

Pastimes

Activities for Adults

Use this booklet to take a break, enjoy fun activities, spark conversations with loved ones, and explore helpful community resources.

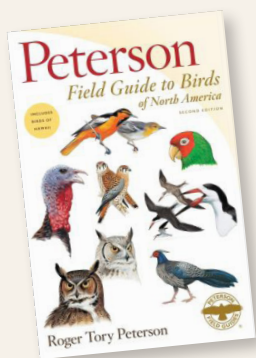


Can you find them all? Find the 5 hidden EVPL viewfinders



scattered throughout the booklet!

 EVANSVILLE
VANDERBURGH
PUBLIC LIBRARY



LIBRARY ^{of} THINGS



Borrow instead of buy!

*try bird watching • explore your backyard
expand your hobbies*

FREE WITH YOUR EVPL LIBRARY CARD



evpl.org/things



EVPL's Community Resources Guide

The Community Resource Guide is a tool to help community members locate organizations that provide a variety of services, from shelter to food to medical resources.



FOOD PANTRIES

GET A MEAL

EMERGENCY &
OVERNIGHT SHELTER

SHORT-TERM &
LONG-TERM HOUSING

HELP WITH
PAYING BILLS

MEDICAL HELP

LEGAL HELP

TRANSPORTATION
HELP



See the complete guide by scanning the QR code or visiting evpl.org/communityresources.



VHS's Pets for Seniors Program



VANDERBURGH HUMANE SOCIETY

The Vanderburgh Humane Society's Pets for Seniors program helps match older pets in need of homes with senior citizens who could benefit from their companionship. Thanks to this program, seniors over the age of 65 can adopt any pet over the age of 8 years free of charge as long as the pet was already spayed or neutered when it arrived. So many wonderful older pets get overlooked in shelters, but have many years of love to give. And on the

opposite side of that, many senior citizens may enjoy having a pet, but aren't quite up for the energy level of a puppy or kitten. The VHS understands the physical and mental health benefits of the human-animal bond, so this program exists to help build those mutually-beneficial relationships!

- For more information, email adoption@vhslifesaver.org, call 812.426.2563, or visit vhslifesaver.org.

Diabetes Prevention Program: A FREE Health-Related Program by the Vanderburgh County Health Department



The Diabetes Prevention Program is an evidence-based program working to prevent or delay Type II Diabetes. It's a yearlong program that encourages participants to lower their A1c, lose weight and increase physical activity.

- To enroll, call 812.435.2400 or visit vanderburghhealth.org



SWIRCA & More
16 West Virginia Street
Evansville, IN 47710

Main phone: 812.464.7800
Resource Center: 812.464.7817

Living with Dementia: A Support Group For Persons Living With Dementia (Early Stages)

This group is to help those with dementia or mild cognitive impairment learn about the disease, help cope with the diagnosis, discuss what they are experiencing with others, and learn tips to take care of themselves. Refreshments will be provided. Held the last Monday of every month, 2-3pm.

- To attend the group please register by contacting Linda Wright: lwright@swirca.org OR 812.492.7443

Animal Word Scramble

Unscramble the letters to figure out the names of these animals!

Example: gorf = frog

1. tbibra _____
2. reitg _____
3. occonar _____
4. sumeo _____
5. haahuhciu _____
6. reosh _____
7. legea _____
8. pelethan _____
9. fefargi _____
10. oginmalf _____
11. rumel _____
12. hawel _____

Sudoku Puzzle



Fill in the grid so that each row, column, and 3x3 grid have the numbers 1-9 without repeating.

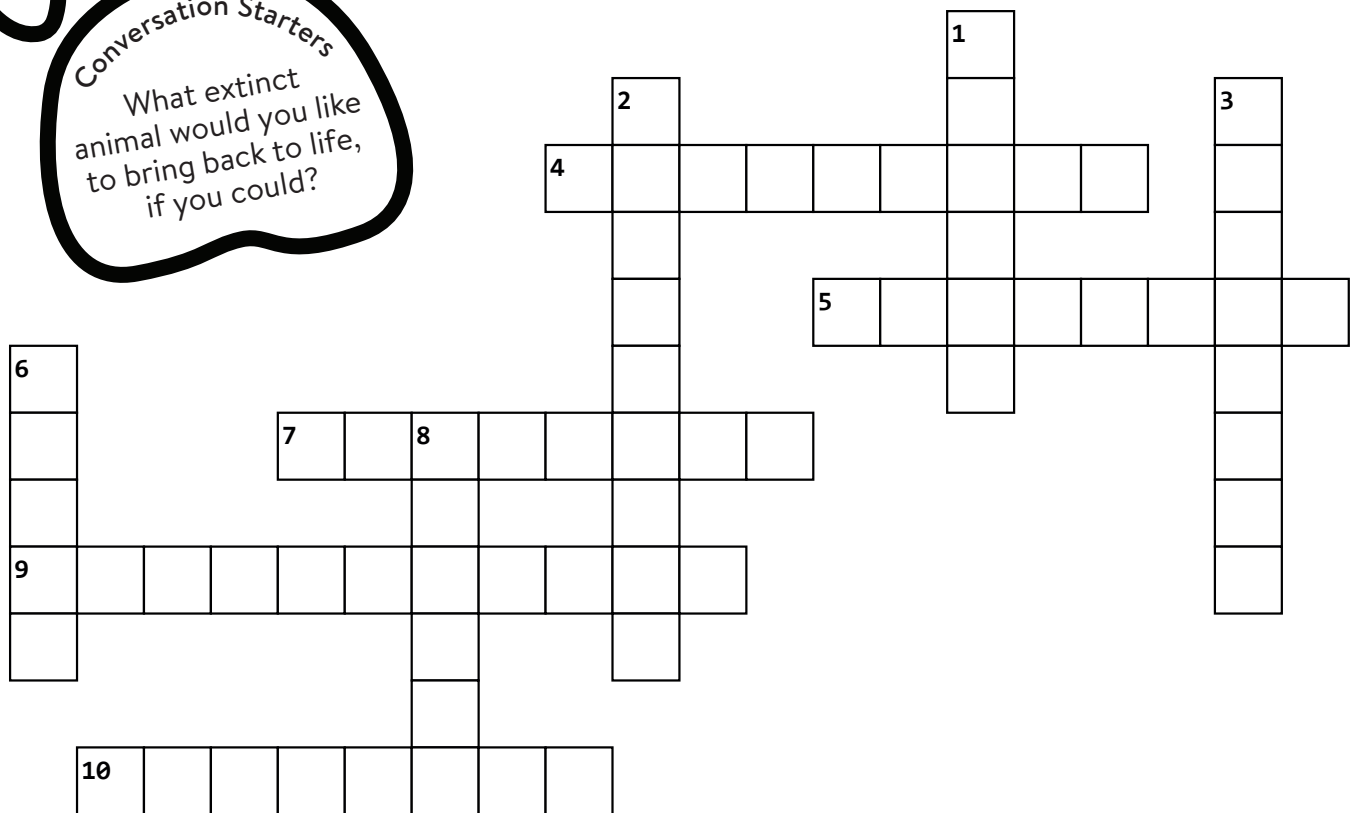
	1	7				9	3	8
								6
5				1				
4				2				
			3	6			7	
			5		8		4	
	6				1		8	
8			2		7		1	
	3					5		



Answer key is on page 22.



Pet Birds



Across

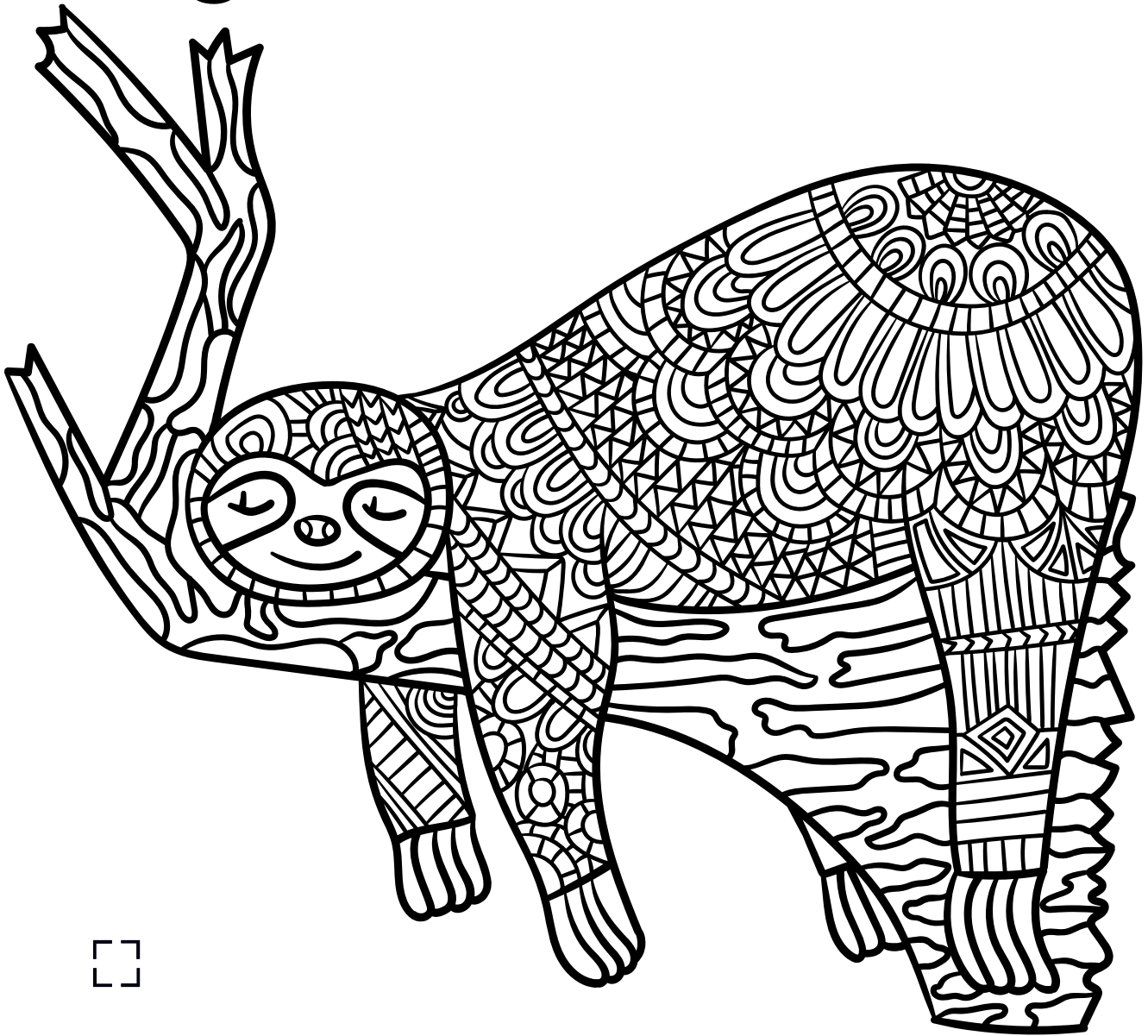
4. A flock of this type of bird is known as a 'charm'
5. This bird is also known as a budgie
7. This parrot has a movable crest used to communicate—raised when excited and flat when calm
9. This parrot has the cognitive ability of a 4-6 year old child
10. This type of parrot likes to roost in flocks that number in the thousands

Down

1. This songbird was once used as a warning system for coal miners
2. This species is native to the semi-arid regions of Australia
3. While capable, this type of parrot rarely speaks
6. This parrot breed mates for life and can live up to 80 years
8. This parrot is known for their quick, darting flight and can reach speeds of up to 50mph

Answer key is on page 22.

"Animals are such agreeable friends -



they ask no questions; they pass no criticisms."

-George Eliot

Did You Know About These Foods?

Pets Edition

The Bad

- **Avocados** are particularly dangerous to birds! Even an amount as small as a couple of grams can be fatal. Never feed to your pets or set out for wild birds. If you notice your pet bird has weakness, a disordered plumage, or an inability to perch, and you suspect they may have had access to avocado, take them to your veterinarian immediately.

(VetFolio <https://www.vetfolio.com/learn/article/toxicology-brief-avian-avocado-toxicosis>)

- **Onions and garlic** contain a substance called N-propyl disulfide that is extremely toxic to cats and dogs, impacting their red blood cells. Even small amounts can be harmful, and you should reach out to your veterinarian if you know or suspect your pet has ingested any.

(MedVet, <https://www.medvet.com/human-foods-cats-dogs-to-eat-and-avoid/>)

- **Chocolate** is the most common food concern when it comes to pets. All chocolate is dangerous for cats and dogs, but the severity depends on multiple factors, including the weight of the pet, the amount consumed, and what kind of chocolate it is. Baking chocolate and cocoa powder tend to be the most harmful. Any chocolate consumption should result in a call to your veterinarian.

(NIH, <https://pmc.ncbi.nlm.nih.gov/articles/PMC2984110/>)

- **Bread** is bad for birds! Bread provides no nourishment, but fills a bird up quickly. This can trick them into feeling they are full, but do not provide them the necessary nutrients or calories to metabolize. They run the risk of low energy, poor feather quality, and even death.

(Backyard Naturalist, <https://thebackyardnaturalist.com/wordpress/resources/bread-is-bad-for-birds/>)

The Good

Check with your veterinarian before adding anything to your pet's diet.

- **Carrots** make a good veggie for your cat or dog! They have extra nutrients and promote dental health by satisfying the chewing instinct. This is a colorful, healthy, occasional treat!

(PetMD, <https://www.petmd.com/dog/nutrition/can-dogs-eat-carrots>)

- **Pumpkin** is another great option for your pet! The best way is to dice and roast fresh pumpkin, but a pure pumpkin puree can also be an option (just avoid any canned pumpkin pie filling, as the spices will be too much!) Pumpkin is a gastrointestinal superpower, helping pets with both constipation and diarrhea.

(AKC, <https://www.akc.org/expert-advice/nutrition/fruits-vegetables-dogs-can-and-cant-eat/>)

- **Peanut butter** can make for a good sweet treat for dogs. While cats should still not be given peanut butter, dogs can handle peanut butter in small amounts. Putting peanut butter into a puzzle toy and freezing can result in great mental stimulation for pups of all ages!

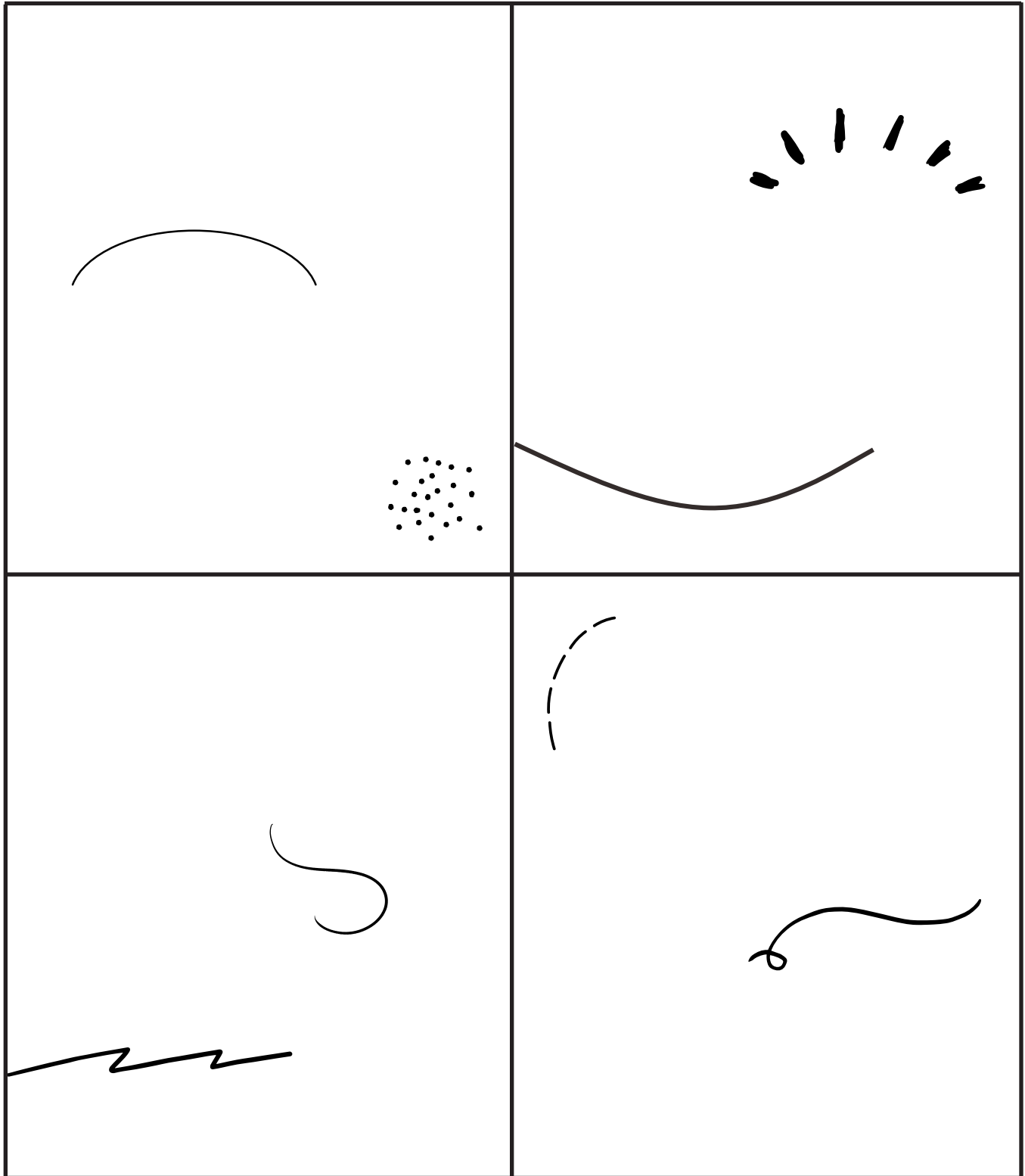
(Purina, <https://www.purina.com/articles/dog/feeding/can-dogs-eat-peanut-butter>)

- **Seeds** are a great, nutritious option for wild birds. You can strew them on the ground, put them in a feeder, or even purchase seed blocks for them to chip away at.

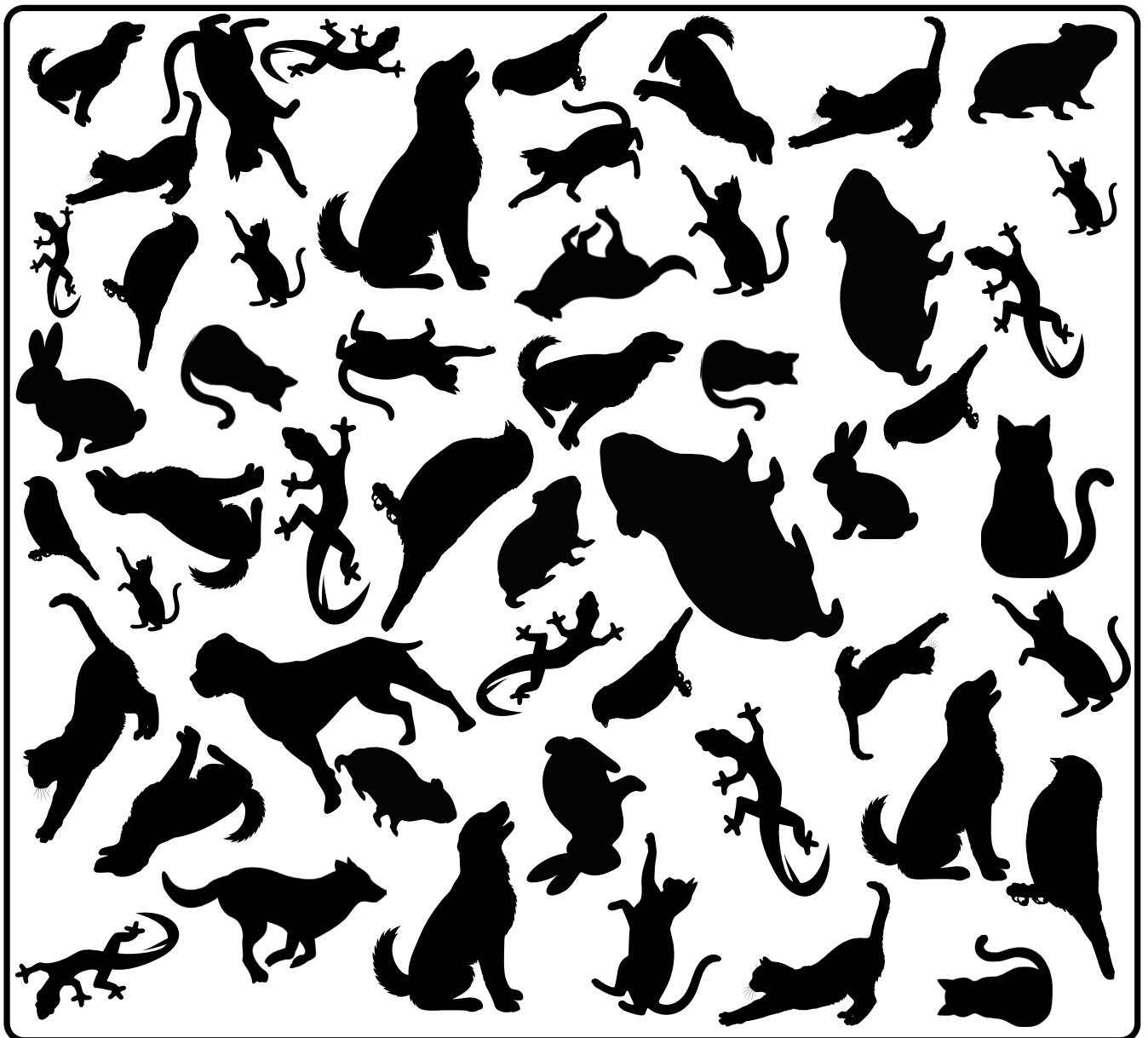
(Wild Birds Unlimited, <https://www.wbu.com/get-started/>)

Imaginative Drawing

Draw four different pictures in the boxes below.
Use the given shapes and lines within each drawing.



Find All of the Common Pets



One Ingredient Dog Treats!



Ingredient

- One sweet potato

Instructions

1. Preheat oven to 250° F.
2. Wash and scrub a sweet potato.
3. Slice the sweet potato about ½ inch thick.
4. Place the sweet potato rounds evenly in one layer on parchment paper on a baking sheet.
5. Cook for 2½-3 hours, turning over after 1 ½ hours.
6. Check at the two-hour mark to see if they are crisp enough; then, check every 15 minutes until they reach your desired crispness.
7. Let cool completely and store in an airtight container in the fridge.



Source: Three Little Chickpeas

<https://www.threelittlechickpeas.com/sweet-potato-dog-treats/>

Tasty Treats for Cats

Ingredients

- 10 oz. canned salmon - undrained
- 1 egg - beaten
- 2 cups whole wheat flour

Instructions

1. Preheat oven to 350°F.
2. Chop canned salmon as finely as possible and preserve the liquid.
3. In a medium sized bowl, combine chopped salmon, salmon liquid, beaten egg, and flour.
4. Mix thoroughly until dough forms. The dough should be tacky but not sticky. If the dough is too dry, add up to $\frac{1}{3}$ cup water. If it's too wet or sticky, add a bit more flour.
5. Roll the dough on a floured surface until about $\frac{1}{4}$ -inch thick. Use a $\frac{3}{4}$ -inch cookie cutter to create your treats.
6. Place treats on a parchment-lined baking sheet and bake at 350°F for about 20 minutes. The treats will be slightly browned and crunchy when done.
7. Allow to cool before serving and store in an airtight container for up to 2 weeks.

Make a variety of treats by swapping the salmon for canned tuna, mackerel, shrimp, or chicken!



Source: The Cookie Rookie

<https://www.thecookierookie.com/3-ingredient-salmon-cat-treats/#wprm-recipe-container-39173>

Match the Animal to the Group Name

Match the individual animal with its group name! Answer key is on page 22.

- ___ A. Ants
- ___ B. Hummingbirds
- ___ C. Giraffes
- ___ D. Fish
- ___ E. Turtles
- ___ F. Cats
- ___ G. Ducks
- ___ H. Hawks
- ___ I. Rhinos
- ___ J. Lions
- ___ K. Porcupines
- ___ L. Zebras
- ___ M. Owls
- ___ N. Geese
- ___ O. Kangaroos
- ___ P. Flamingos
- ___ Q. Dogs
- ___ R. Butterflies
- ___ S. Elephants
- ___ T. Turkeys

- 1. Pack
- 2. Mob
- 3. Dazzle
- 4. Clutter
- 5. Tower
- 6. Kettle
- 7. Bale
- 8. Kaleidoscope
- 9. Gaggle
- 10. School
- 11. Colony
- 12. Charm
- 13. Paddling
- 14. Pride
- 15. Crash
- 16. Prickle
- 17. Parliament
- 18. Parade
- 19. Flamboyance
- 20. Rafter

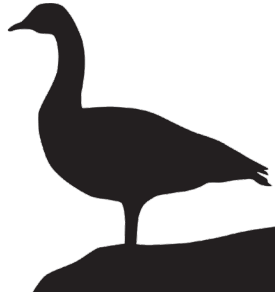


Backyard Birding

Go for a walk or spend some time enjoying the sun in your own backyard while seeing if you can spot these ten local birds!



Northern Cardinal



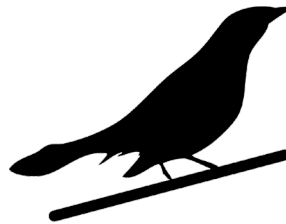
Canada Goose



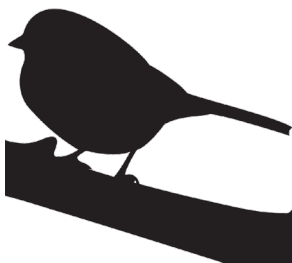
Red-winged Blackbird



Turkey Vulture



Common Grackle



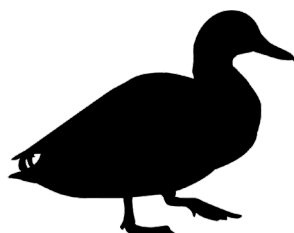
Dark-eyed Junco



Carolina Chickadee



American Robin



Mallard



European Starling

Exploring the Benefits of Pet Therapy

- **Reduces loneliness and isolation**
Provides companionship especially for seniors living alone or in assisted living facilities.
- **Improves mood and decreases depression**
Interaction with animals increases the feel-good hormones like serotonin and dopamine.
- **Supports heart health**
Can help lower blood pressure and reduce stress.
- **Stimulates memory and cognition**
Particularly helpful for seniors with dementia including Alzheimer's disease.
- **Encourages social interaction**
Creates conversation opportunities with family, especially for those in residential settings.
- **Promotes gentle physical activity**
Petting, brushing, or short walks support mobility and motor skills.
- **Supports recovery**
Helps patients cope with illness, surgery or chronic conditions. Can offer distraction from discomfort.
- **Provides comfort and companionship: unconditional support without judgment.**



Information provided by Lee Ann Mills, EVPL Central, who also volunteers with her dogs at local programs and centers with Pet Partners. Learn more at petpartners.org.



Cat & Dog Breeds

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

1. Bulldog 2. Siamese 3. Husky 4. Shorthair 5. Retriever 6. Longhair
7. GermanShepherd 8. Persian 9. Beagle 10. Ragdoll 11. Chihuahua
12. Sphynx 13. Poodle 14. Munchkin 15. Terrier 16. MaineCoon
17. Pug 18. RussianBlue

Answer key is on page 23.



Conversation Starters

What would you
choose first to see
at a zoo?

Journaling Prompt

Write down three things that make you happy:

Write down three things that worry you:

Write down one thing you want to let go of:

Sudoku Puzzle

Fill in the grid so that each row, column, and 3x3 grid have the numbers 1-9 without repeating. Answer key is on page 23.

5				3	6		9	
					7			
						2	6	
8	6	3						4
							2	
				4		7		
2	7	8				4		
			4	1				
6				8	3			

Match the Mascot with the Team

Birds comprise many mascots in the world of professional sports teams.
Can you match the team name with its city?

- | | |
|------------------|---------------------------------|
| ___ 1. Orioles | A) New Orleans, LA |
| ___ 2. Penguins | B) Baltimore, MD (2 teams) |
| ___ 3. Seahawks | C) Toronto, Canada |
| ___ 4. Eagles | D) Atlanta, GA (2 teams) |
| ___ 5. Cardinals | E) Seattle, WA |
| ___ 6. Falcons | F) Philadelphia, PA |
| ___ 7. Blue Jays | G) Pittsburgh, PA |
| ___ 8. Hawks | H) St Louis, MO and Phoenix, AZ |
| ___ 9. Ravens | |
| ___ 10. Pelicans | |



Answer key is on page 23.

Animal-Themed Chair Yoga

Check out these seated poses you can do to stretch your muscles and improve your balance.

Cat Pose

To get ready to enter Cat Pose, sit with your feet hip-width apart (Jeffries, 2025). Let your hands rest on your thighs or knees. Exhale and round your spine, lowering your chin toward your chest. Take several deep breaths and on an exhalation, slowly lift your head and return to an upright position.



Cow Pose

For Cow Pose, start by sitting tall with your feet and knees hip-width apart (Jeffries, 2025). Let your hands rest on your thighs or knees. Inhale as you reach your chest forward and lift your chin slightly, allowing your back to arch. Release your shoulders away from your ears. Take several breaths. Slowly lower your chin and return to a neutral position.

Pigeon Pose

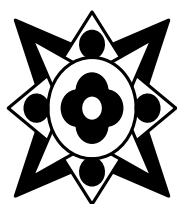
To prepare for Pigeon Pose, sit toward the edge of a chair and position your feet slightly in front of your knees, hip-distance apart (McGonigle, 2022). Cross your right ankle over your left thigh. Keep your right foot and ankle active by spreading your toes and flexing your foot. Stay here or place your hands on your hips and begin to slowly fold forward toward your right thigh. Repeat on the other side.



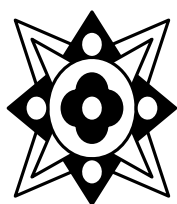
Sources

Jeffries, T. Y. (2025, March 3). *13 chair yoga poses you can do anywhere*. Yoga Journal. <https://www.yogajournal.com/yoga-101/types-of-yoga/chair-yoga-poses/>
McGonigle, A. (2022, September 6). *5 ways to practice Pigeon Pose*. Yoga Journal. <https://www.yogajournal.com/poses/anatomy/hips/ways-to-practice-pigeon-pose/>

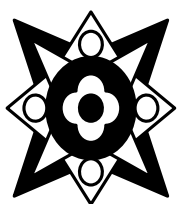
Spot the odd one out. Find the unique picture.



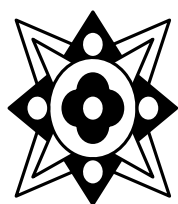
1



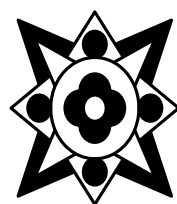
2



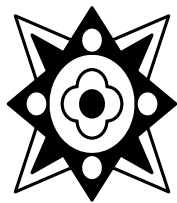
3



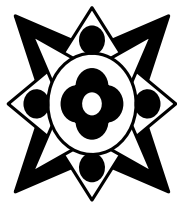
4



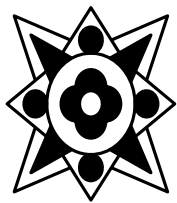
5



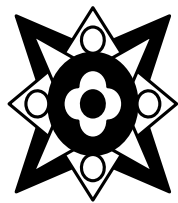
6



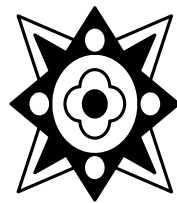
7



8



9



10

Match the Baby Animal Name with their Grown-up!

___ A. Fox

___ K. Grasshopper

1. Cheeper

11. Fawn

___ B. Goose

___ L. Oyster

2. Puggle

12. Kit

___ C. Platypus

___ M. Goat

3. Poult

13. Cygnet

___ D. Swan

___ N. Horse

4. Joey

14. Pinkie

___ E. Turkey

___ O. Sheep

5. Colt

5. Kid

___ F. Hedgehog

___ P. Rooster

6. Snakelet

16. Piglet

___ G. Kangaroo

___ Q. Echidna

7. Squab

17. Platypup

___ H. Pigeon

___ R. Hawk

8. Spat

18. Lamb

___ I. Deer

___ S. Mouse

9. Eyas

19. Cockrell

___ J. Snake

___ T. Partridge

10. Gosling

20. Nymph

Answer key is on page 23.

Criss Cross Puzzle

Fill in the blanks with the words provided.

5 letter words

ARROW
EASEL

6 letter words

ASSUME
BAILEE
COCOON
FUSION
GLIDER
MORASS
NEWBIE
NOTICE
RESCUE
SPIRIT
TRITON
UNLINK

8 letter words

LOCATION
SALESMAN

9 letter words

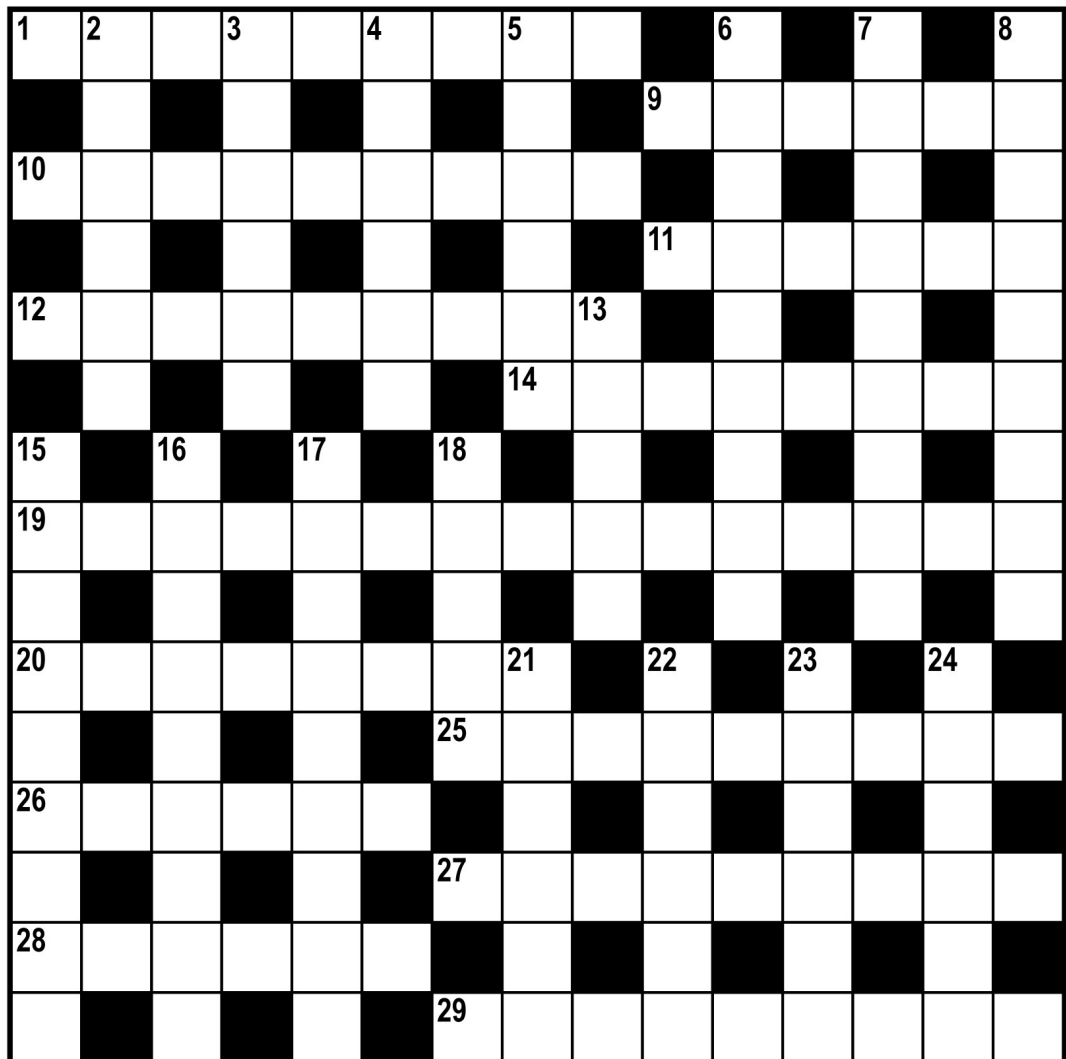
BEEKEEPER
INVERNESS
JELLYFISH
LOWERCASE

MINIATURE
OBVIOUSLY
SOVEREIGN
SPACESHIP

STAGE NAME
TRATTORIA
VOICEMAIL
WEDNESDAY

15 letter word

EMPEROR PENGUINS



Answer key is on page 23.

Answer Key

Viewfinders can be found on pages:

4, 6, 10, 14, 19

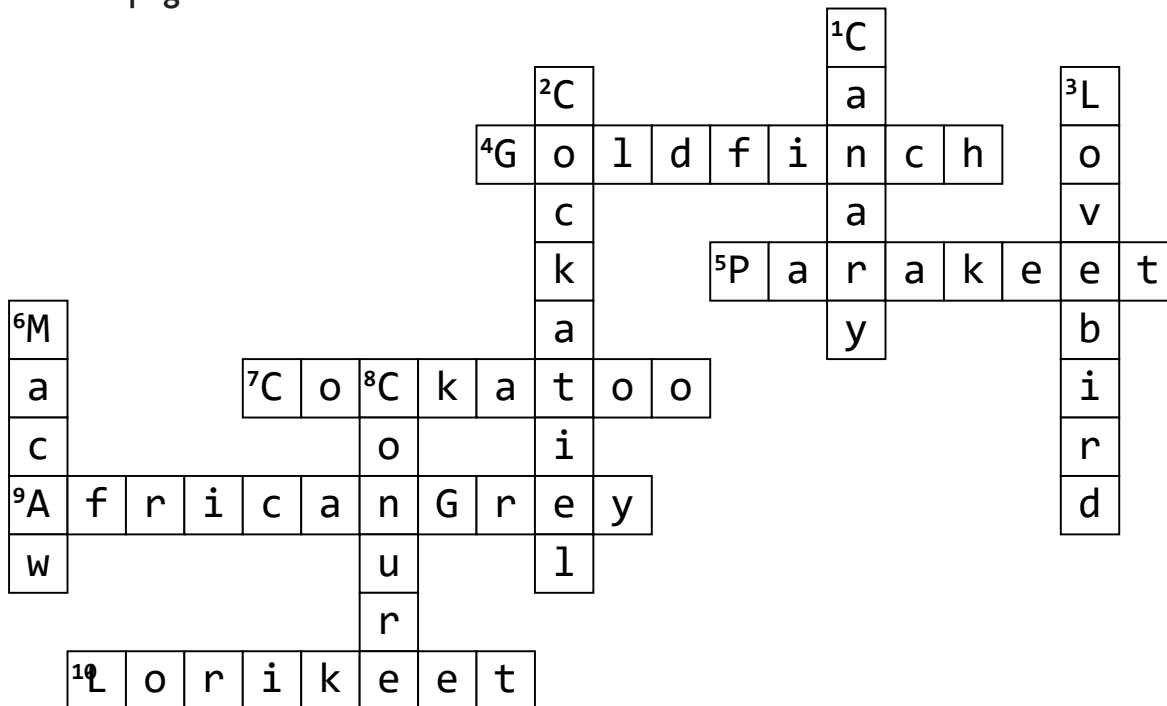
Animal Word Scramble Answer Key (page 4)

- | | | |
|------------|--------------|--------------|
| 1. Rabbit | 5. Chihuahua | 9. Giraffe |
| 2. Tiger | 6. Horse | 10. Flamingo |
| 3. Raccoon | 7. Eagle | 11. Lemur |
| 4. Mouse | 8. Elephant | 12. Whale |

Sudoku Number 1 (page 4)

2	1	7	6	4	5	9	3	8
3	8	4	7	9	2	1	5	6
5	9	6	8	1	3	7	2	4
4	7	3	1	2	9	8	6	5
9	5	8	3	6	4	2	7	1
6	2	1	5	7	8	3	4	9
7	6	5	9	3	1	4	8	2
8	4	9	2	5	7	6	1	3
1	3	2	4	8	6	5	9	7

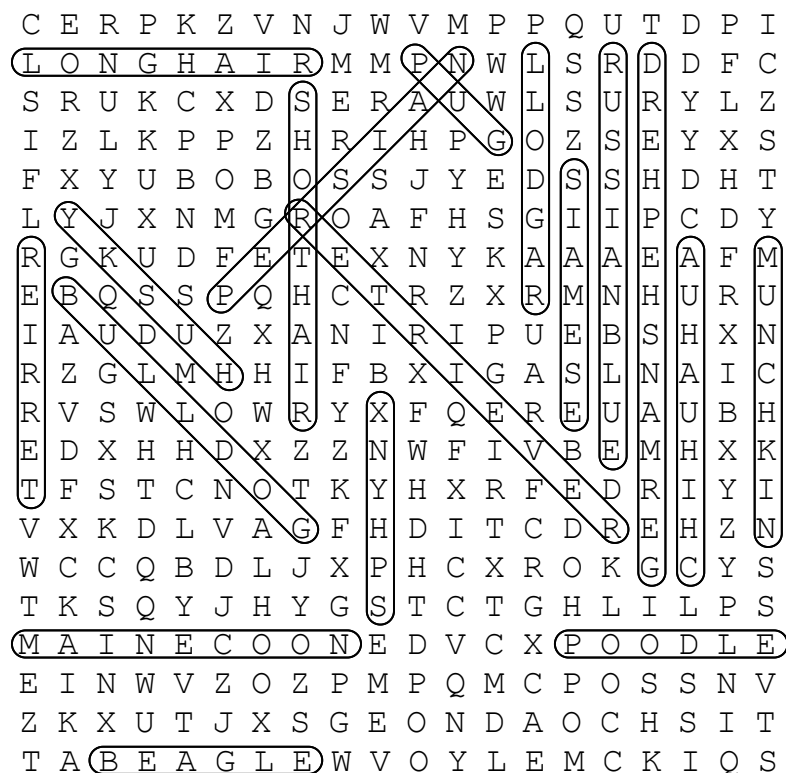
Crossword (page 5)



Match Animal to Group (page 12)

- | | | | |
|-------|-------|-------|-------|
| A, 11 | F, 4 | K, 16 | P, 19 |
| B, 12 | G, 13 | L, 3 | Q, 1 |
| C, 5 | H, 6 | M, 17 | R, 8 |
| D, 10 | I, 15 | N, 9 | S, 18 |
| E, 7 | J, 14 | O, 2 | T, 20 |

Word Search (page 15)



Match the Mascot to the Team (page 18)

1B; 2G; 3E; 4F; 5H; 6D; 7C; 8D; 9B; 10A

Visual Puzzle (page 20)

Answer: 8

Criss Cross Puzzle (page 21)

Across: 1 STAGE NAME, 9 COCOON, 10 MINIATURE, 11 RESCUE, 12 LOWERCASE, 14 SALESMAN, 19 EMPEROR PENGUINS, 20 LOCATION, 25 WEDNESDAY, 26 FUSION, 27 OBVIOUSLY, 28 SPIRIT, 29 BEEKEEPER.

Down: 2 TRITON, 3 GLIDER, 4 NOTICE, 5 MORASS, 6 SOVEREIGN, 7 VOICEMAIL, 8 INVERNESS, 13 EASEL, 15 JELLYFISH, 16 SPACESHIP, 17 TRATTORIA, 18 ARROW, 21 NEWBIE, 22 UNLINK, 23 ASSUME, 24 BAILEE.

Sudoku Number 2 (page 17)

5	2	4	8	3	6	1	9	7
1	3	6	9	2	7	8	4	5
7	8	9	1	5	4	2	6	3
8	6	3	2	7	9	5	1	4
4	1	7	5	6	8	3	2	9
9	5	2	3	4	1	7	8	6
2	7	8	6	9	5	4	3	1
3	9	5	4	1	2	6	7	8
6	4	1	7	8	3	9	5	2

Match Baby Animal to Grown Up (page 20)

A, 12	M, 15
B, 10	N, 5
C, 17	O, 18
D, 13	P, 19
E, 3	Q, 2
F, 16	R, 9
G, 4	S, 14
H, 7	T, 1
I, 11	
J, 6	
K, 20	
L, 8	

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 Mental Health Services

- Adult Mental Health
- Serenity - Senior Mental Health
- The Harmony Program
 - Intensive Outpatient Program
- Call 812.485.1439

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
- kvaladar@usi.edu
- 812.461.5277

Daughters of Charity Ministries, Inc

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

Dementia Friendly Evansville

- For more information: Kellim@evpl.org

Easterseals Aspire Adult Day Services

- 3701 Bellemeade Ave, Evansville IN 47714
- 812.479.1411

Heritage Woods of Newburgh

- 4211 Grimm Road, Newburgh, IN 47630
- 812.853.9810

Jacob's Village

- 7200 Jacob's Village Drive Evansville, IN 47720
- 812.963.5973

Oasis Dementia Care

- 4301 Washington Ave. Evansville, IN 47714
- 812.303.3310

**Oasis Senior Advisors Evansville & the Tri-State:
Free assistance to find independent/assisted living,
memory care & caregivers**

- 812.453.6461
- OasisSeniorAdvisors.com

Park Terrace Village

- 25 S. Boehne Camp Rd. Evansville, IN 47712
- 812.423.7468

Solarbron

- 1501 McDowell Road, Evansville, IN 47712
- 812.985.9955

SWIRCA & More

- 16 W Virginia St. Evansville, IN 47710
- 812.464.7800
- swirca.org

Trilogy Health Services | West River Health Campus

- 714 Eickhoff | Evansville, IN 47712
- Campus: 812.985.9878

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

- 1540 E. Baseline Rd. Evansville, IN 47725
- 812.435.6355

Vanderburgh County Health Department

- 420 Mulberry St. Evansville, IN 47713
- 812.435.2400

Walnut Creek Alzheimer's Special Care Center

- 525 Bente West Court, Evansville, IN 47715
- 812.471.3100



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