

Pastimes

Activities for Adults

Use this booklet to take a break, find fun activities, conversation starters to ask your loved ones, and explore helpful community resources!



Can you find them all? Find the 6 hidden EVPL logos  scattered throughout the booklet!

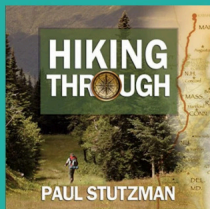
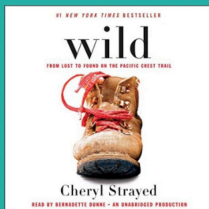
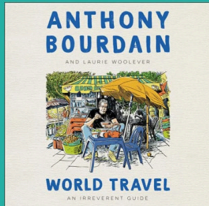
 EVANSVILLE
VANDERBURGH
PUBLIC LIBRARY

EVPL's Library of Things

Find camping gear for your next trip!

Before making a big purchase to improve your next camping trip, see if our Library of Things has an item to use before you buy!

The Library of Things is an extension of our collection. From outdoor games, and baking equipment, to musical instruments, the Library of Things is here to help you discover, explore, and connect in new ways.



Use hoopla or Libby to find your next travel adventure!

From hiking the Appalachian Trail to finding the Northern Lights, you're not far from your next adventure when you listen to eAudiobooks from **Libby** or **hoopla**. You'll find guides, memoirs, and stories to transport you anywhere without needing to pack a bag.



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).



The **Goodskills Academy** program offers FREE computer classes to anyone in the community with a curriculum starting with Essential Computer Skills and covers topics such as Microsoft Word, Email, Tablets, and more.

812-474-2222 | evvgoodwill.org



The **Excel Center Evansville Southeast** is more than a free high school diploma program for adults; we are a community offering support, guidance, and opportunities beyond graduation. We believe in the power education has in building a brighter future for individuals, families, and communities. Together, we can help our community thrive and it all starts here, at The Excel Center.

812-474-2229 | goodwilleducates.org

5001 WASHINGTON AVENUE | EVANSVILLE, IN 47715

Visit us, call us, or stop by our websites for more information.

In the Good Old Summertime Word Search

This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

Word Bank

Barbecue	Nature
Baseball	Outdoors
Beach	Picnics
Breezes	Pool
Camping	Sunglasses
Canoeing	Sunny
Daytrips	Suntan
Exploring	Swimsuit
Fireworks	Travel
Flipflops	Vacation
Grilling	Warm
Hiking	
Icecream	
Lemonade	

What is the hidden phrase?

_____ !



Answer key is on page 23

You're getting ready for a road trip! Think about and list what songs you want to hear. Why did you pick these particular songs? What kind of memories do these songs bring to you?

Conversation Starters!

My favorite vacation was...

My favorite vacation was...

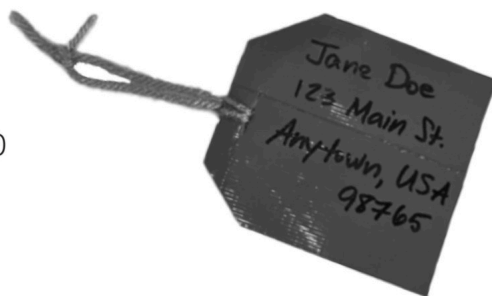
Do at Home Craft

DIY Duct Tape Travel Tags

Travel tags are an important way to identify your luggage. They are also simple to create using duct tape and scissors.

You will need

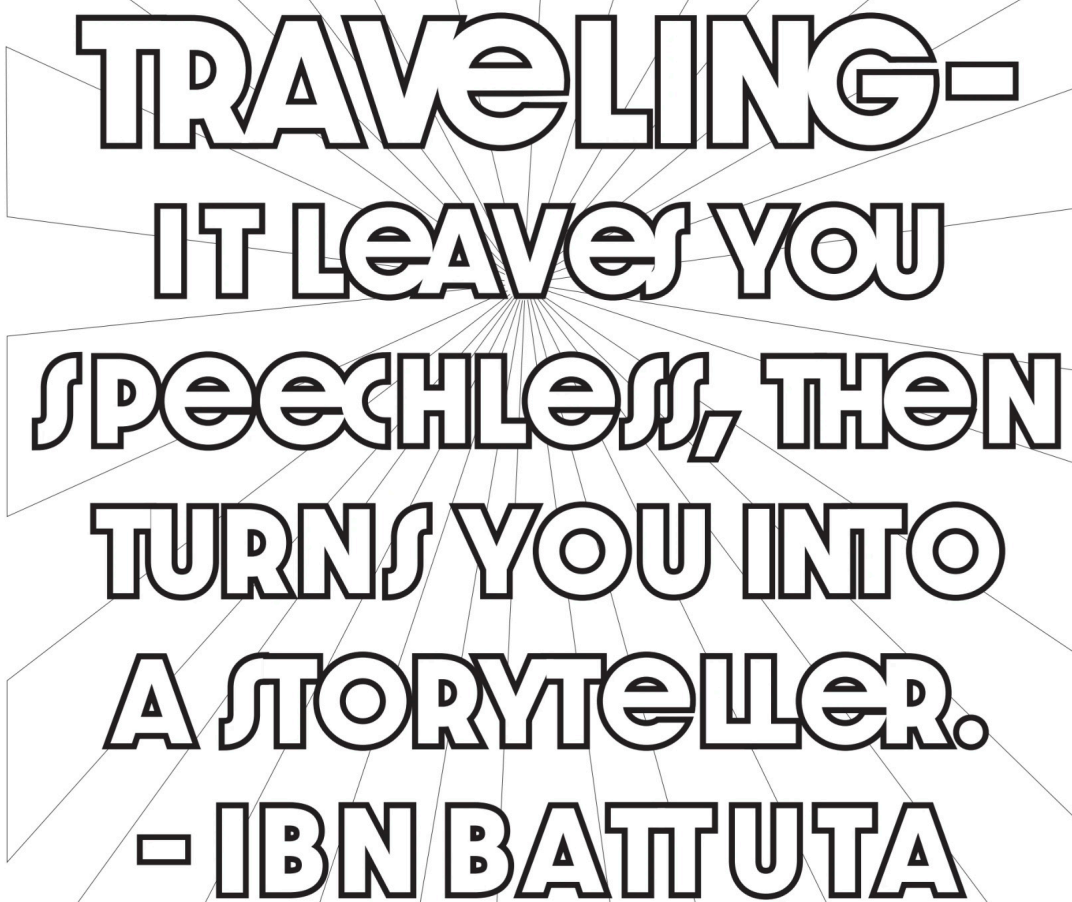
- Duct tape (any color, but brighter is better)
- Scissors
- String or yarn
- Permanent marker



Instructions

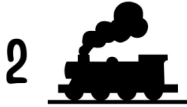
1. Tear off duct tape in approximately 5-inch strips. You will need four strips.
2. Place two strips slightly overlapping to create a piece two strips wide, with the sticky side up. Next place the remaining two strips over the first ones in the same direction, so that all the sticky parts are covered.
3. Trim the piece with scissors to even up the sides as desired. Snip off two adjacent corners on the short end to resemble a luggage tag. At that end, bend the tag slightly lengthwise and, using scissors, make a small slit in the center of the tag about a half inch toward the center. This opening will be used to attach the string.
4. Take a length of string, about 12-inches long, and guide both ends through the slit. Take the loose ends, guide them through the loop end and tighten.
5. Write your contact information on the tag.
6. Attach the tag to your luggage.





**TRAVELING-
IT LEAVES YOU
SPEECHLESS, THEN
TURNS YOU INTO
A STORYTELLER.
- IBN BATTUTA**

Find all of the TRAVEL items listed below.



Writing Prompt

If money were no object, my ideal vacation would be ...

Conversation Starters!

Do you collect souvenirs? If so, what's your favorite thing to get?

ers!
at's
to

Mad Libs

Let's Go on a Trip!

I am _____ packing for my trip to _____ .

adverb

destination

I have never been to _____ - I hope this

same destination

trip is _____ ! In my _____ suitcase, I need

adjective

adjective

to remember to pack my _____ . I will need

clothing item

it to go _____ when it is _____ . I also need to remember

-ing verb

type of weather

to bring _____ and _____ . We will be on the _____

food or drink

food or drink

type of transportation

for _____ hours. I don't want to get _____ ! I hope this vacation is as

number

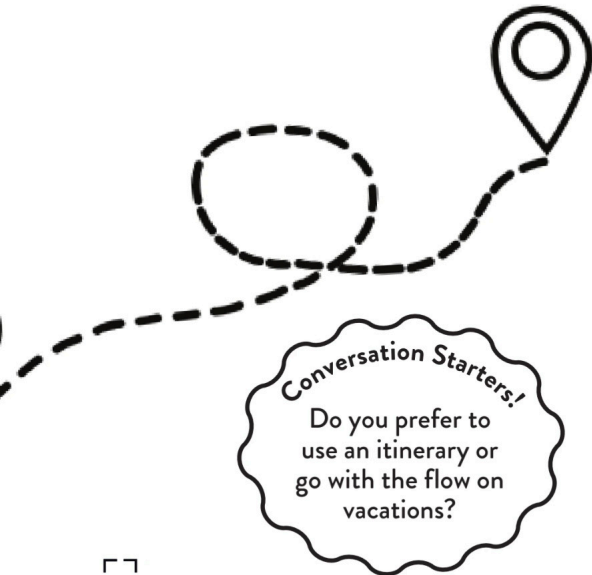
adjective

_____ as the one I took to _____ . That trip was so _____ !

adjective

different destination

adjective



Try an Easy Recipe

Trail Mix

For an easy snack to take with you when you travel, mix up a quick batch of trail mix. This is a simple combination of sweet and salty ingredients mixed together that can tide you over in between meals.

You can always buy trail mix, but making it yourself ensures that your mix contains your favorite ingredients, and you won't be left picking out things you don't like!



Some ingredients to consider

- Dried fruit (raisins, banana chips, apricots, coconut, pineapple, etc.)
- Nuts for protein (peanuts, cashews, almonds, walnuts, etc.)
- Bite-sized crackers, pretzels, etc.
- Seeds (shelled sunflower, pumpkin, etc.)
- Candy (chocolate chips, peanut butter chips, etc., although keep in mind candy may melt)
- Cereal (granola, graham squares, etc.)

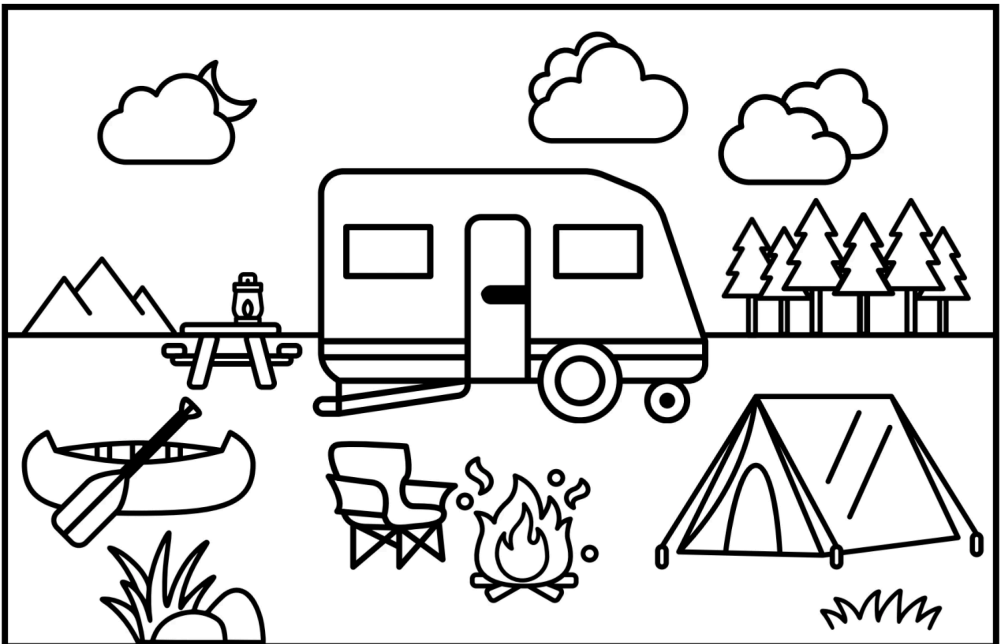
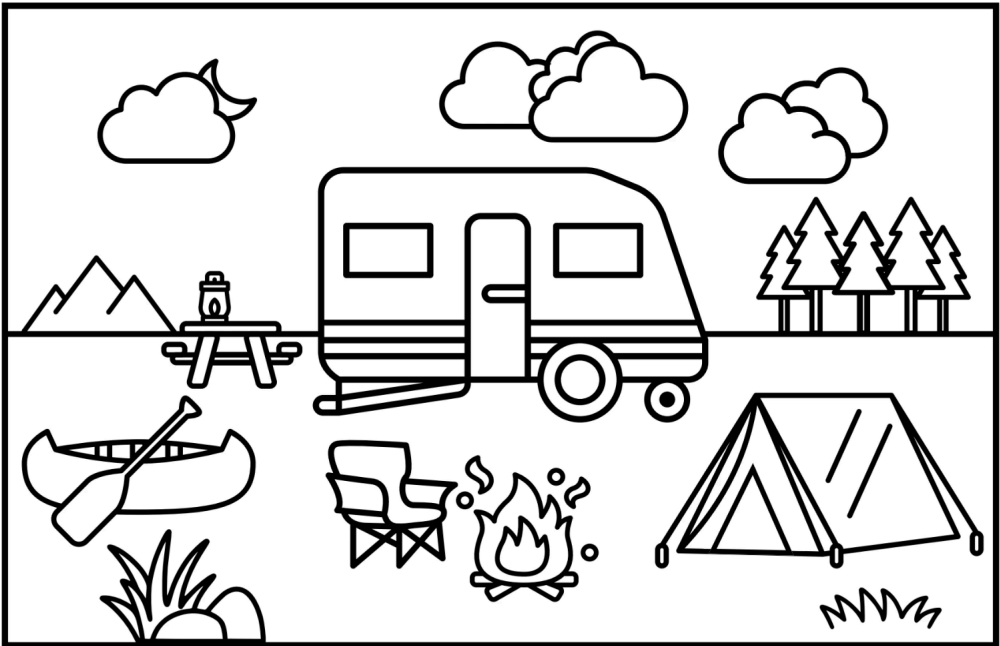
Directions

Blend together in whatever quantities you desire. Pre-package your trail mix in small plastic bags to carry with you easily.

*The journey of a thousand miles
begins with one step.*

– Lao Tzu

Spot the 10 Differences!

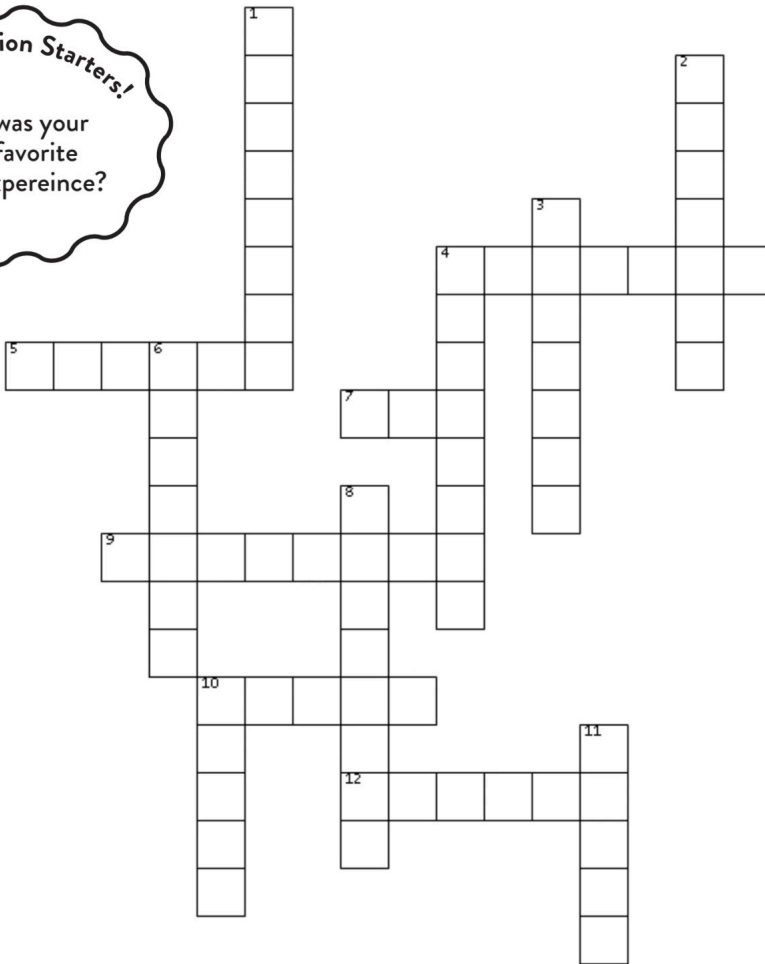




Let's Go - Crossword

Conversation Starters!

What was your
least favorite
travel experience?



ACROSS

4. a leisurely walk
5. a journey, usually by ship or watercraft
7. navigation tool
9. a destination you travel to for skiing and sledding in the snow
10. see the world's biggest ball of string at one of these
12. an adventure on the open waters, usually with activities and excursions

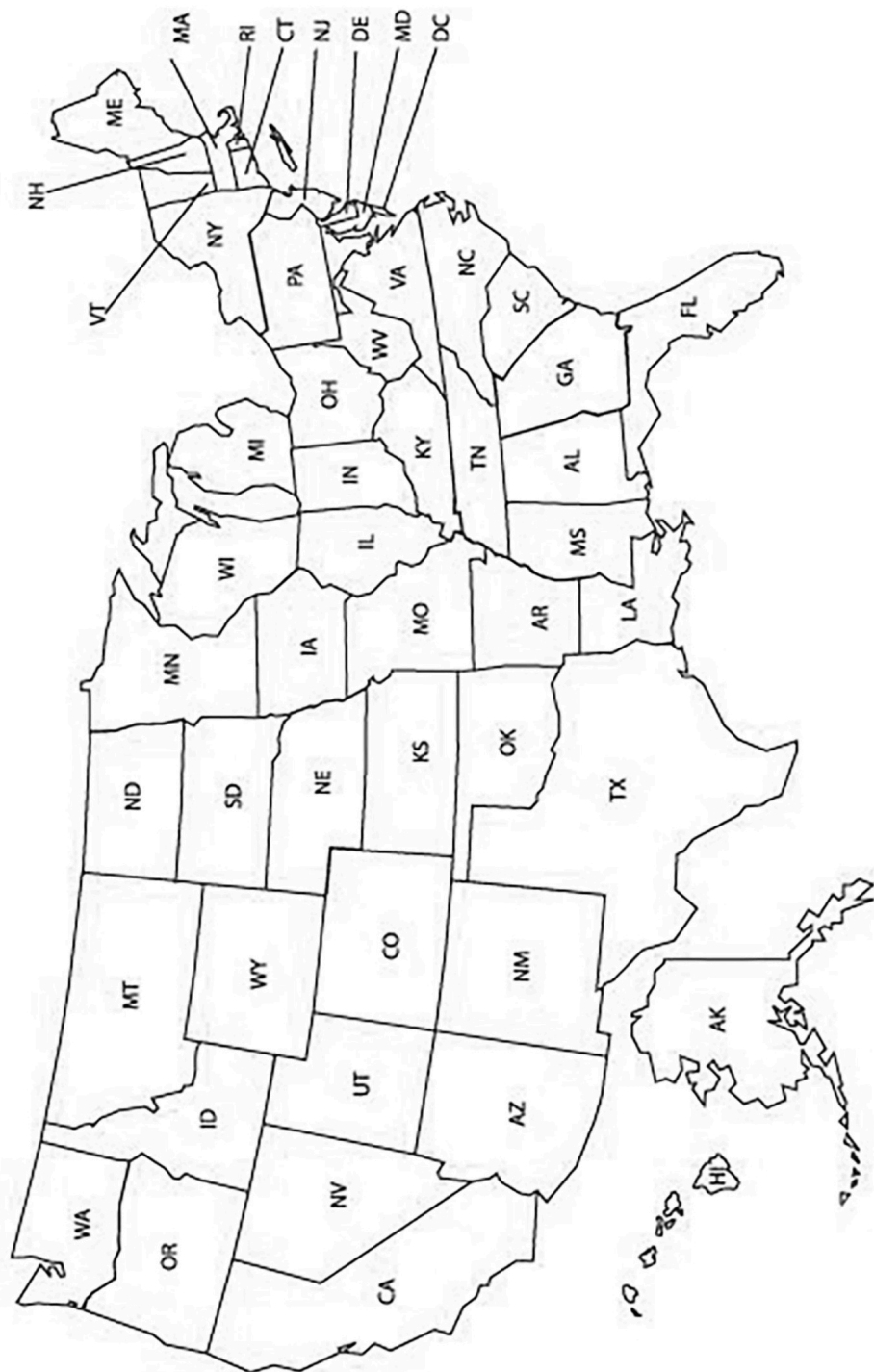
DOWN

1. check out the tourist stops
2. admittance slips to enter attractions, parks, or events
3. don't forget this when you begin your journey
4. something you might do before a trip to prepare
6. where you begin a journey in the sky
8. a bag carried by strap on your back/shoulder
10. ride in one of its cars across a state or country
11. a place you travel to with sun, sand, and water

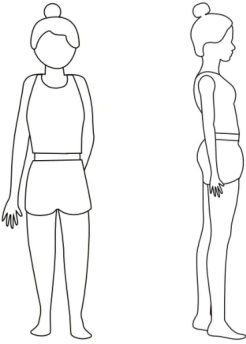
Answer key is on page 23

How many states have you traveled to?

Color, mark, or highlight these states. Have you visited any other countries?



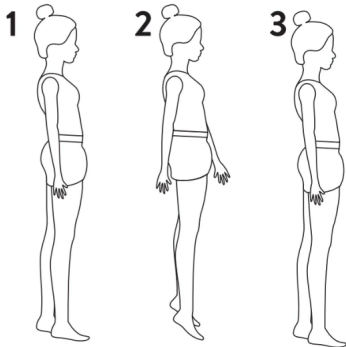
Yoga Balance Moves



Mountain

Stand tall with your feet hip distance apart. Let your arms hang by your sides, shoulders back, with your palms facing forward. Suck your belly button to your spine. Engage your quads (thighs) and feel a slight lifting of your kneecaps. Tuck your tailbone under your pelvis. Come to this pose in between each balance exercise.

Mountain Pose



Moving Mountain

Start in Mountain pose. As you inhale, rise onto the balls of your feet, and as you exhale, come back down. Keep following your breath as you move, inhaling up, and exhaling down. This move helps your balance as well as strengthens your feet, ankles, and calves.

CHALLENGE

As you rise onto the balls of your feet, bring your arms up overhead at the same time. Lower them as you lower back down flat on your feet.

Moving Mountain Pose



Falling Star

Start from Mountain pose. Raise your arms up above your head, turning your palms forward. Look down at your feet and turn your right toes out at a 45 degree angle. Engage your core (suck your belly button to your spine) and start to put weight in your right foot, leaning to the right. Use your core and see if you can raise your left foot off the ground. This move works your balance, legs, and obliques (sides of your core). Do the same on the left side.

Falling Star Pose



Yoga Balance Moves Continued



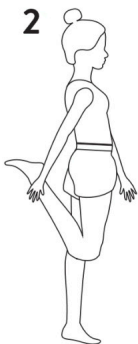
Tree Pose

Tree

Start in Mountain. Make your right leg really strong by activating your quads (thighs). Come up on the toes of the left foot and open your left knee out to the side. Rest the heel of your left foot onto the ankle of your right. Your hands can stay at your sides, come to your waist, or come to a prayer position in front of your chest. Make sure to switch sides.

CHALLENGE

Try and pick up your foot and rest it on the calf instead of the ankle. Or, keep the legs in the original position and try lifting your arms overhead.



Quad Stretch Pose

Quad Stretch

Start from Mountain pose. Activate your right leg, and bring your belly button slightly over the right leg. This will help you balance. Bend your left leg and grab your left foot with your left hand. If you can't reach your foot you can wrap a tie or a scarf around your foot and grab onto the ends. Use the wall or a chair if you need. This move strengthens your standing leg as well as stretching your quad and hip flexor (the muscle in front of your pelvis). Make sure to switch sides.

CHALLENGE

To get a more intense stretch move the knee behind the standing leg just an inch or two.

Conversation Starters!

If you could vacation in any fictional universe, where would you go?

Puzzles

Fill in the grid so each row, each column have the numbers 1, 2, 3, and 4 without repeating.

Sudoku - Medium

	1		
			3
1		2	4
	4		1

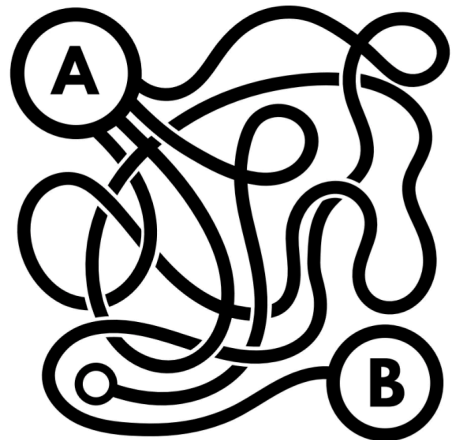
Sudoku - Hard

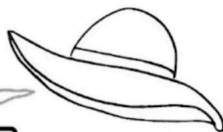
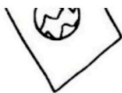
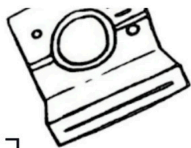
	2		
		1	2
2			

Draw a line to connect the location markers.



Find the path from point A to point B.





WE TRAVEL

not to escape life

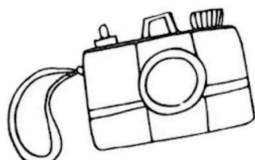


but for



LIFE

not to escape us



Additional Resources



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

The Indiana Talking Book and Braille Library (TBBL) provides free library services 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 (Eastern)

Monday - Friday

8:00 am - 4:30 pm

Find more information online at

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

kanopy

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Explore the world via Kanopy, EVPL's video streaming service that provides instant access to movies, documentaries, and kids' shows and movies. You can trek across continents, swim with dolphins, and try foods from a variety of cultures.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

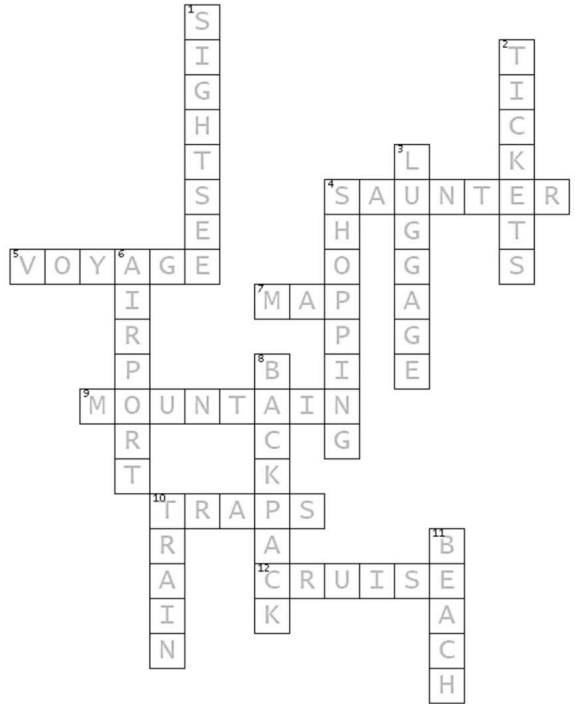
[illegible]

Answer Key

Corrected on 5.15.2025

6 viewfinders located on pages -
4, 10, 12, 16, 19, & 20

Hidden phrase - Fun in the sun!



Sudoku - Medium

3	1	4	2
4	2	1	3
1	3	2	4
2	4	3	1

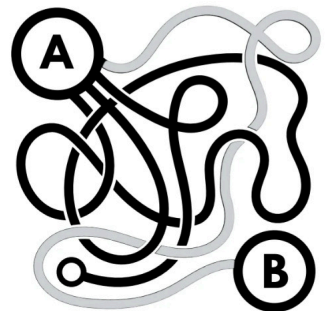
Sudoku - Hard

1	4	2	3
3	2	4	1
4	3	1	2
2	1	3	4

Draw a line to connect
the location markers.



Find the path from
point A to point B.



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

**Bronstein Center for Healthy Aging and Wellness
at University of Southern Indiana**

8600 University Boulevard, Evansville, IN 47712
812.461.5332

Daughters of Charity Ministries, Inc

9400 New Harmony Road, Evansville, IN 47720
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, IN 47630
812.853.9810

Oasis Senior Advisors Evansville and the Tri-State Area

For More Information: LMaserejian@YourOasisAdvisor.com
812.567.2364

SWIRCA & More

16 W Virginia St Evansville, IN 47710
812.464.7800

**Vanderburgh County Fire Department
Community Accident & Ailment Reduction
Education & Support (CARES) Program**

1540 E. Baseline Rd. Evansville, IN 47725
812.435.6355

Walnut Creek Alzheimer's Special Care Center

525 Bentee Wes Court, Evansville, IN 47715
812.471.3100



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Public Library, in collaboration with the organizations
listed above. We cultivate curiosity by creating wonder.

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812.428.8200 ext. 1440; or fill out a suggestion card at any EVPL location.