

Name: _____

Date: _____

S.E.N.I.O.R. Exercise

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

Occupational Therapy
Maintenance
Alzheimers
Community
Exercise
Balance
Senior
Snack

Visuospatial
Prevention
Cognitive
Creative
Diabetes
Muscle
Music
Yoga

Osteoporosis
Parkinsons
Education
Aerobics
Pilates
Memory
Games