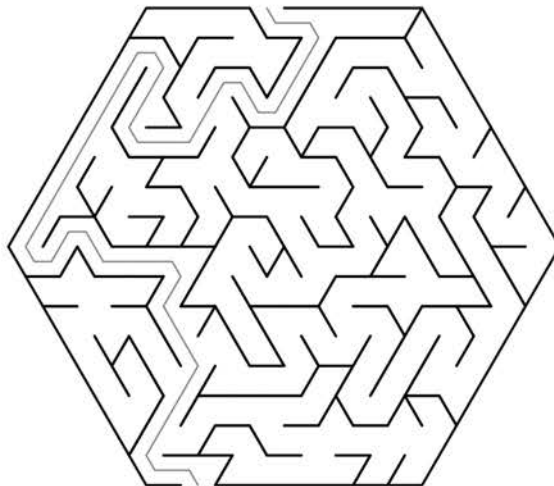
5



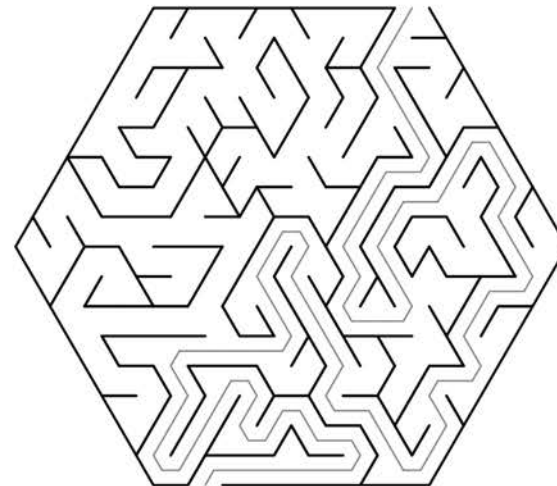
6



7



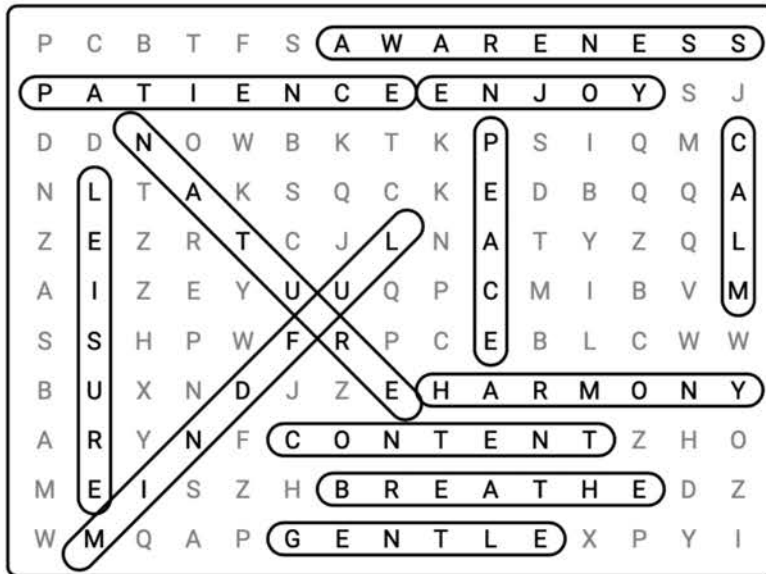
8



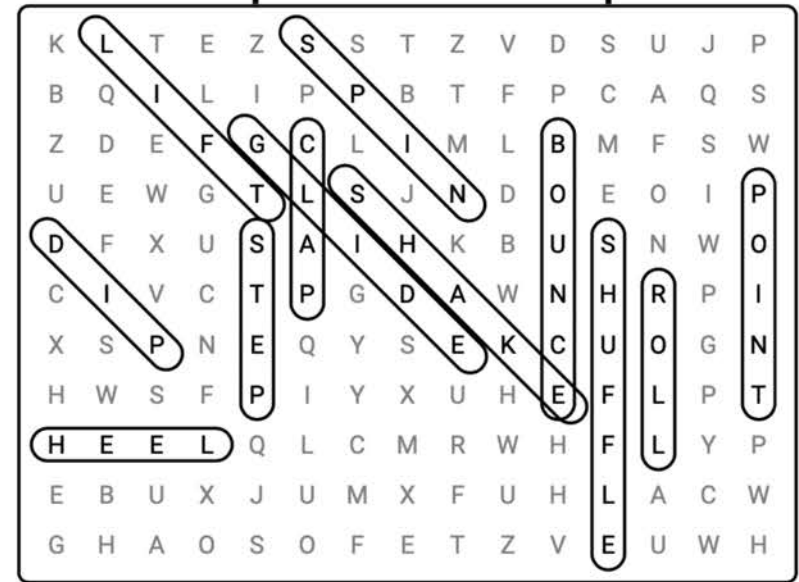
**A
N
S
W
E
R
S**



A Slower Pace

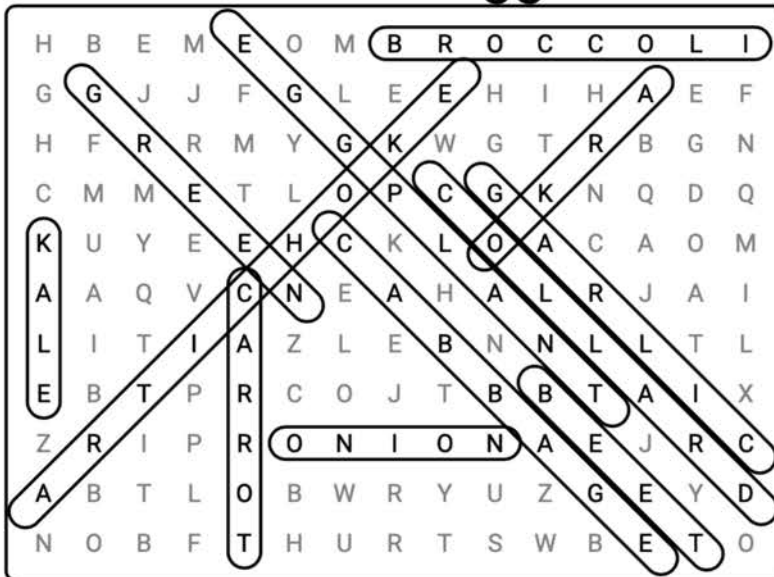


Simple Dance Steps

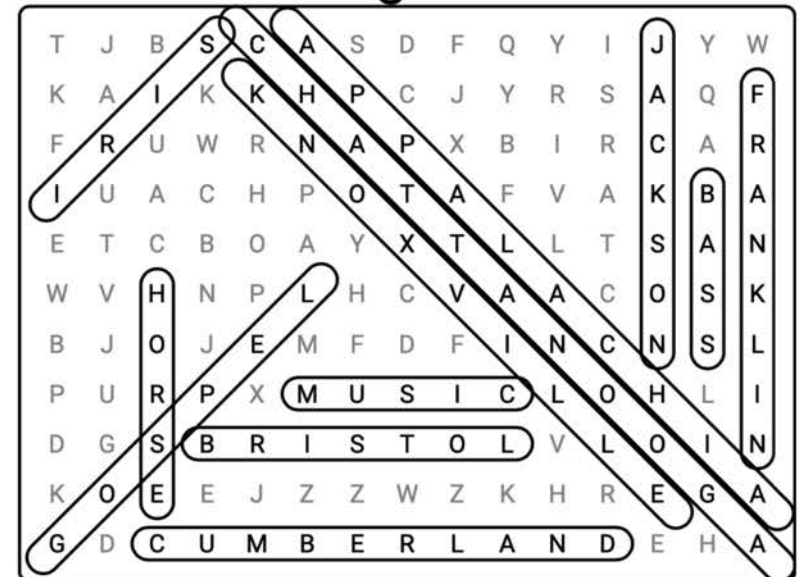


SEARCH

Southern Veggies



Celebrating Tennessee



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



- ✓ Call the Rainbow Hotline



Have questions about services?

(888) 299-8915

AND PRESS 1



Offering free programs such as:

Job Readiness and Placement

Health Care Resources

Financial Literacy Courses

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

- ✓ Go to the online Resident Portal



resident.rainbowhousing.org



RESIDENT PORTAL

