**SOAR Fun and Games**

SOAR Fun and Games is an activity book designed to challenge your mind, encourage physical activity and to hopefully inspire you to try something new! I would love to hear from you about activities you enjoyed from this booklet, or with pictures of your recipes or from your nature walk! Please email me at manzur@cityofgreer.org.

The answer key to this booklet is available on our website at [https://www.cityofgreer.org/535/Seniors-Out-Around-SOAR](https://www.cityofgreer.org/535/Seniors-Out-Around-SOAR)

**Wellness BINGO**

To get a BINGO, complete 5 activities in a row vertically, horizontally or diagonally. Let us know when you achieve a BINGO and we will enter your name in a raffle for a **$25 gift card to Texas Roadhouse**. Contact us by email at manzur@cityofgreer.org or by phone at (864) 968-7001. Note: Only one entry per person and winner will be notified on September 30, 2020.

<table>
<thead>
<tr>
<th>B</th>
<th>I</th>
<th>N</th>
<th>G</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go for a walk</td>
<td>Write a letter to someone</td>
<td>Cozy up with a blanket and read a good book</td>
<td>Clean a closet and donate a bag of clothes to a local shelter</td>
<td>Try a new healthy recipe</td>
</tr>
<tr>
<td>Drink only water all day</td>
<td>Support a local business</td>
<td>Get 8 hours of restful sleep</td>
<td>Watch a fall movie (Check the fall movie list for ideas of what to watch)</td>
<td>Call a friend from SOAR</td>
</tr>
<tr>
<td>Perform a random act of kindness for a stranger</td>
<td>Watch the sunset while getting fresh air</td>
<td>Play with a pet</td>
<td>No fast food for a week</td>
<td>March in place for 15 seconds, repeat 5 times</td>
</tr>
<tr>
<td>Do a word puzzle to exercise your mind</td>
<td>Stretch for 15 minutes when you wake up</td>
<td>Do a fall craft project (like paint some acorns)</td>
<td>Go on a nature walk and find the items on the scavenger hunt list</td>
<td>Eat 5 different fruits and/or vegetables one day</td>
</tr>
<tr>
<td>Give up social media for a day</td>
<td>Eat breakfast today</td>
<td>Turn on your favorite music and dance/move for 10 minutes</td>
<td>Create a relaxing bedtime routine</td>
<td>Write down 3 things you are grateful for</td>
</tr>
</tbody>
</table>

The answer key to this booklet is available on our website at [https://www.cityofgreer.org/535/Seniors-Out-Around-SOAR](https://www.cityofgreer.org/535/Seniors-Out-Around-SOAR)
Brain Teaser

Here you have a few quick brain teasers to exercise your attention and your working memory—the ability to keep information in your mind while manipulating multiple units of information at the same time.

Give them a try ... they are not as easy as they may seem

1. **Say the days of the week backwards, then in alphabetical order.** (Speak other languages? Try doing the same in Spanish, French, Mandarin...)

2. **Say the months of the year in alphabetical order.** Easy? Well, why don’t you try doing so backwards, in reverse alphabetical order.

3. **Find the sum of your date of birth, mm/dd/yyyy.** Want a tougher mind teaser? Do the same with your spouse’s or best friend’s date of birth (without looking it up...)

4. **Name two objects for every letter in your first name.** Work up to five objects, trying to use different items each time.

5. **Look around you, wherever you are, and try to find** 5 red objects that will fit in your pockets, and 5 blue objects that are too big to fit.

Source: https://sharpbrains.com
Fall Word Search

ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

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Here is a Brain Game whose aim is to stimulate the connections or associations between words in your temporal lobe. You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

Ready to stimulate connections in your temporal lobe? Enjoy!

1. LOCK — PIANO
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER

Source: https://sharpbrains.com
The Ultimate Fall Bucket List

- Drink a pumpkin spice latte
- Buy a cozy sweater
- Decorate the front door
- Go apple picking
- Take a fall foliage drive
- Visit a pumpkin patch
- Buy a fall scented candle
- Bake pumpkin bread
- Drink warm apple cider
- Wear fuzzy socks
- Attend a fall festival
- Make candy apples
- Craft with fall leaves
- Carve a pumpkin
- Roast pumpkin seeds
- Go on a hayride
- Watch a scary movie
- Attend a Halloween party
- Try a pumpkin ale
- Go on a wine tour
- Build a bonfire
- Give thanks

Source: www.highlandhomes.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 1, 1830</td>
<td>Elvis Presley first appears on Ed Sullivan Show.</td>
</tr>
<tr>
<td>September 2, 1666</td>
<td>Francis Scott-Key composed the lyrics to “The Star Spangled Banner”.</td>
</tr>
<tr>
<td>September 3, 1951</td>
<td>The U.S. Postal Service was founded.</td>
</tr>
<tr>
<td>September 8, 1966</td>
<td>Sandra Day O’Conner became the first female Supreme Court Justice.</td>
</tr>
<tr>
<td>September 9, 1956</td>
<td>“Mary Had a Little Lamb” was published.</td>
</tr>
<tr>
<td>September 11, 1962</td>
<td>Rayon was patented.</td>
</tr>
<tr>
<td>September 13, 1788</td>
<td>Billie Jean King defeats Bobby Riggs in a battle of the sexes tennis match.</td>
</tr>
<tr>
<td>September 14, 1814</td>
<td>The Great Fire of London was started.</td>
</tr>
<tr>
<td>September 20, 1973</td>
<td>New York City becomes the capitol of the United States. I bet you didn’t know that!</td>
</tr>
<tr>
<td>September 25, 1981</td>
<td>Star Trek premiered on television.</td>
</tr>
<tr>
<td>September 26, 1789</td>
<td>TV soap opera Search for Tomorrow premieres on CBS.</td>
</tr>
<tr>
<td>September 30, 1902</td>
<td>The Beatles recorded their 1st single “Love Me Do”.</td>
</tr>
</tbody>
</table>

Source: http://holidayinsights.com
## Fall Scavenger Hunt

Can you find them all?

<table>
<thead>
<tr>
<th>Item</th>
<th>Icon</th>
</tr>
</thead>
<tbody>
<tr>
<td>red leaf</td>
<td><img src="https://via.placeholder.com/150" alt="red_leaf.png" /></td>
</tr>
<tr>
<td>yellow leaf</td>
<td><img src="https://via.placeholder.com/150" alt="yellow_leaf.png" /></td>
</tr>
<tr>
<td>orange leaf</td>
<td><img src="https://via.placeholder.com/150" alt="orange_leaf.png" /></td>
</tr>
<tr>
<td>green leaf</td>
<td><img src="https://via.placeholder.com/150" alt="green_leaf.png" /></td>
</tr>
<tr>
<td>acorn</td>
<td><img src="https://via.placeholder.com/150" alt="acorn.png" /></td>
</tr>
<tr>
<td>pinecone</td>
<td><img src="https://via.placeholder.com/150" alt="pinecone.png" /></td>
</tr>
<tr>
<td>pumpkin</td>
<td><img src="https://via.placeholder.com/150" alt="pumpkin.png" /></td>
</tr>
<tr>
<td>winged seed</td>
<td><img src="https://via.placeholder.com/150" alt="winged_seed.png" /></td>
</tr>
<tr>
<td>flower</td>
<td><img src="https://via.placeholder.com/150" alt="flower.png" /></td>
</tr>
<tr>
<td>grass</td>
<td><img src="https://via.placeholder.com/150" alt="grass.png" /></td>
</tr>
<tr>
<td>stone</td>
<td><img src="https://via.placeholder.com/150" alt="stone.png" /></td>
</tr>
<tr>
<td>tree bark</td>
<td><img src="https://via.placeholder.com/150" alt="tree_bark.png" /></td>
</tr>
<tr>
<td>twig</td>
<td><img src="https://via.placeholder.com/150" alt="twig.png" /></td>
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<tr>
<td>bird</td>
<td><img src="https://via.placeholder.com/150" alt="bird.png" /></td>
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<td>butterfly</td>
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<tr>
<td>bee</td>
<td><img src="https://via.placeholder.com/150" alt="bee.png" /></td>
</tr>
<tr>
<td>animal tracks</td>
<td><img src="https://via.placeholder.com/150" alt="animal_tracks.png" /></td>
</tr>
</tbody>
</table>

© www.kidkitsbox.com
Homemade Apple Cider Beef Stew

Source: https://www.tasteofhome.com

Ingredients:

- 2 pounds beef stew meat, cut into 1-inch cubes
- 2 tablespoons canola oil
- 3 cups apple cider or juice
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 2 tablespoons cider vinegar
- 1-1/2 teaspoons salt
- 1/4 to 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 3 medium potatoes, peeled and cubed
- 4 medium carrots, cut into 3/4-inch pieces
- 3 celery ribs, cut into 3/4-inch pieces
- 2 medium onions, cut into wedges
- 1/4 cup all-purpose flour
- 1/4 cup water
- Fresh thyme sprigs, optional

Directions:

- In a Dutch oven, brown beef on all sides in oil over medium-high heat; drain. Add the cider, broth, vinegar, salt, thyme and pepper; bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.
- Add the potatoes, carrots, celery and onions; return to a boil. Reduce heat; cover and simmer for 30-35 minutes or until beef and vegetables are tender.
- Combine flour and water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. If desired, serve with fresh thyme.

Nutrition Facts: 1 cup: 330 calories, 12g fat (3g saturated fat), 72mg cholesterol, 628mg sodium, 31g carbohydrate (14g sugars, 2g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1 vegetable.
Contest-Winning Pumpkin Coffee Cake

Source: https://www.tasteofhome.com

Ingredients:

- 1 package (16 ounces) pound cake mix
- 3/4 cup canned pumpkin
- 6 tablespoons water
- 2 large eggs, room temperature
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda

- **TOPPING:**
  - 1/2 cup chopped walnuts
  - 1/2 cup packed brown sugar
  - 1/4 cup all-purpose flour
  - 3 teaspoons butter, melted

Directions:

- In a large bowl, combine the first 6 ingredients; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Pour half the pumpkin mixture into a greased 9-in. square baking pan.
- In a small bowl, combine the topping ingredients; sprinkle half over the batter. Carefully spread with remaining batter. Sprinkle with remaining topping (pan will be full).
- Bake at 350° for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.

**Nutrition Facts:** 1 piece: 385 calories, 18g fat (5g saturated fat), 79mg cholesterol, 366mg sodium, 51g carbohydrate (35g sugars, 1g fiber), 7g protein.
Perfect Movies for Fall

You've Got Mail
Autumn in New York
Hocus Pocus
Dead Poets Society
Remember the Titans
Practical Magic
Good Will Hunting
The Village
The Nightmare Before Christmas
It's the Great Pumpkin, Charlie Brown
Planes, Trains and Automobiles
Casper
Sleepy Hollow
When Harry Met Sally
Halloweentown
Fantastic Mr. Fox
The Blind Side
Sleepless in Seattle
Dan in Real Life
Legends of the Fall
October Sky
Step 1: Place acorns on foil-lined cookie sheet and bake at 170° for around two hours.

Step 2: Use acrylic craft paints and a paint brush to paint your acorns. Brush strokes will make a difference in the acorns’ appearance so brush with the grain of the nut. The acorns are much easier to paint with caps intact. If a few fall off, you can use a hot glue gun to reattach them. You can use any acrylic paint you have around the house, but different shades of green, blue, orange, and gold look really nice for fall. Paint acorns with one coat of paint or two coats if you prefer a more opaque look.

Step 3: Set the acorns aside to dry and don’t worry too much about the wet paint. Most of the acorns will naturally roll back to their caps when you set them down. That is all there is to it!

Source: www.homestoriesatoz.com