



Pastimes

Activities for Adults

Use this booklet to relax with fun activities, find conversation starters to discuss with loved ones, and explore helpful community resources.

Can you find them all? Find the 5 hidden EVPL logos  scattered throughout the booklet!

EVPL's Library of Things

MEMORY Care Kits

EVPL offers Memory Care Kits within our Library of Things. These kits are intended for those with dementia or other forms of memory loss and their caregivers. These kits were provided by the Geriatrics Workforce Enhancement Program (GWEP) through USI.

Find the kits in the Health and Fitness section of our Library of Things at evpl.org/things.



A curbside pickup service.

Learn more about this service at evpl.org/togo.

Available at all EVPL locations.

HOURS

Monday - Friday

9:00 am - 6:00 pm

Saturday

9:00 am - 5:00 pm

Sunday

EVPL Central Only

1:00 - 5:00 pm



Community Resources

Southwestern Indiana Regional Council on Aging

SWIRCA & More

16 West Virginia Street
Evansville, IN 47710

Main phone: 812.464.7800

Resource Center: 812.464.7817



SWIRCA Programs

Living with Loss

Discussion Group

This group is for individuals who are dealing with any kind of loss.

First Wednesday of each month
at 1:00 pm.

Caregiver Support Group

A safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.

Last Monday of each
month at 2:00 pm.

Dementia Friends

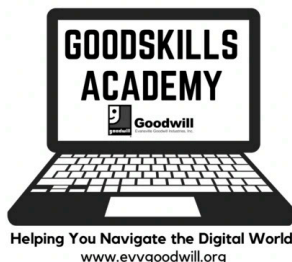
Information Meeting

For anyone interested in learning more about dementia.

Second Monday of each
month at 1:00 pm.

All programs held at SWIRCA & More. For questions about SWIRCA services, contact Rhonda Walsh (rwalsh@swirca.org) or Linda Wright (lwright@swirca.org).

Looking to learn the basics of computers?



Sign up for a GoodSkills Academy Class to learn everything from the Internet to Microsoft Word!

The GoodSkills Academy is another part of our mission to help individuals with barriers to employment gain the skills they need to succeed. This program offers **FREE** computer classes to anyone in the community with a curriculum starting with Essential Computer Skills and covers Microsoft Excel and Word, and even a Resume Workshop!

812-474-2222 | evvgoodwill.org | 5001 Washington Ave.

Plants Word Search

Words can be found vertically, horizontally, or diagonally.



1. Azalea 2. Boxwood 3. Cactus 4. Cordyline 5. Daylily 6. Edelweiss
7. Eucalyptus 8. Firethorn 9. Freesia 10. Goldenrod 11. Hibiscus 12. Honeysuckle
13. Ironwood 14. Lavender 15. Lisianthus 16. Marigold 17. Milkweed 18. Oleander
19. Orchid 20. Pansy 21. Peppermint 22. Rosemary 23. Sassafras 24. Snapdragon
25. Violet

Answer key is on page 23

Explore the Senses

Find a comfortable spot outside to sit. Close your eyes and take a few deep breaths. Spend some time drawing or writing down responses to the prompts below.

Describe or draw two things you **SMELL**:

Describe or draw three things you **SEE**:

Describe or draw four things you **HEAR**:

Conversation Starters!

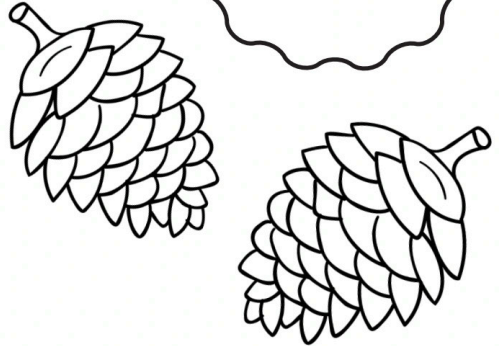
What are some of your favorite plants or flowers?

Do at Home Craft

DIY Pinecone Bird Feeder

You will need

- Large, open, natural pinecones (about the size of a fist, with no additives)
- Twine or string
- Peanut butter (smooth or crunchy, no artificial sweeteners)
- Birdseed



1. Measure and cut a piece of twine or string about 10 inches long and tie it to the top of your pinecone. Then tie the ends of the twine together to make a loop to hang the pinecone.
2. Place a scoop of peanut butter on a plate or paper towel.
3. With a butter knife, spread the peanut butter onto the pinecone, making sure you get a little bit on each one of the pinecone scales.
4. When you have applied enough peanut butter, grip the pinecone at both the top and bottom and dip it into a bowl of birdseed.
5. Dip and roll all sides of the pinecone until the peanut butter is completely covered with birdseed.

Now you are ready to hang your pinecone outside on a tree or bush and watch the birds enjoy their treat. You can keep track of the birds that stop by. Write down how many birds you see, what they look like, and what time of day they were there. Use the note pages near the back of this booklet if needed (pages 21-22).

Source: <https://onelittleproject.com/pinecone-bird-feeders/>

"I firmly
believe that
nature brings
solace in all
troubles."

Anne Frank



Find all of the NATURE items listed below.

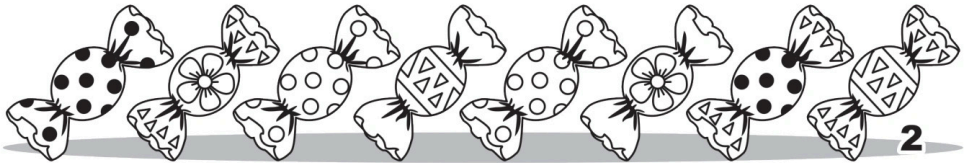


**Make up a short story or poem
based on the picture below.**



Matching Candy Puzzle

Find the two rows that are mirror images of each other. Each row has a mirrored match. There are 3 pairs.



Answer key is on page 23

Try an Easy Recipe

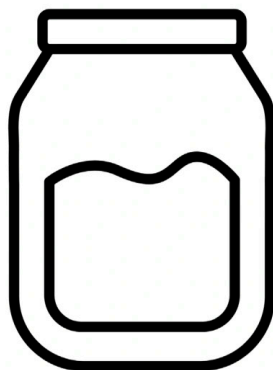
Butter in a Jar

Ingredients/Materials Needed

- Heavy cream
- Salt, to taste
- Metal jar with a tight fitting lid

Optional mix-ins:

- Chopped herbs (parsley, basil, oregano, thyme, dill, etc.)
- Cinnamon
- Honey



Directions

1. Pour the cream into your jar. Fill it up about halfway. There should still be room in your jar, as the cream will expand.
2. **(Optional):** Add any herbs, spices, or other ingredients to the jar. These will be used to flavor your butter.
3. Add in a pinch of salt, depending on how salty you'd like your butter to be.
4. Screw the lid on tightly.
5. Shake your jar vigorously for 8-10 minutes. You will start to see a ball form. Keep shaking until you see a hard ball and a separate liquid.
6. Open your jar and pour out the liquid to separate the ball of butter. This liquid is buttermilk.
7. Enjoy your butter! Make sure to store it in the refrigerator between uses.

Conversation Starters!

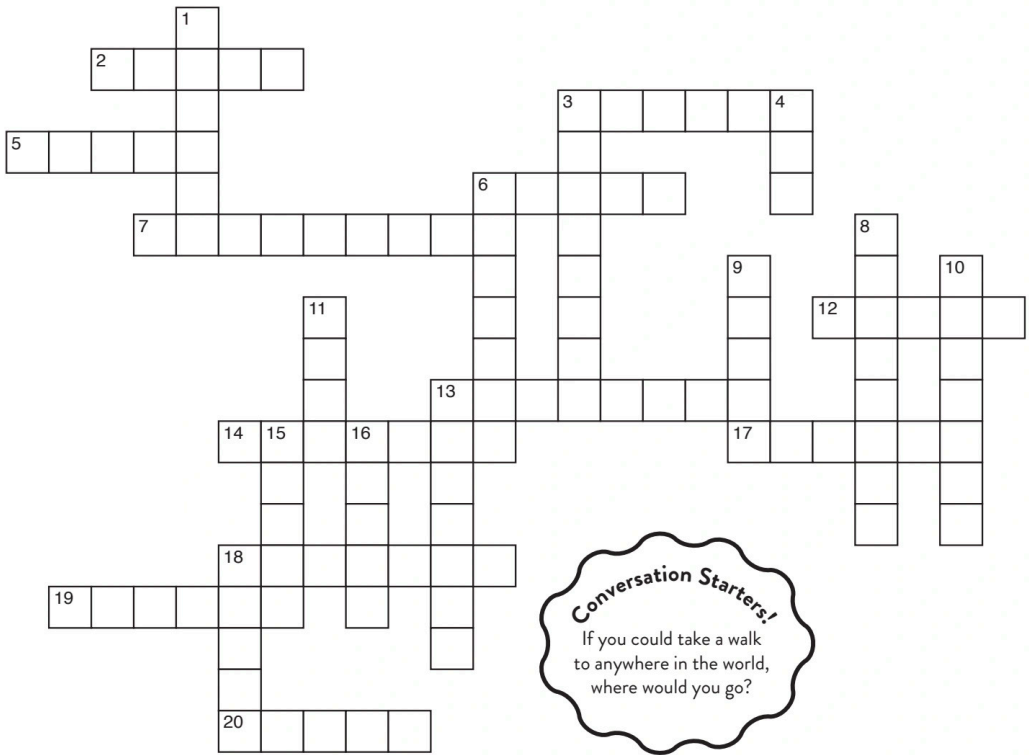
What does home feel like to you? How do you know you're there?

Spot the 10 Differences!





Coral Reef Crossword



Conversation Starters!

If you could take a walk to anywhere in the world, where would you go?

ACROSS

2. Swimmer with eight arms and two tentacles
3. Soft, porous creature
5. Wave peak
6. Slow-moving creature
7. Spineless sea animal
12. Spiral-shelled mollusk
13. Fish that swims upright
14. Large-clawed crustacean
17. Small crustacean
18. Great ____ Reef
19. Spiny sea ____
20. Diver's gear

DOWN

1. Marine reptile, ex. leatherback and loggerhead
3. Five-armed creature
4. Moray, for one
6. Safety from the elements
9. Ocean motion
10. Squid relative
11. Hermit or horseshoe
13. Sea plant
15. Salty expanse
16. Predatory fish
18. Pelicans and gulls

Answer key is on page 23



**Draw something from nature
that makes you happy.**



Chair Yoga Poses

To perform these poses you will need an armless chair that allows your feet to sit flat on the floor with your knees at a 90 degree angle. Additional poses can be found at: yogajournal.com/yoga-101/types-of-yoga/chair-yoga-poses/



Upward Salute

- Sit with your back a few inches from the back of the chair. Lengthen your spine, reaching the crown of your head up and gently releasing your tailbone toward the seat. Lift your chin parallel to the floor.

- Place your feet flat on the floor with your big toes touching and a little space between your heels. *(If you experience lower back pain, practice with your feet hip-distance apart. Place your feet on blocks if they don't reach the floor.)* Root down with your big toe mounds, your heels, and the outside edges of your feet.

- Inhale, draw your shoulders back, soften your front ribs, and raise your arms overhead with your hands

shoulder-distance apart and palms facing each other. If your shoulders are tight, take your arms wider than your shoulders.

- Reach your fingers toward the ceiling and keep your gaze straight ahead. If you prefer, you can touch your palms together and bring your gaze to your thumbs.

- Keep your arms strong. Stay here for several breaths. Release your arms.

Cat Pose

- Sit on the chair with your feet hip-width apart.

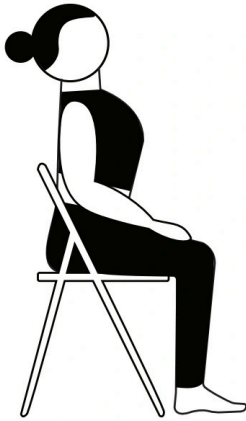
- Rest your hands on your knees.

- On an exhalation, round your spine and lower your chin toward your chest.

- Take several relaxed breaths here.

- On an exhalation, slowly roll your head up and return to the original position.





Cow Pose

- Sit on the chair with your feet and knees hip-width apart. Let your hands rest on your thighs or knees.
- Inhale and arch your back. Lengthen along the back of your neck and your lower back to create a long, even curve.
- Lift your chin and sternum, broaden your collarbones, and allow your shoulders to fall back and away from your ears.
- Take several breaths. Slowly lower your chin and return to a neutral spine.

Conversation Starters!

What movement makes your body feel better?

Camel Pose

- Sit on the chair with your feet hip-width apart.
- Inhale and arch your upper back, allowing your shoulder blades to touch the back of your chair. *(It's fine if your shoulders don't touch the back of your chair).*
- Lift your chin and sternum, broaden your collarbones, and allow your shoulders to fall back and away from your ears.
- If it's comfortable, reach your arms back to grasp the legs of the chair. Rotate your arms externally so that the inside of your elbows face forward. □□
- On your next inhalation, lift your chest, allowing your rib cage to expand and creating a long, even curve through your mid and upper back. You can press your feet into the floor to engage your legs and core.
- Take several breaths. To release the pose, release your hands, tuck your chin, and come back to your original seated position.



CRISS-CROSS

Fill in the blanks with the words. To help you get started two letters are already in place.

4 letter words

DISH

TOSS

5 letter words

BEING

CABIN

CAMEL

CLIFF

EAGLE

FIRST

FOCUS

GREAT

HAPPY

INDIA

JEWEL

METAL

NAMES

POLAR

RHYME

SENSE

SMALL

SMILE

THROW

YACHT

6 letter words

CHEESE

ENGINE

READER

SQUARE

7 letter words

ASPECTS

BARGAIN

CHANNEL

CLASSIC

CONSIST

CUSHION

EARNEST

ECONOMY

FASHION

GENERAL

HELPFUL

HERSELF

LESSONS

LIBRARY

LIMITED

NUMERAL

PEASANT

PURPOSE

SAUSAGE

SCREAMS

SCREWED

SHINING

SHIPPED

WARNING

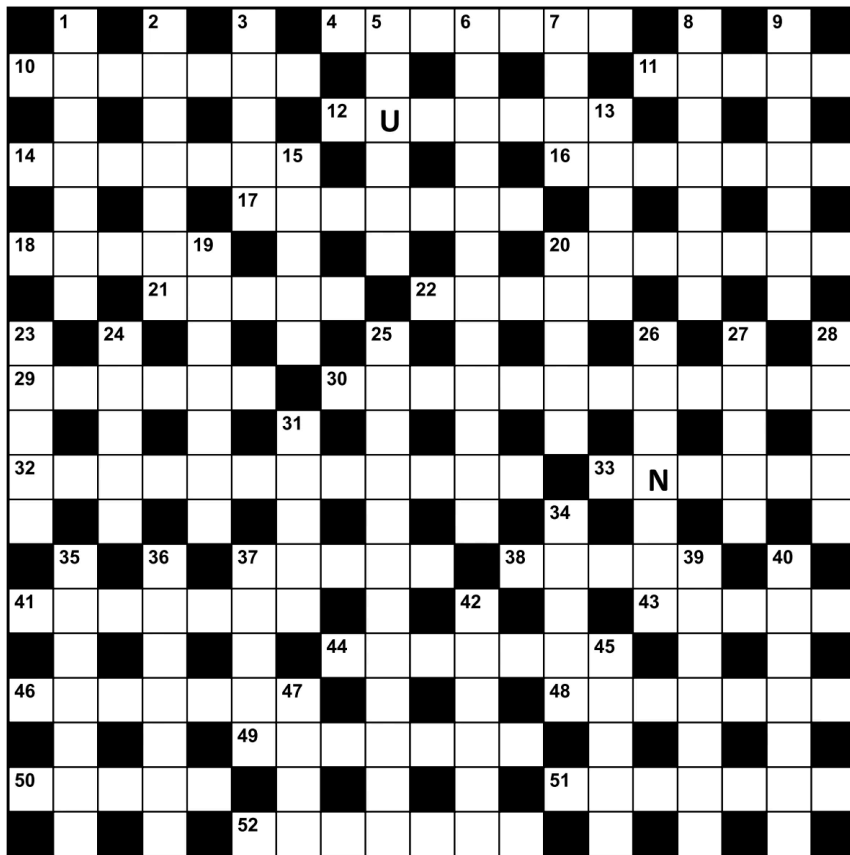
12 letter words

ALPHABETICAL

CIVILIZATION

EXPERIMENTAL

SIGNIFICANCE



VISUAL PUZZLE

Spot the twins: find two identical pictures.



1

2

3

4

5

6

7

8

9

10

11

12



DO
AMAZING
THINGS

Additional Resources

Talking Book and Braille Library (from the Indiana State Library)

The Indiana Talking Book and Braille Library (TBBL) provides free library service to residents of Indiana who cannot use standard printed materials due to a visual, physical, or reading disability. Patrons may borrow braille books, digital audio books, large print books, audio magazines, and special playback equipment from the library; materials will be mailed directly to patrons' homes using "free matter for the blind". Braille and audio books are also available to download from BARD.

Contact Information

Local Telephone 317.232.3684

Toll-Free Telephone 1.800.622.4970

Fax 317.232.3728

tbbl@library.in.gov

Mailing Address

Indiana Talking Books & Braille Library

140 N. Senate Avenue

Indianapolis, IN 46204



Hours

Monday - Friday

8:00 am - 4:30 pm

Find more information online at

<https://www.in.gov/library/tbbl/>

Free Genealogy
Resources at EVPL



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evpl.org/research



REMOTE ACCESS AVAILABLE!

Ask a librarian for more information.



Notes

Conversation Starters!

What are some favorite childhood memories of playing outside?

[illegible]

Notes

[illegible]

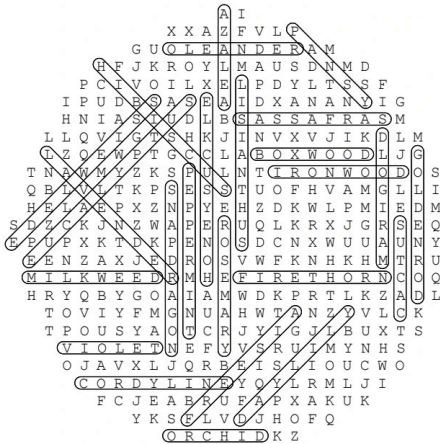
Answer Key

Viewfinders appear on pages 3, 7, 14, 17, & 20.

Matching candy puzzle page 10: 1-6, 2-5, 3-4

Visual puzzle on page 18: numbers 4 and 9 are the matching pairs.

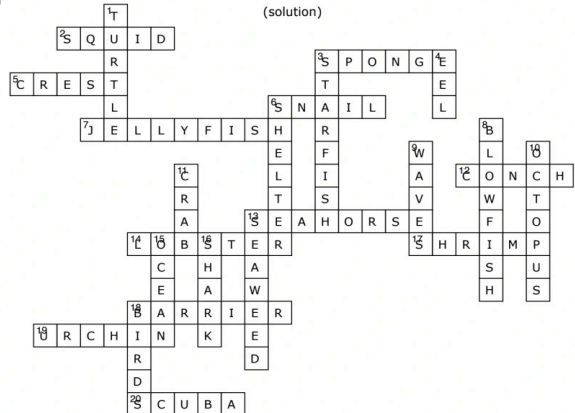
Plants



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13. Ironwood 14. Lavender 15. Lisianthus 16. Marigold 17. Milkweed 18. Oleander
19. Orchid 20. Pansy 21. Peppermint 22. Rosemary 23. Sassafras 24. Snapdragon
25. Violet

Coral Reef

(solution)



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This booklet offers fitness and activity information and is designed for educational purposes only. The information contained herein should not be interpreted as a recommendation for a specific treatment plan, nor does the information replace professional medical advice, diagnosis, or treatment. You should always consult with your physician or other health-care professional before engaging in any new exercise program or if you have questions or concerns about your health. Exercise is not without its risks, and this or any other exercise program may result in injury. The use of any information provided in this booklet is solely at your own risk.

**These organizations provided support and information for
this publication, and we thank them for their contributions:**

Ascension St. Vincent Behavioral Health Services

3700 Washington Avenue, Evansville, IN 47714
Adult Behavioral Health: 812.485.5025
Serenity Senior Behavioral Health: 812.897.7440

Brickyard Healthcare: Woodbridge Care Center

816 North First Avenue Evansville, IN 47710
812.426.2841

Daughters of Charity Ministries, Inc

9400 New Harmony Road, Evansville, Indiana 47720-8939
812.963.3341

Dementia Friendly USI/Evansville

For More Information:
Brittany.dempsey@doc.org
812.602.2294

Heritage Woods of Newburgh

4211 Grimm Road, Newburgh, Indiana 47630
812.853.9810

**Scott Township Fire and EMS: Community Accident &
Ailment Reduction Education & Support (CARES) Program**

1540 E. Baseline Rd. Evansville, IN 47725
812.435.6355

SWIRCA & More

16 W Virginia St Evansville, IN 47710
812.464.7800

Walnut Creek Alzheimer's Special Care Center

525 Bentees Court, Evansville, IN 47715
812.471.3100



Pastimes is presented by Evansville Vanderburgh Public Library, in collaboration with the organizations listed above. We cultivate curiosity by creating wonder.

Do you have feedback or activity ideas for future editions of Pastimes? Contact us at: programming@evpl.org; 812.428.8200 ext. 1440; or fill out a suggestion card at any EVPL location.