



SPARK !

ACTIVITY RESOURCES FOR SENIORS

COMMUNITY OUTREACH PROJECT

VOL. III MAGNIFICENT NATURE





SPARK!

ACTIVITY RESOURCES FOR SENIORS

Welcome!

We are glad “to be together”.
Our goal is to provide a weekly
spark of activity
for you to enjoy.

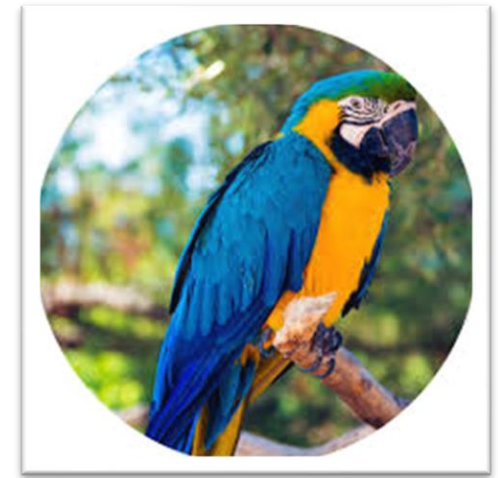
A playful mixture of fun facts,
poems, games, stories, coloring
page, jokes and MORE!

Each live activity session recorded &
available on demand.

Links on
www.padsa.org

Nature Did You Knows

1. a bear has 42 teeth
2. an ostrich's eye is bigger than its brain
3. lemons contain more sugar than strawberries
4. 85% of plant life is found in the ocean
5. rabbits like licorice
6. lobsters' blood is colorless but when exposed to oxygen it turns blue
7. armadillos have 4 babies at a time and are all the same sex
8. reindeer like bananas
9. the longest recorded flight of a chicken was 13 seconds



1. birds need gravity to swallow
2. a cat has 32 muscles in each ear
3. goldfish can see both infrared and ultraviolet light
4. cats spend 66% of their life asleep
5. when lightning strikes it can reach up to 30,000 degrees Celsius (54,000 degrees Fahrenheit)
6. spiders are arachnids and not insects
7. each time you see a full moon you always see the same side
8. the only continent with no active volcanoes is Australia
9. Koalas sleep around 18 hours a day
10. all insects have 6 legs
11. African Grey Parrots have vocabularies of over 200 words

Source: <https://www.did-you-knows.com/did-you-know-facts/nature.php>

A Gift For Gramma Goodie

Every visit starts the same. First she rings the doorbell. Then Chris bounces down the stairs. Jamie runs to open the door. And every time, Gramma Goodie has gifts. But the kids never know what she'll bring.

Sometimes it's stuff you need, like socks or underwear.

Sometimes it's movie tickets or a giant teddy bear.

It could be a kite or a stuffed baby kangaroo.

It could be a lollipop that turns your tongue bright blue.

Well, one Sunday, Gramma rang the doorbell. Chris hurried down the stairs. And Jamie threw open the door.

"Hello, my darlings," Gramma Goodie said with a smile. "Look what I have for you."

She pulled out a deck of cards, and they played "Go Fish" all afternoon. At the end of the day, Gramma gave everyone kisses. Then she said her good-byes.

As she drove away, Chris and Jamie heard their parents talking. They said that Gramma Goodie's birthday was next Sunday. They were going to plan a special dinner and bake a delicious cake for her birthday surprise.

"Gramma Goodie has a birthday?" they thought. Both were a little confused. Grown-ups have birthdays? Who in the world knew?

"Well, we have to get her a gift," Jamie decided.

"But what?" asked Chris. "Gramma Goodie has absolutely EVERYTHING!"

On Sunday, the doorbell rang. Chris didn't jump down the stairs. And Jamie didn't rush to the door.

As always, Gramma Goodie had gifts. She gave Jamie some butterscotch and Chris some peppermint. They thanked her and left to think about Gramma's gift.

All through dinner, the kids were silent as mice.

"Now I can't have you upset on my birthday," said Gramma. "What's wrong with you two?"

"Gramma, we really wanted to give you something for your birthday," Jamie said.

"But nothing we thought of would do," added Chris.

Gramma Goodie smiled and scooped the kids up in her arms. Then she whispered in their ears. "Oh, kids, don't you know? You two are the best gifts I could ever ask for."

Source: <https://www.shortstoriesforkids.net/family-stories/a-gift-for-gramma-goodie/>

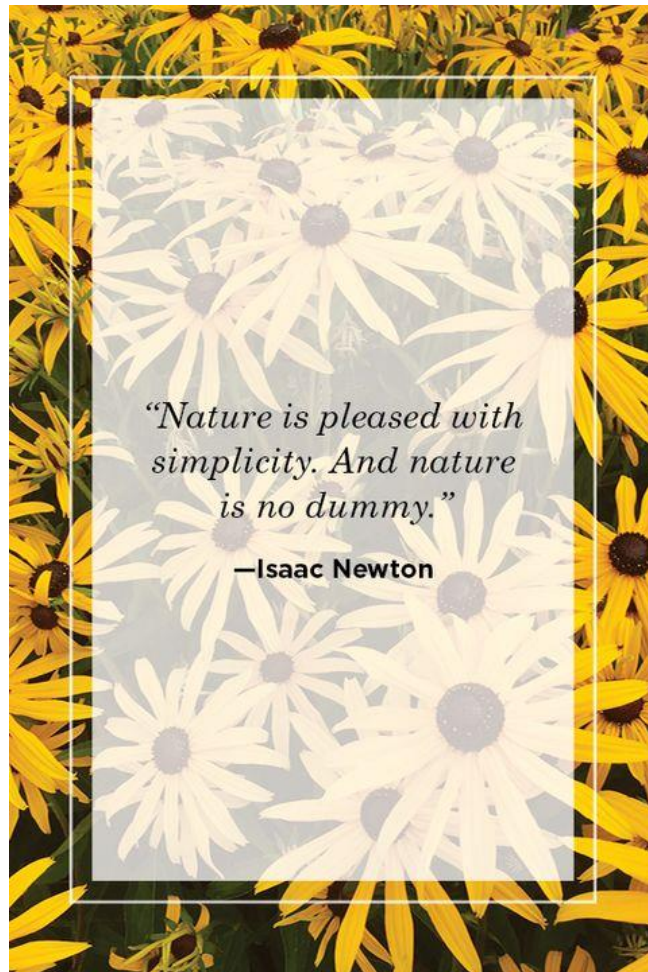




**“Colors are the
smiles of nature.”**

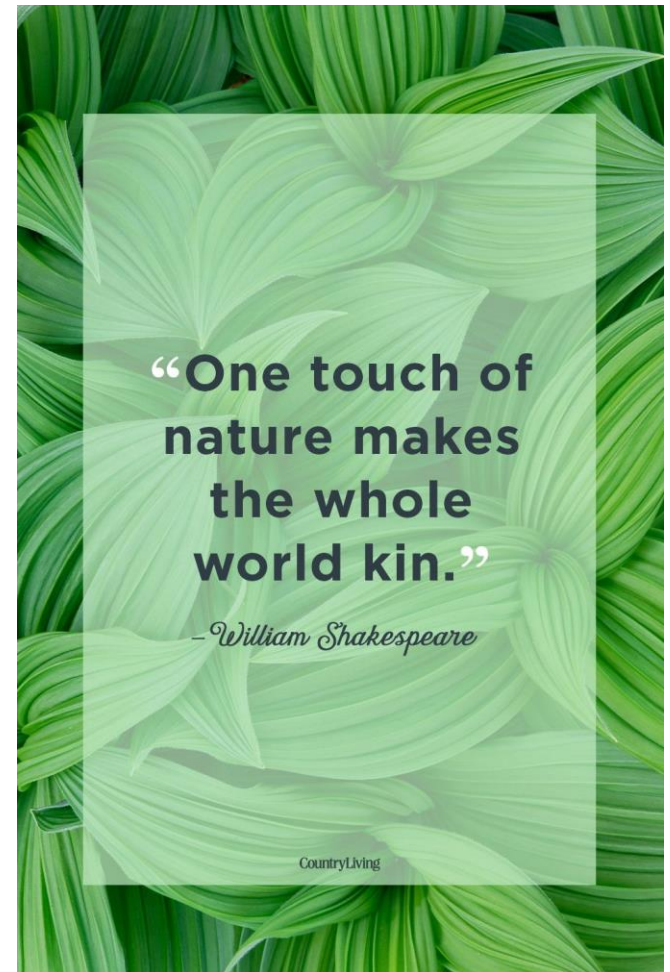
—Leigh Hunt

CountryLiving



*“Nature is pleased with
simplicity. And nature
is no dummy.”*

—Isaac Newton



**“One touch of
nature makes
the whole
world kin.”**

—William Shakespeare

CountryLiving



About ME ABC'S

A _____ K _____ U _____

B _____ L _____ V _____

C _____ M _____ W _____

D _____ N _____ X _____

E _____ O _____ Y _____

F _____ P _____ Z _____

G _____ Q _____

H _____ R _____

I _____ S _____

J _____ T _____

Things
I Like



MAD LIBS® BEARS

If you go to some _____ place like Yellowstone
National _____, you must know how to deal with the
wild animals such as bears and wolves and _____. The
most important of these is the bear. There are three kinds of bears,
the grizzly bear, the _____ bear, and the _____
bear. Bears spend most of their time _____ or
_____. They look very _____, but if you
make them _____, they might bite your _____.
Bears will come up to your car and beg for _____.
They will stand on their hind legs and clap their _____
together and pretend to be _____. But do not get out
of your _____ or offer the bears _____ or
_____. This same advice applies to other wild creatures
such as _____ and _____. Remem-
ber all these rules and you will spend your vacation _____
and not get eaten by a/an _____.

Think Fast Game

When the game starts you will have 5 minutes to list an
item for each letter of the alphabet. The item has to be
something that you can eat, something edible.

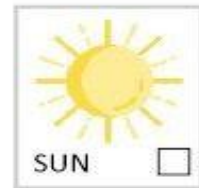
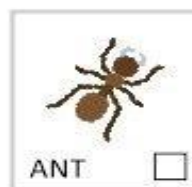
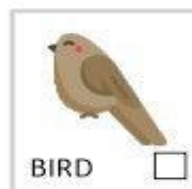
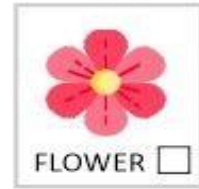


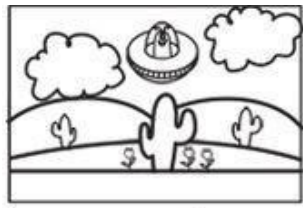
A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
G. _____
H. _____
I. _____
J. _____
K. _____
L. _____
M. _____

N. _____
O. _____
P. _____
Q. _____
R. _____
S. _____
T. _____
U. _____
V. _____
W. _____
X. _____
Y. _____
Z. _____



Nature Scavenger Hunt



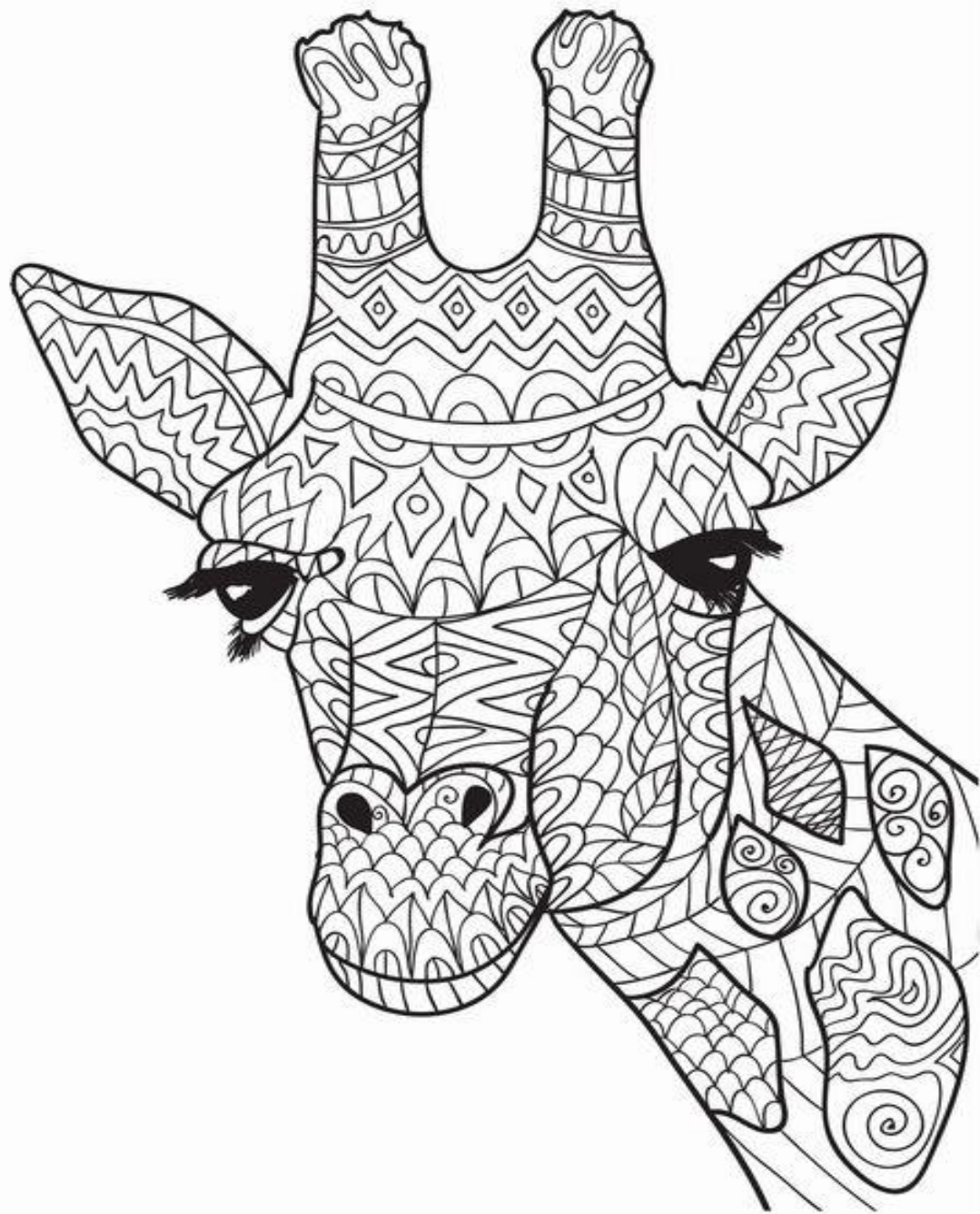


ROLL-A-LANDSCAPE

1st Turn Air/Sky						
2nd Turn Background						
3rd Turn Foreground						
4th Turn Trees						
5th Turn Flowers						
6th Turn Extras						

Materials needed: pencil, dice

1. Find a die
2. Go to the turn that you are on, for example, if you are on your first turn, then go to "1st" turn on the first column.(Air/Sky)
3. Roll die. Look for the number and match it to the dice pictured in the first row. Example,if you are on your first turn, and rolled a 3, then you would draw stars in the sky.
4. Continue to "Turn 2"(Background) and repeat until your drawing is done.

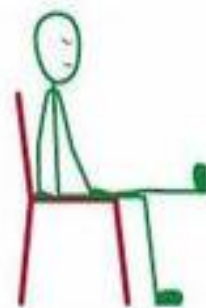




Chair Yoga



Forward Bend



Seated Leg-Lift



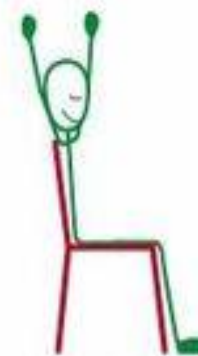
Leg Stretch



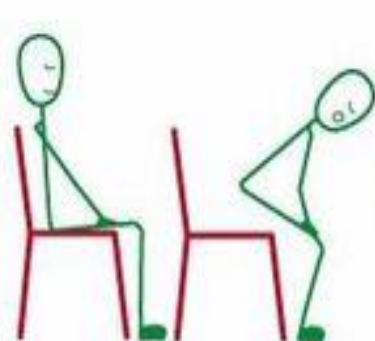
Hip Opener
(outer)



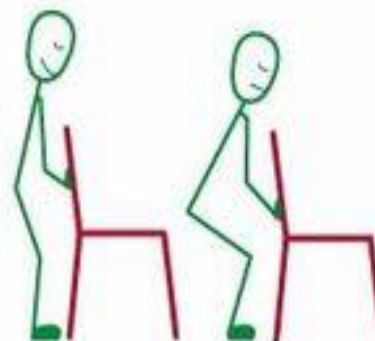
Hip Opener



Shoulder Stretch



Bottom Lift



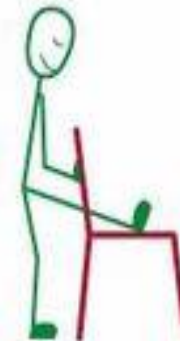
Knee Bends



Dog Pose



Push-ups



Hamstring Stretch



Hamstring Lift



Forward Bend/Hip Opener



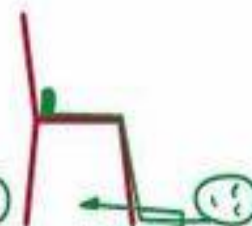
Lunge



Tree Pose



Bridge Pose



Restore