

# “It’s Never Too Late...”

Research shows that physical, mental and cultural activities enrich our lives and improve well-being, no matter what our age and condition. Pick a new activity, or revisit an old favorite that is adapted to meet your needs! The names of 20 favorites are hidden in this puzzle. Can you find them all?



ANIMALS  
COOKING  
CRAFTS  
DANCING  
DRAWING  
EXERCISE  
GARDENING  
HIKING

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



INSTRUMENTS  
LANGUAGES  
LEARNING  
MUSIC

SCULPTURE  
SINGING  
STORYTELLING  
SWIMMING

TRAVEL  
VOLUNTEERING  
WALKING  
YOGA