

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

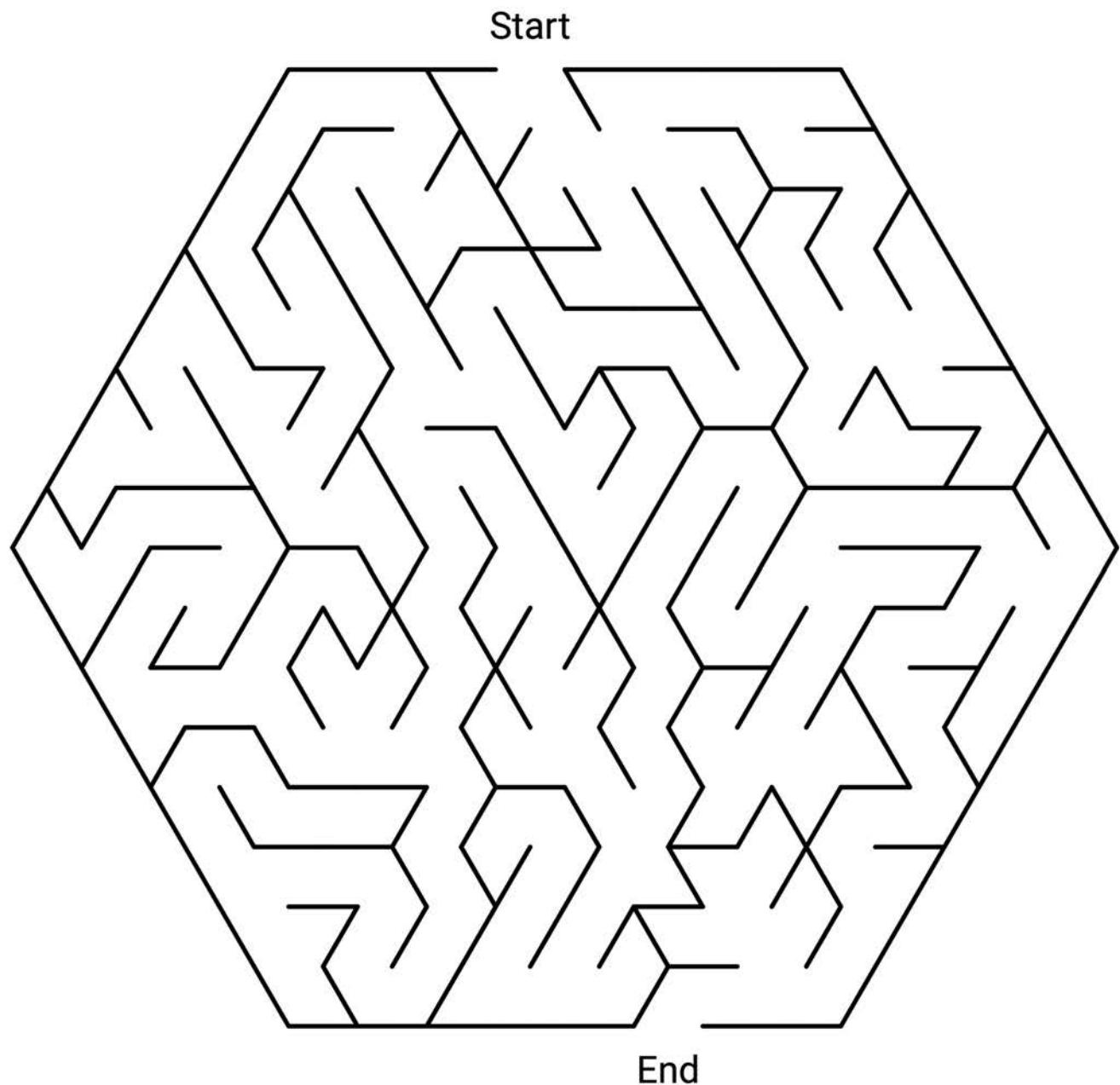
2026- EDITION #2
WELLNESS
FEBRUARY

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

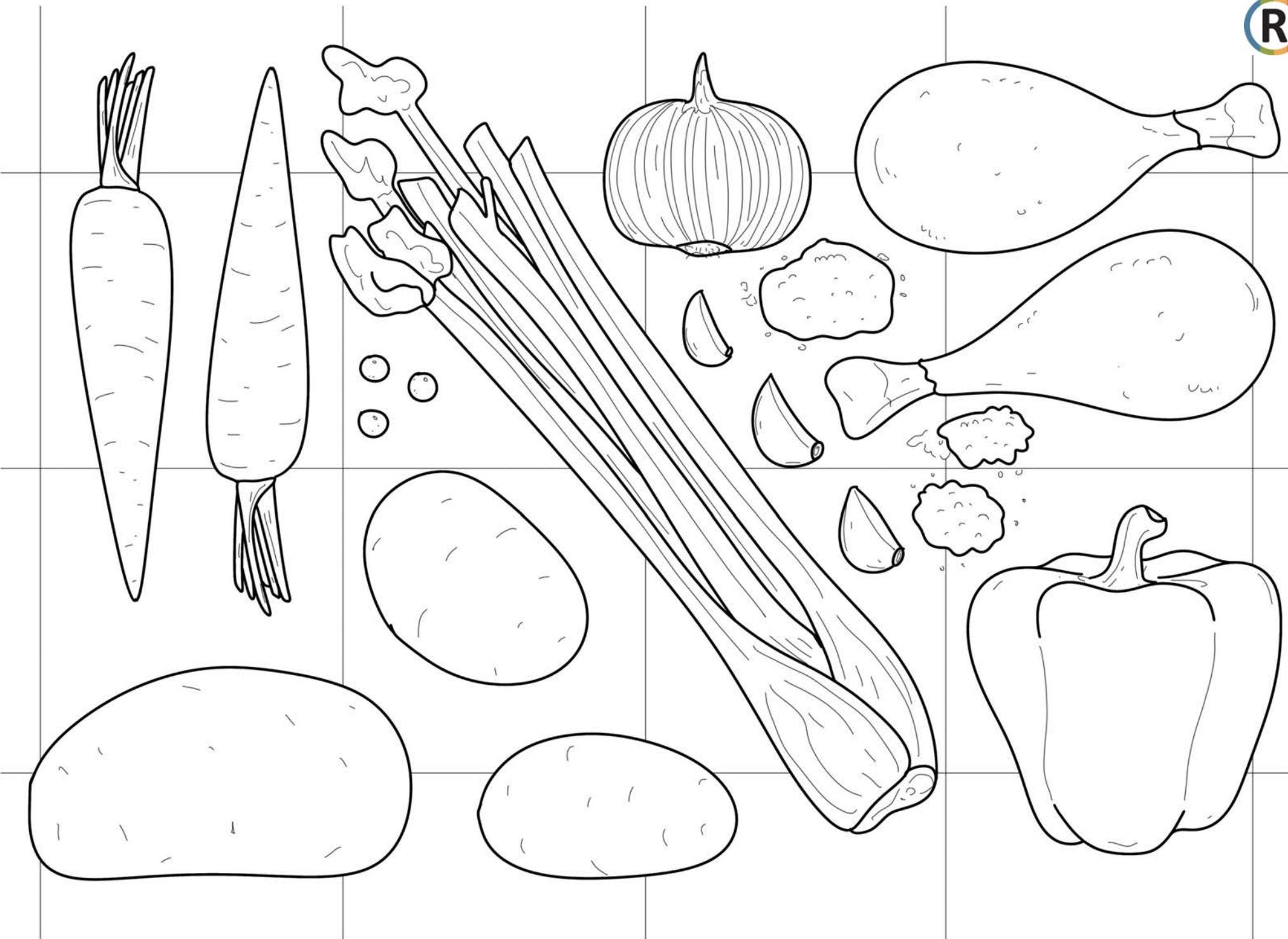


Can you find the words below in the box above?

Awareness
Breathe
Calm
Content

Enjoy
Gentle
Harmony
Leisure

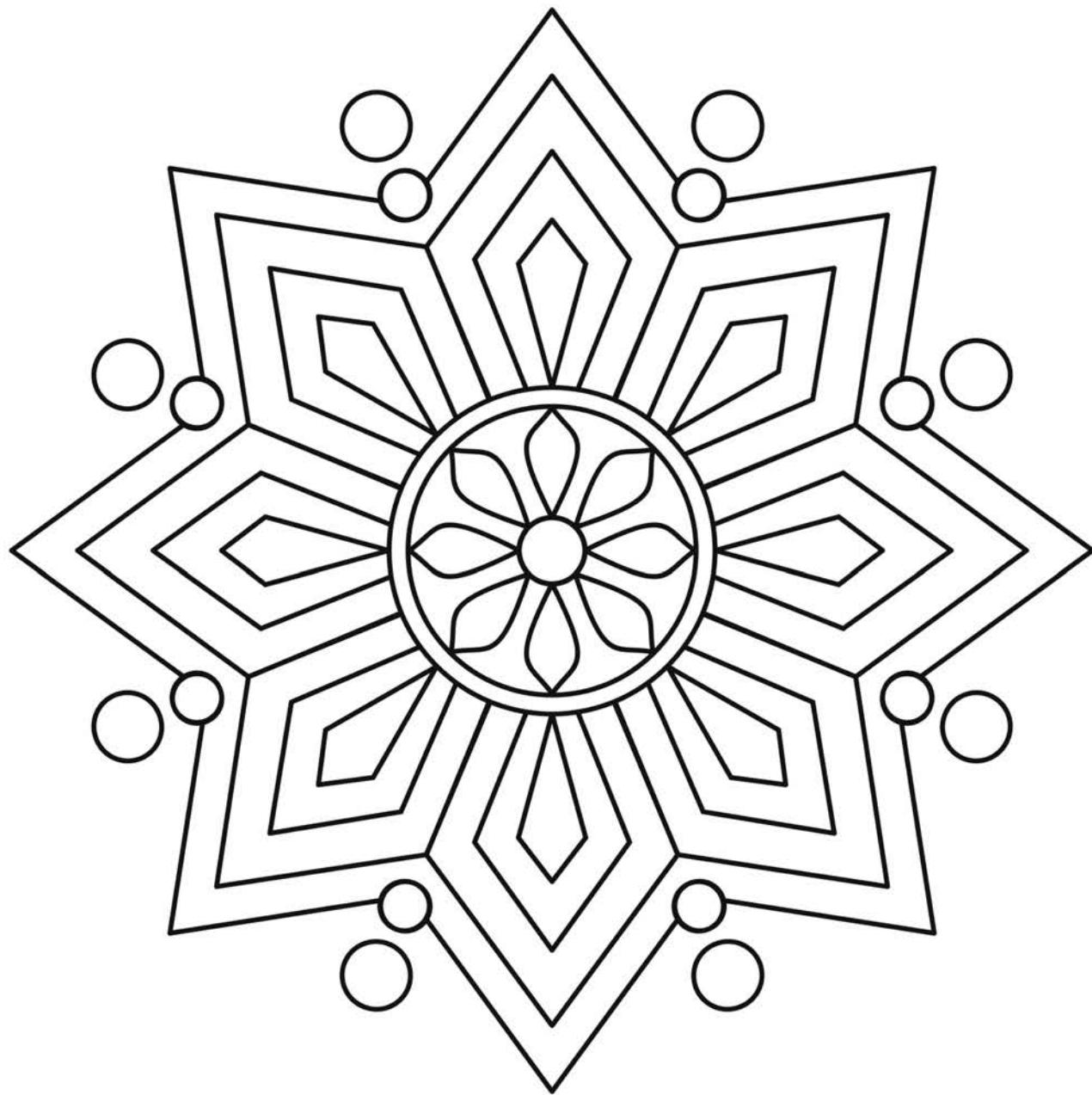
Mindful
Nature
Patience
Peace

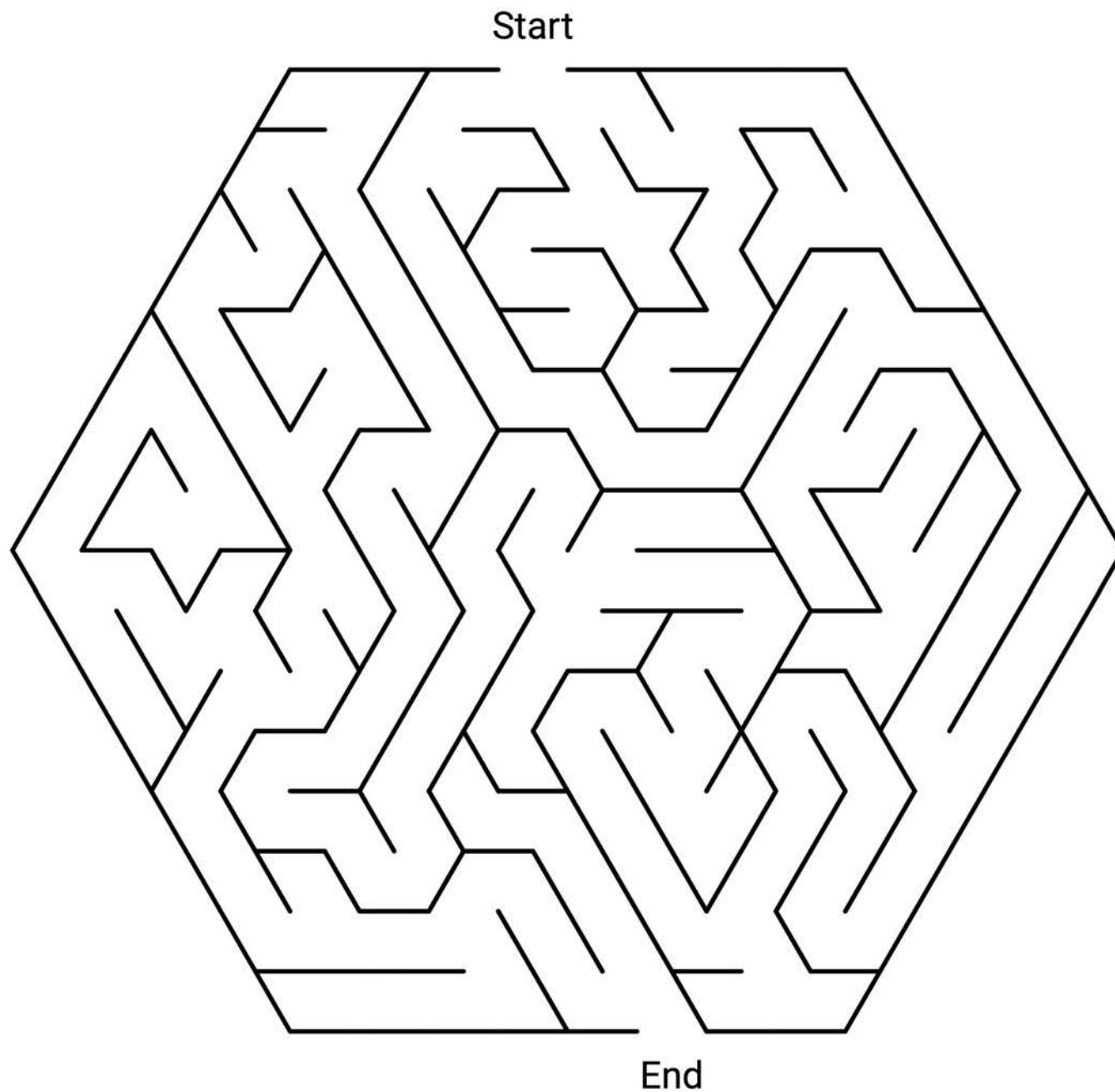




**How does taking a
few deep breaths or
pausing change your
day?**







**Maze
6**

Simple Dance Steps

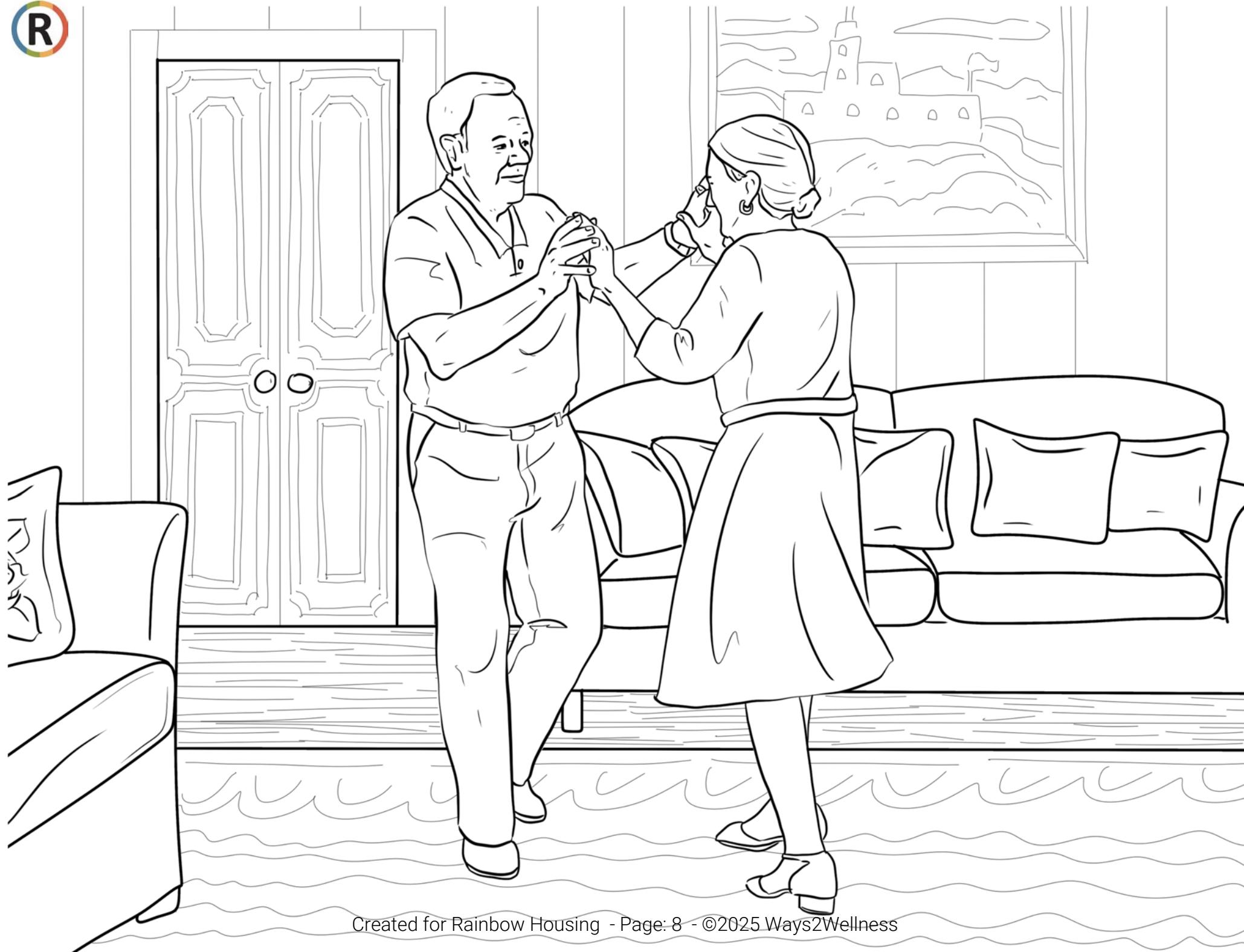
K	L	T	E	Z	S	S	T	Z	V	D	S	U	J	P
B	Q	I	L	I	P	P	B	T	F	P	C	A	Q	S
Z	D	E	F	G	C	L	I	M	L	B	M	F	S	W
U	E	W	G	T	L	S	J	N	D	O	E	O	I	P
D	F	X	U	S	A	I	H	K	B	U	S	N	W	O
C	I	V	C	T	P	G	D	A	W	N	H	R	P	I
X	S	P	N	E	Q	Y	S	E	K	C	U	O	G	N
H	W	S	F	P	I	Y	X	U	H	E	F	L	P	T
H	E	E	L	Q	L	C	M	R	W	H	F	L	Y	P
E	B	U	X	J	U	M	X	F	U	H	L	A	C	W
G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

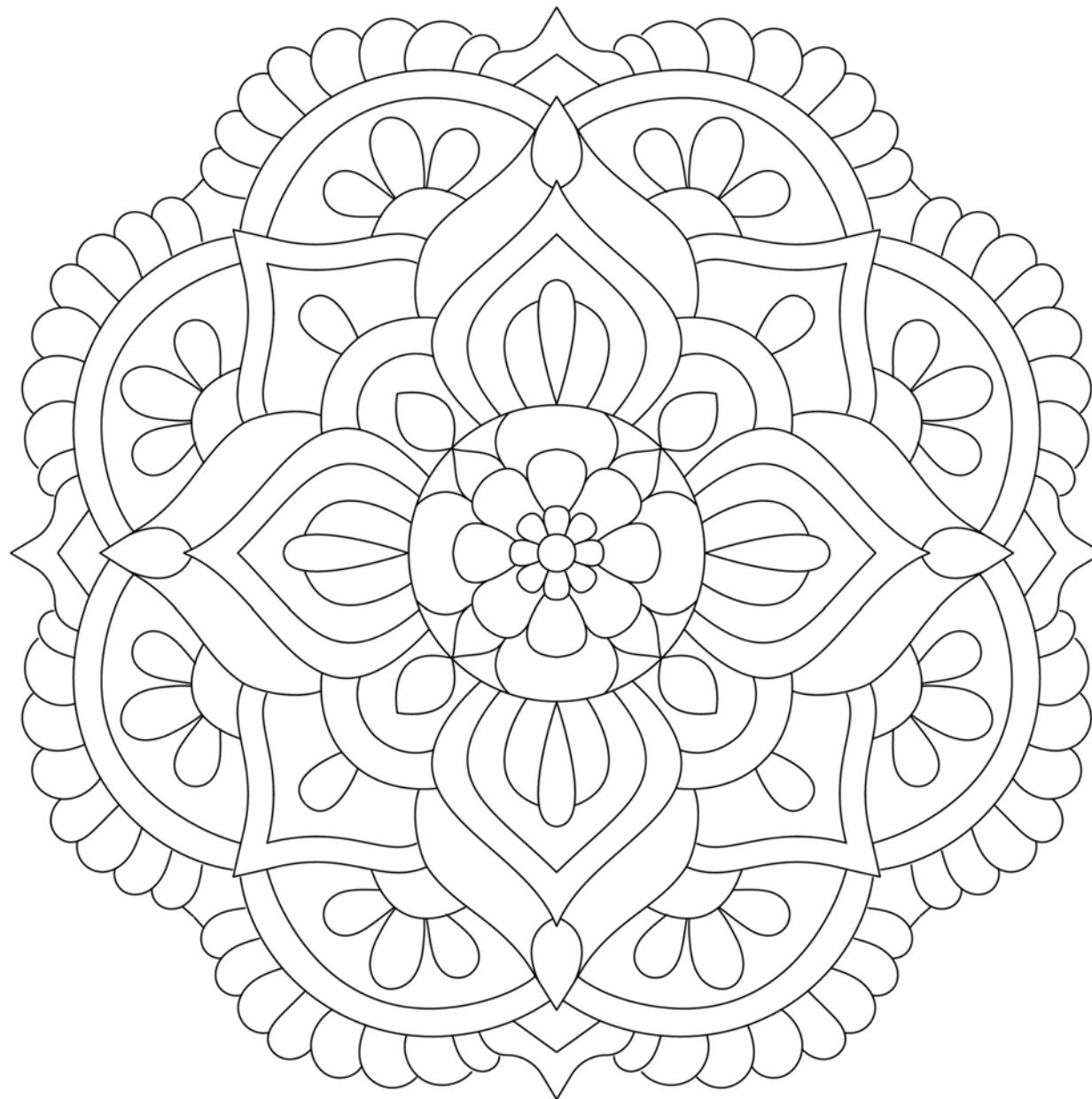
Heel
Lift
Point
Roll

Shake
Shuffle
Spin
Step

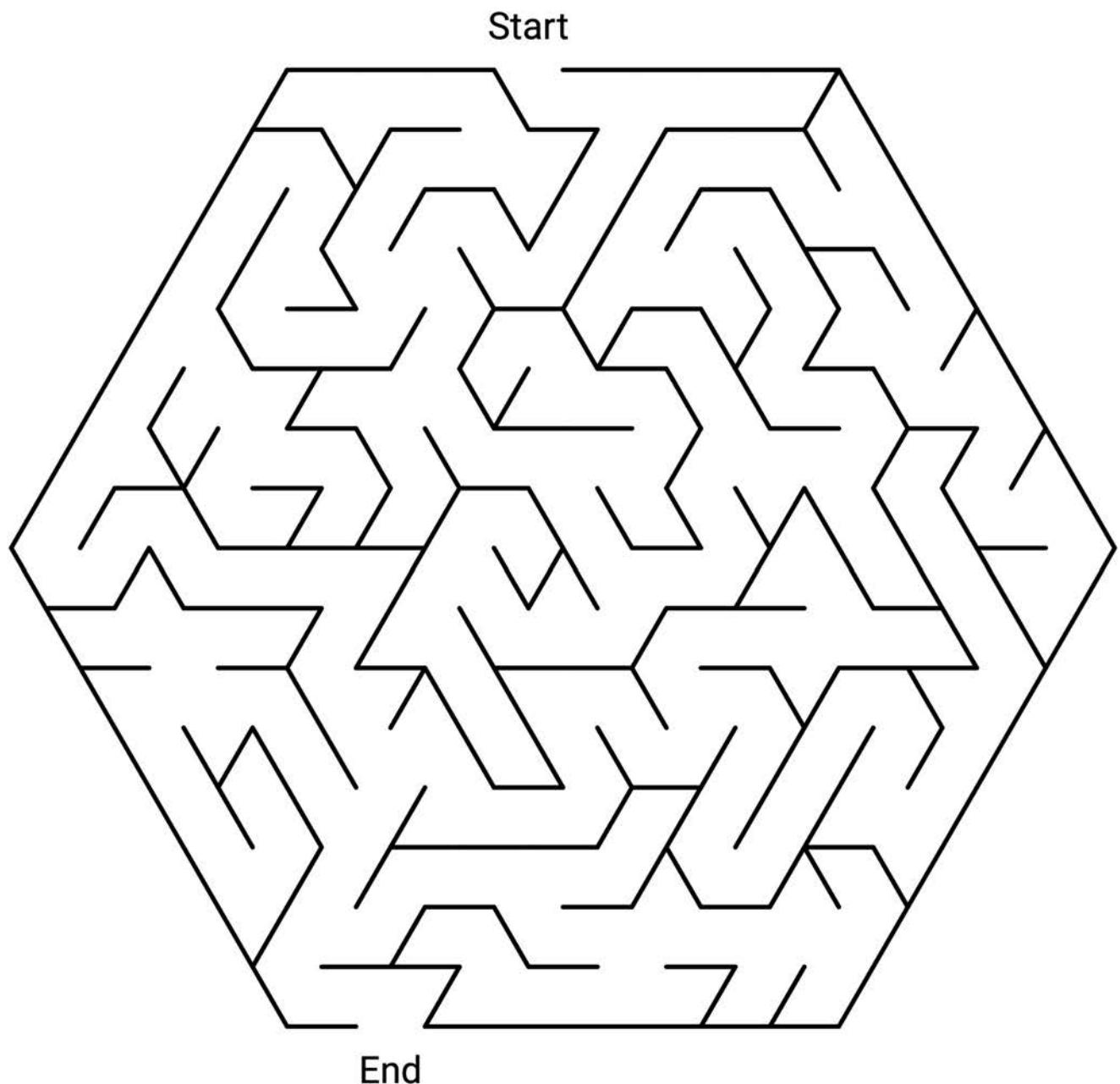


Recall a moment when you enjoyed a quiet morning or evening – what made it special?





**Maze
7**





Southern Veggies



Can you find the words below in the box above?

Artichoke
Beet
Broccoli
Cabbage

Carrot
Collard
Eggplant
Garlic

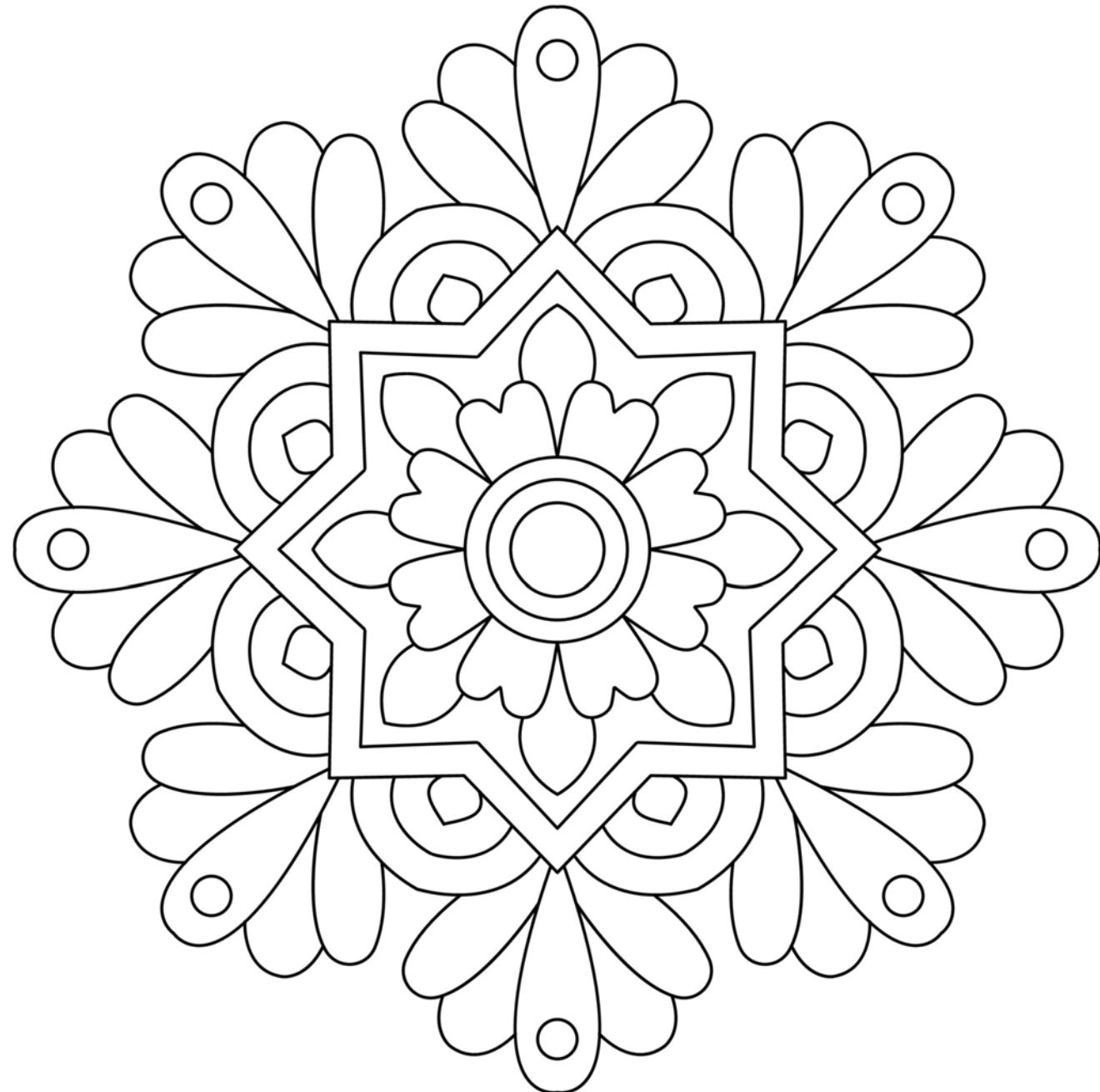
Green
Kale
Okra
Onion

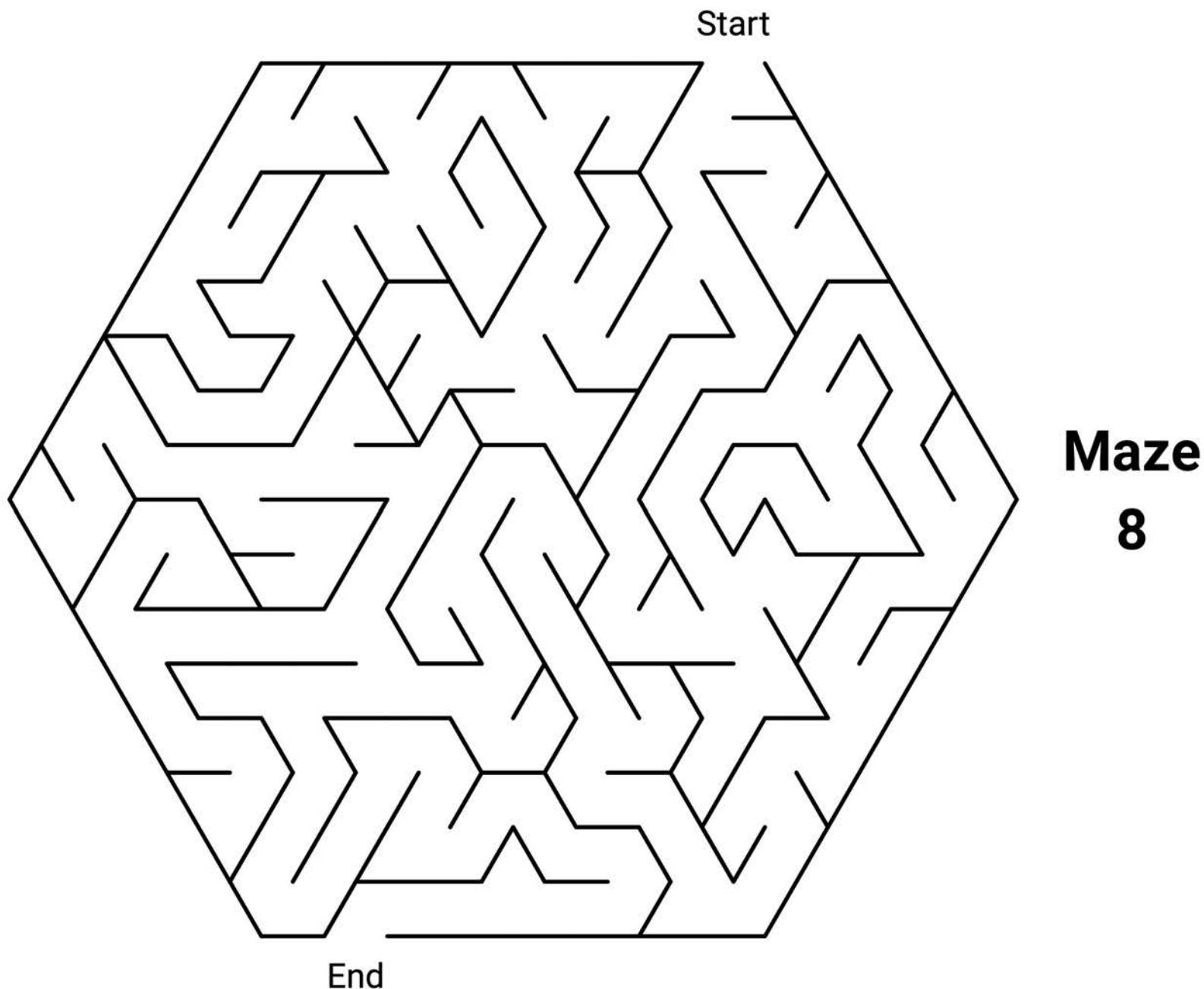
TENNESSEE





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





Celebrating Tennessee



Can you find the words below in the box above?

Appalachia

Bass

Bristol

Chattanooga

Cumberland

Franklin

Gospel

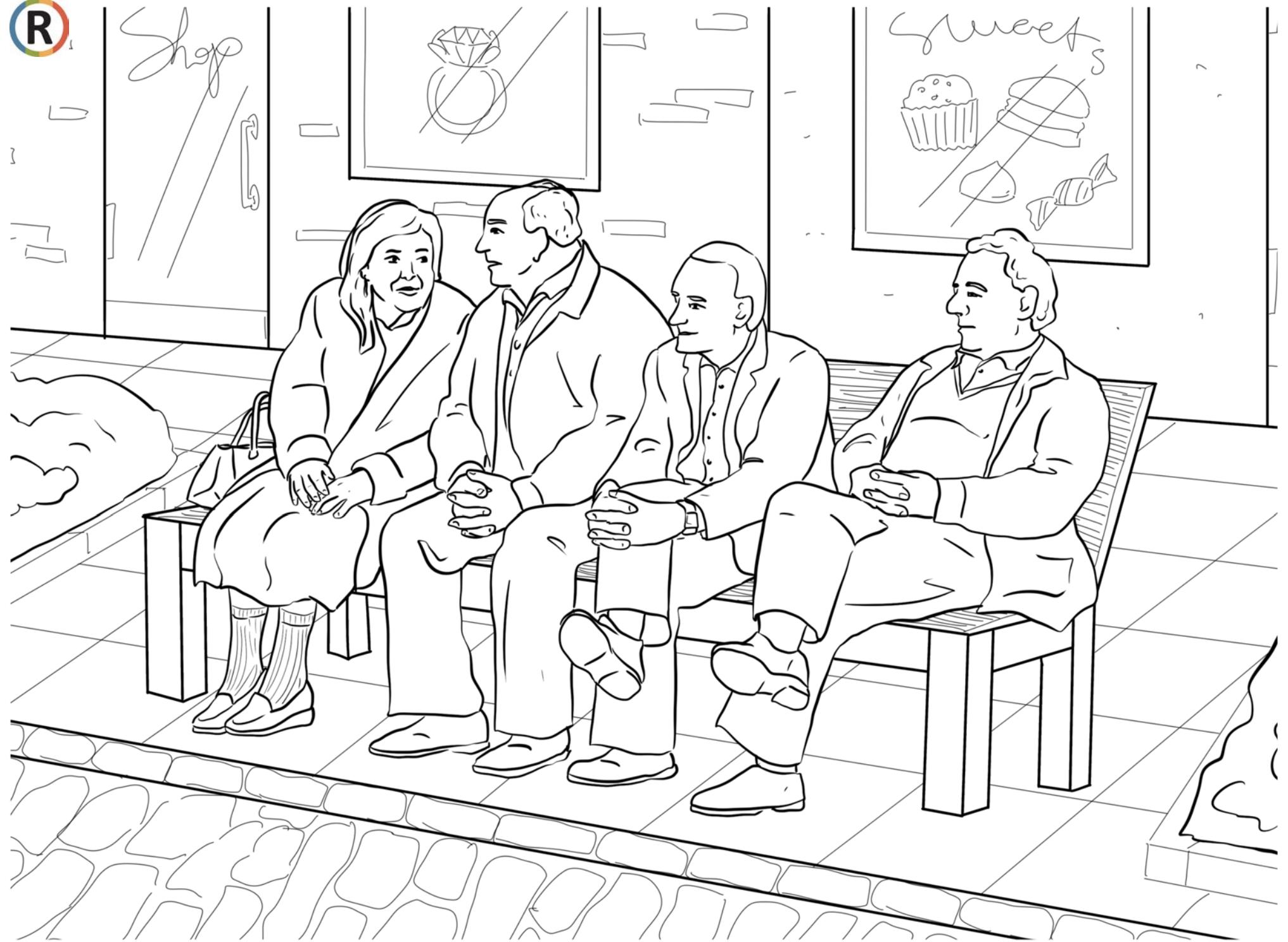
Horse

Iris

Jackson

Knoxville

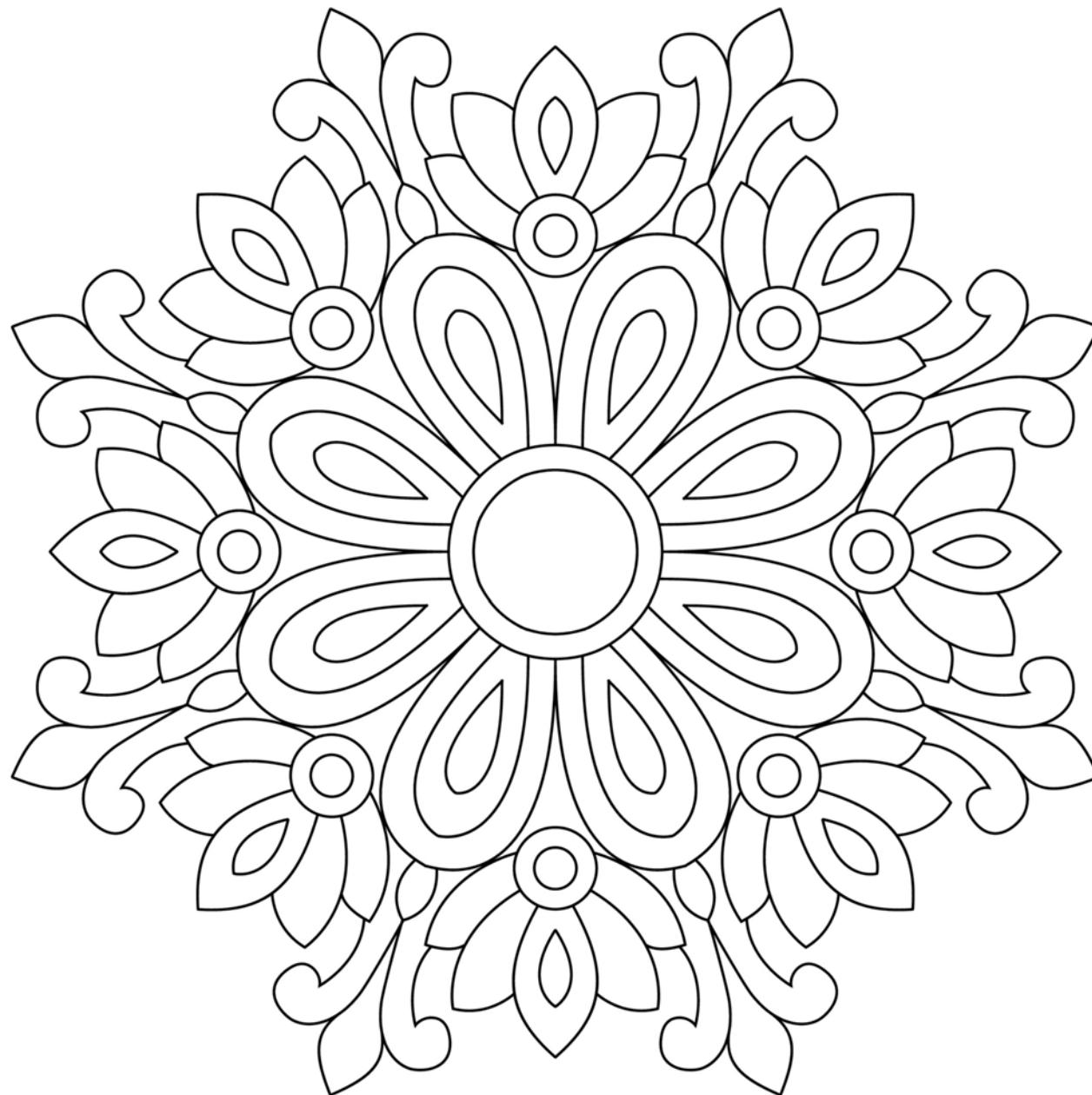
Music



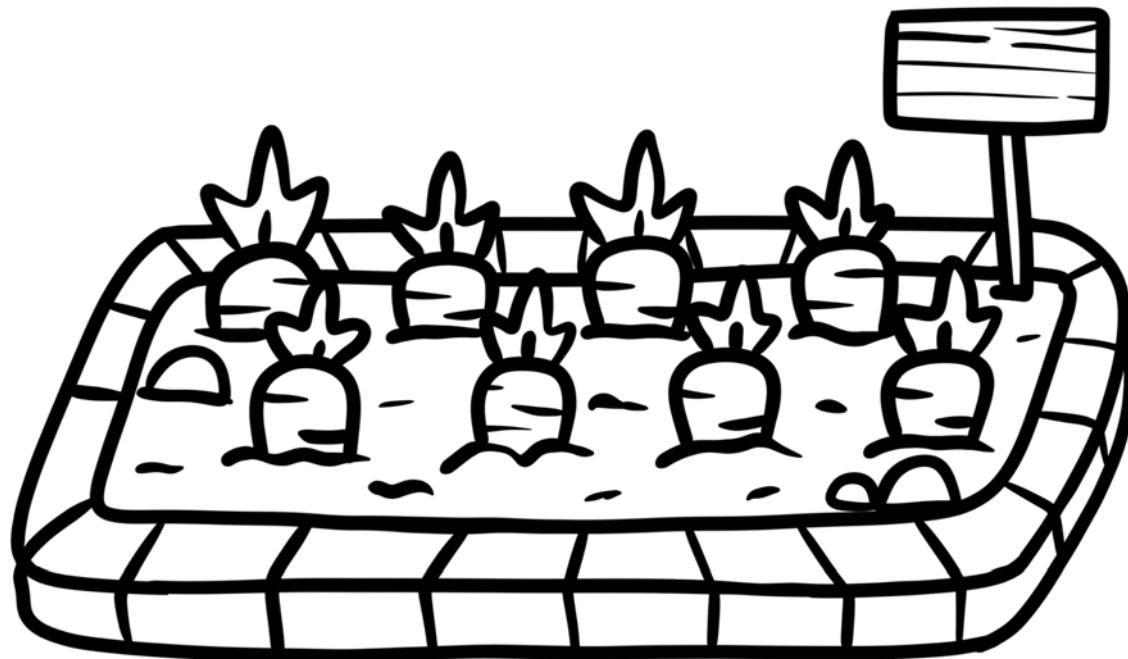


**Imagine a perfect day exploring
Tennessee – where would you go
first?**

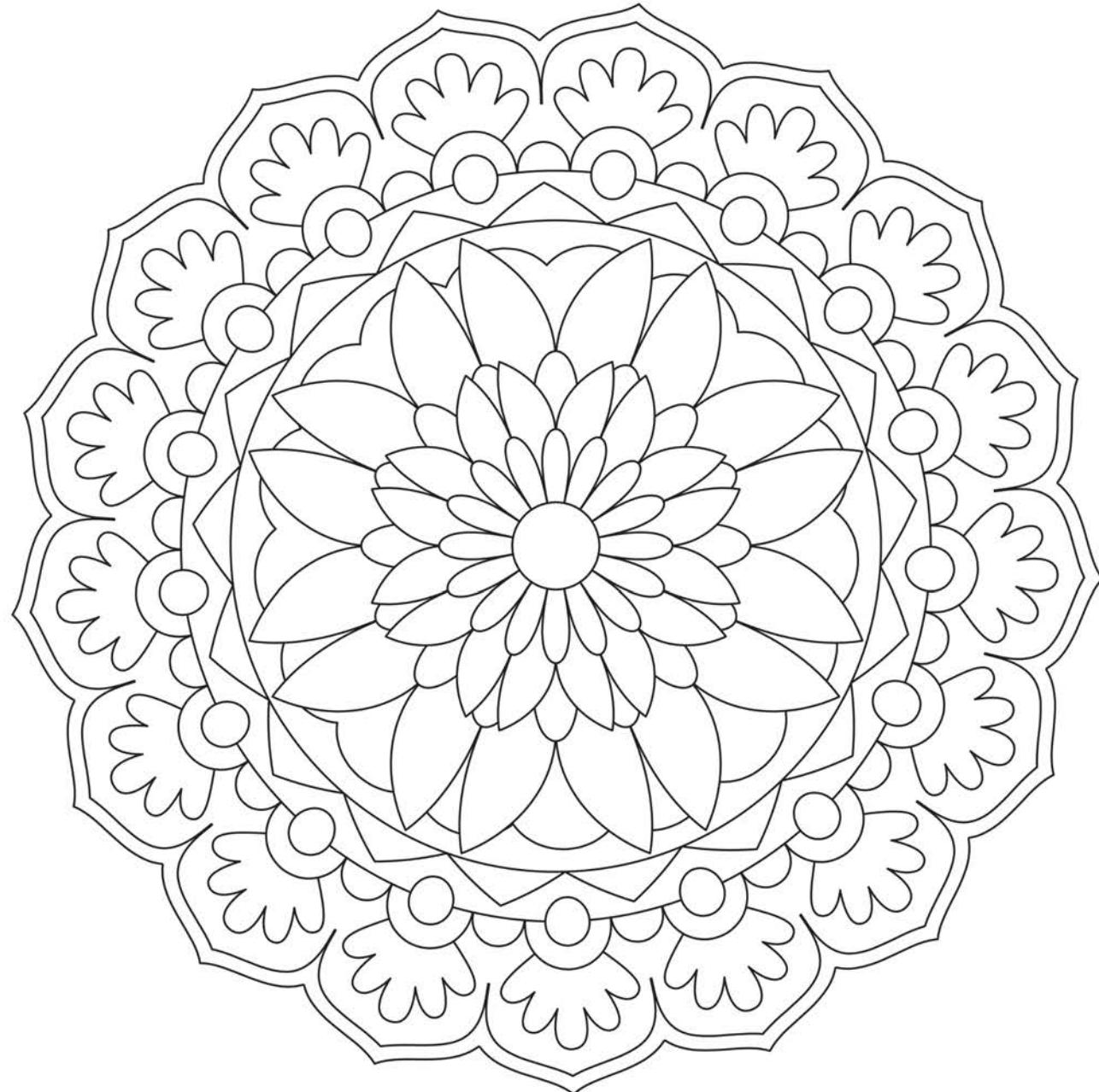








**How does gardening, cooking, or eating
fresh vegetables make you feel?**





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



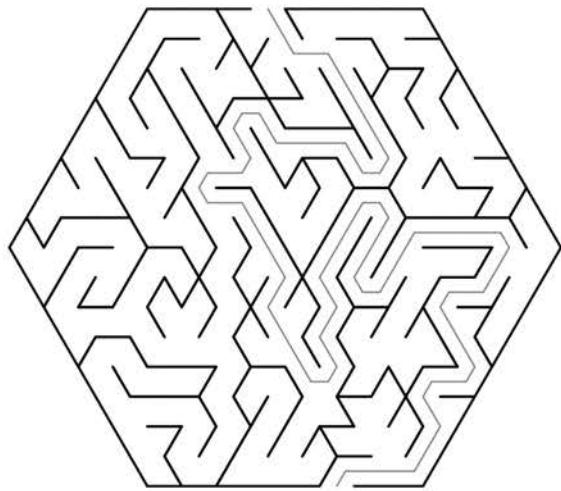
Draw someone doing simple dance steps like swaying, tapping a foot, or clapping along.



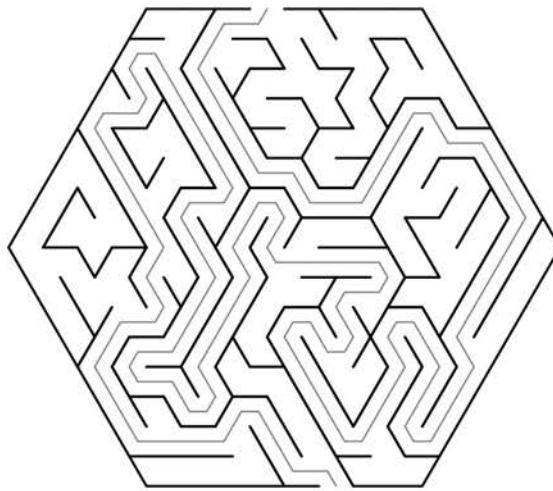
Draw a comforting Southern meal or memory. You might include fried catfish, a plate of Southern vegetables, or a family table.

M
A
Z
E

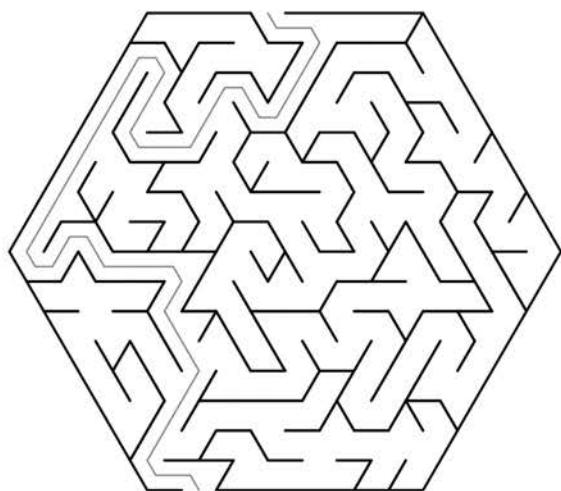
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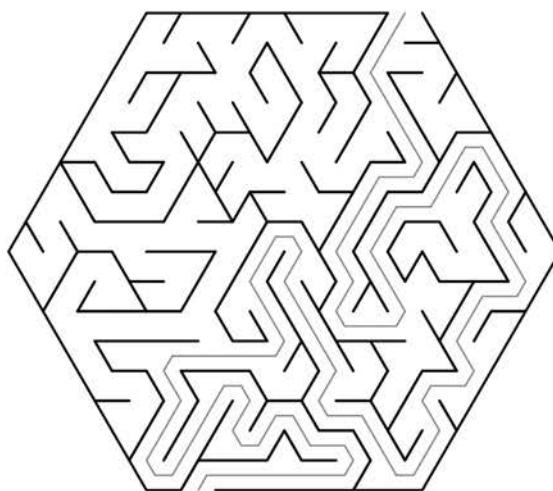
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7



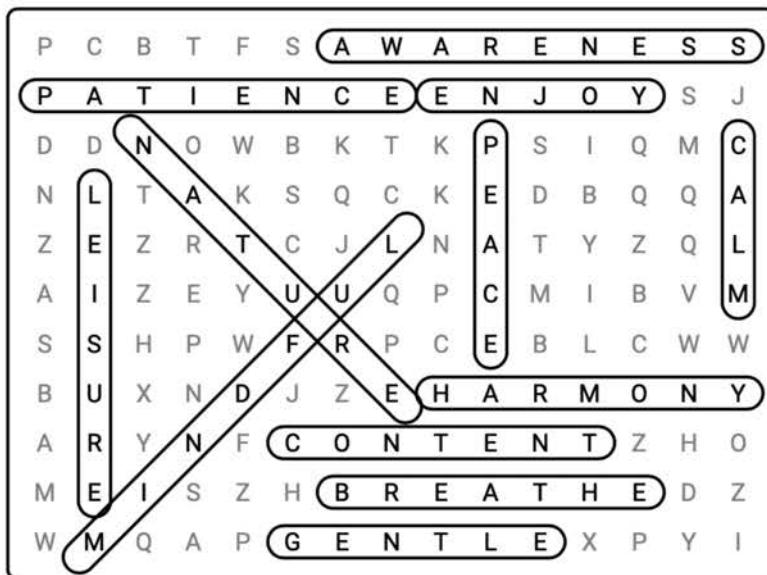
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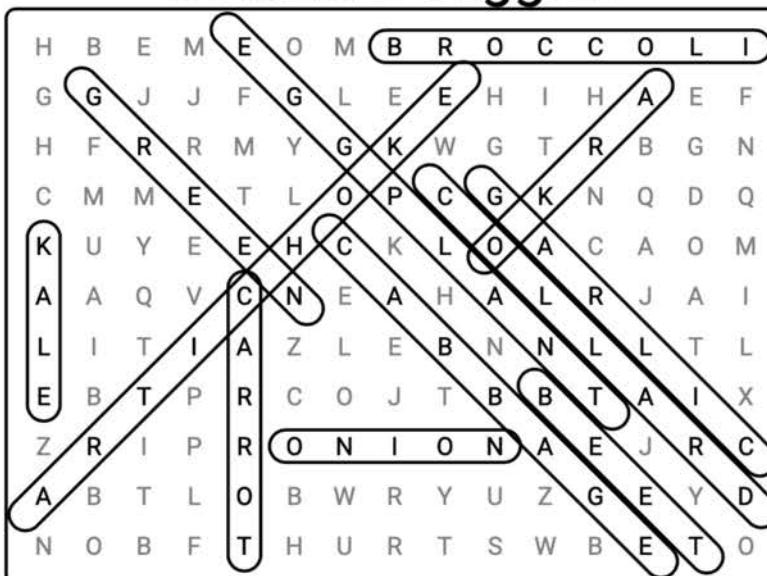
A
N
S
W
E
R
S



A Slower Pace

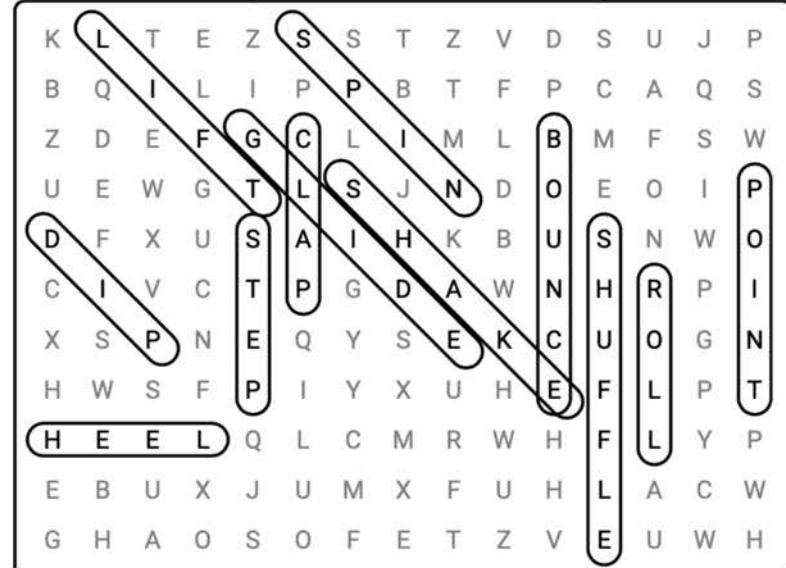


Southern Veggies



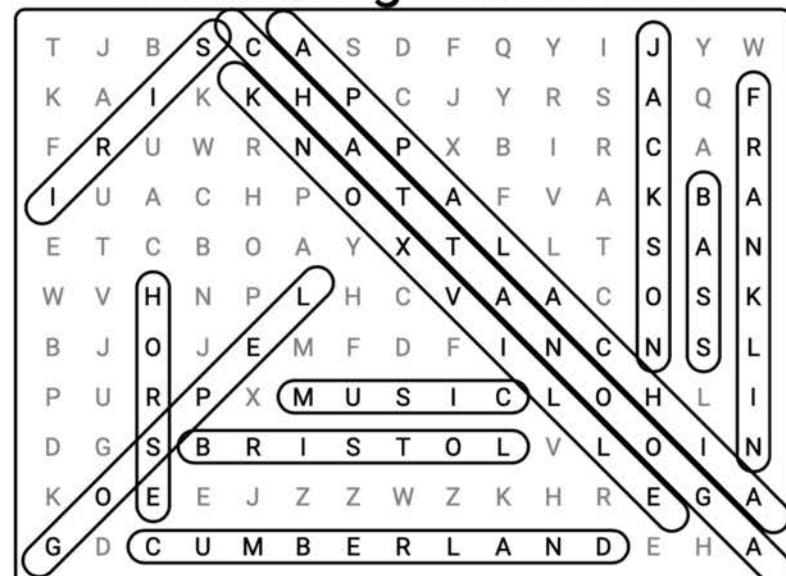
**S
E
A
R
C
H**

Simple Dance Steps



**A
N
S
W
E
R
S**

Celebrating Tennessee





JOIN US
FOR

Let's connect!



Rainbow Senior Circle



@Rainbowhousinglife



@Rainbowhousing

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

- Puzzles
- Exercise Classes
- Senior Activities
- Book Club
- Educational Courses
- Senior Networking



Have questions about services?

- ✓ Call the Rainbow Hotline



(888) 299-8915
AND PRESS 1



RAINBOW HORIZONS
Senior Circle Network

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