

Watsonville Senior Center Activity Book



MAY

A crossword puzzle grid with 22 numbered starting points for words. The grid is composed of white squares for letters and empty space for non-letter positions. The numbers are as follows:

- 1: Top row, starting at the second square from the left.
- 2: Top row, starting at the eighth square from the left.
- 3: Second row, starting at the first square from the left.
- 4: Second row, starting at the sixth square from the left.
- 5: Third row, starting at the fourth square from the left.
- 6: Fourth row, starting at the first square from the left.
- 7: Fourth row, starting at the fourth square from the left.
- 8: Fourth row, starting at the sixth square from the left.
- 9: Fifth row, starting at the second square from the left.
- 10: Fifth row, starting at the fourth square from the left.
- 11: Sixth row, starting at the first square from the left.
- 12: Sixth row, starting at the second square from the left.
- 13: Seventh row, starting at the fourth square from the left.
- 14: Eighth row, starting at the third square from the left.
- 15: Eighth row, starting at the seventh square from the left.
- 16: Ninth row, starting at the sixth square from the left.
- 17: Tenth row, starting at the first square from the left.
- 18: Tenth row, starting at the second square from the left.
- 19: Tenth row, starting at the sixth square from the left.
- 20: Eleventh row, starting at the first square from the left.
- 21: Eleventh row, starting at the fourth square from the left.
- 22: Twelfth row, starting at the third square from the left.

Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

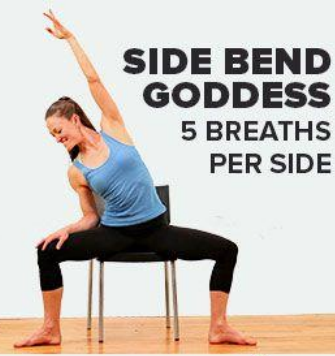
Fruits

Raspberry
Lime
Blackberry
Blueberry
Watermelon

Orange
Banana
Papaya
Lemon
Kiwi
Strawberry

Grape
Apple

9 SOOTHING CHAIR STRETCHES TO RELEASE HIP PAIN



**FIGURE
FOUR**
5 BREATHS



**SUPPORTED
SIDE BEND
LUNGE**
5 BREATHS
PER SIDE



**WIDE
DOWNWARD-
FACING DOG**
5 BREATHS



**THIGH
STRETCH**
5 BREATHS
PER SIDE



**SEATED
PIGEON
TWIST**
5 BREATHS
PER SIDE



**EAGLE
ARCH**
5 BREATHS
PER SIDE



LOW LUNGE
5 BREATHS PER SIDE



**SUPPORTED
PYRAMID**
5 BREATHS PER SIDE

