



# PURSUIT and STAR Academy Activity Workbook

## Second Edition



## EXPLORE YOUR INTERESTS!

Color

Maze

Money Matching

Word Scramble

Color By Number

Masks and Meditation

Shapes Within Shapes

Member District Landmarks

Breakfast Scramble

BINGO

Donation Central

Answer Keys

## #NWSRAConnected

We look forward to continuing to provide outstanding recreational programming in the comfort of your own home. We are excited to share our Activity Workbook! The workbooks will be available by email and our Activity Center. Please contact Katrina Place at [katrinap@nwsra.org](mailto:katrinap@nwsra.org) to request a copy to be mailed. We hope this helps you stay active while keeping your families healthy and well. Be sure to share your completed pages on social media (Facebook, Twitter, Instagram) and use **#NWSRAConnected**.

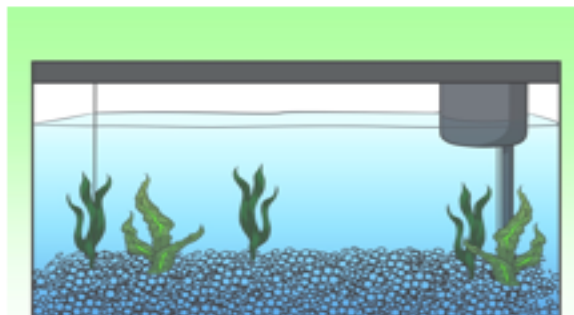
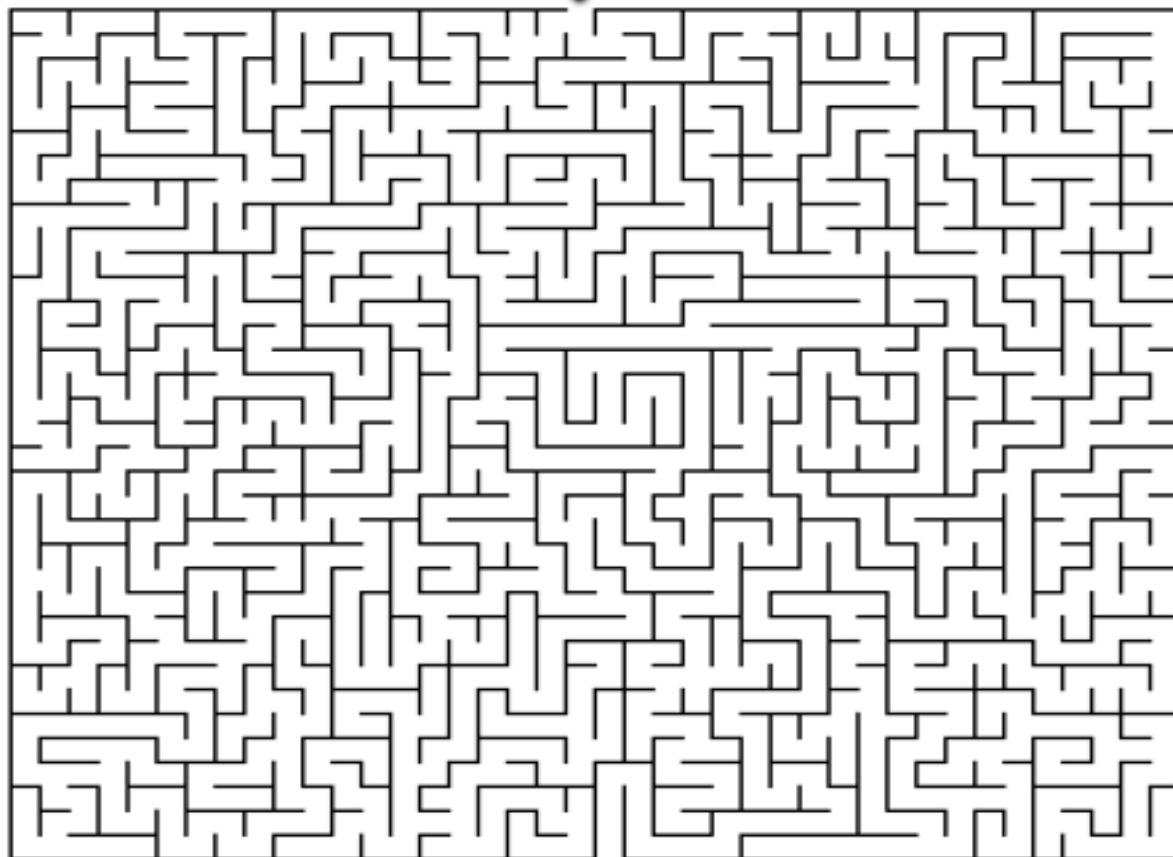


# COLOR



# MAZE

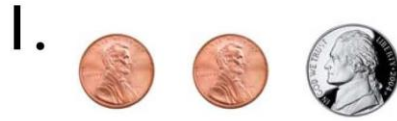
Help our turtles find their way back to their tanks!  
Can you name all of our turtles? We have Crush,  
Raphaela, Michael Angelo and Donatello!





# MONEY MATCHING

HOW MUCH DO YOU HAVE?  
Draw a line to match the coin total on the right



A. 36¢

B. 27¢

C. 31¢

D. 35¢

E. 45¢

F. 30¢

G. 20¢

H. 16¢

I. 12¢

J. 7¢

# WORD SCRAMBLE



Keep your mind sharp and unscramble these PURSUIT and  
STAR words!

RPTISUU

\_\_\_\_\_

STRA

\_\_\_\_\_

UYTMNOCMI

\_\_\_\_\_

IAYMLF

\_\_\_\_\_

NERIDFS

\_\_\_\_\_

UFOPHEL

\_\_\_\_\_

FLEI

\_\_\_\_\_

ATFSF

\_\_\_\_\_

EOVURELNT

\_\_\_\_\_

TCTEYRVAII

\_\_\_\_\_

ICMSU

\_\_\_\_\_

# COLOR BY NUMBER



# MASKS & MEDITATION



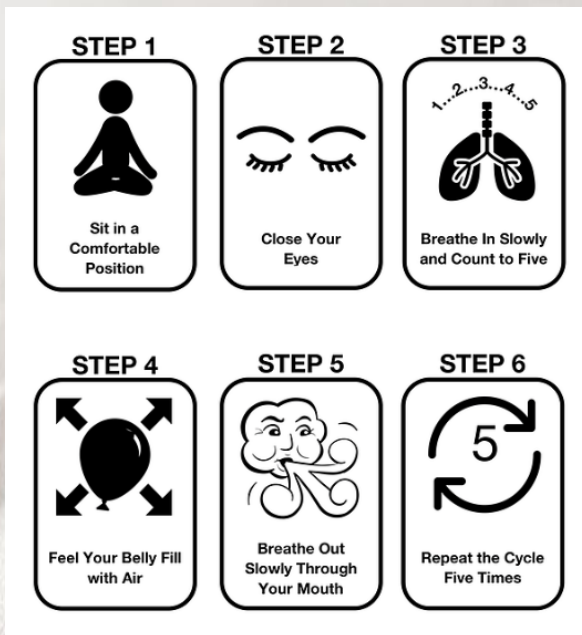
## Homemade Oatmeal Mask

- Ingredients: Water, Oatmeal, Yogurt, Honey, Egg White
- Combine 1/2 cup hot water and 1/3 cup oatmeal
- Wait 2-3 minutes for the mixture to settle
- Mix in 2 tbsp plain yogurt, 2 tbsp honey and 1 small egg white
- Apply a thin layer to your face and let sit for 10-15 minutes
- Rinse with warm water



## Homemade Banana Mask

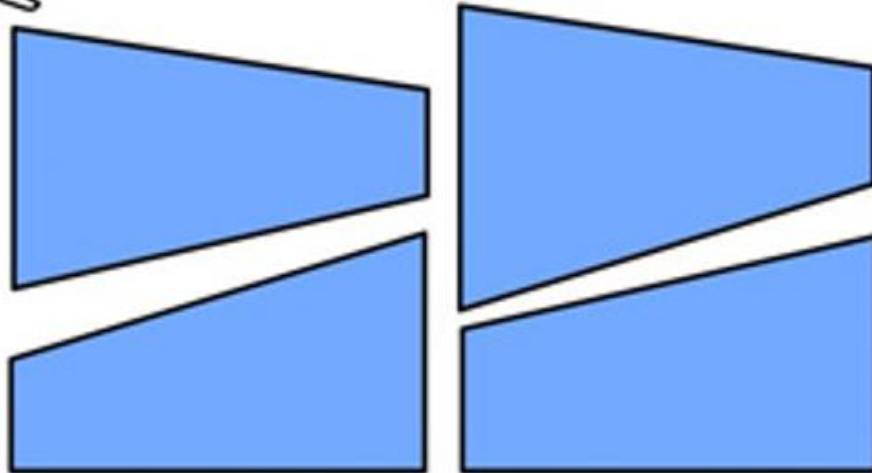
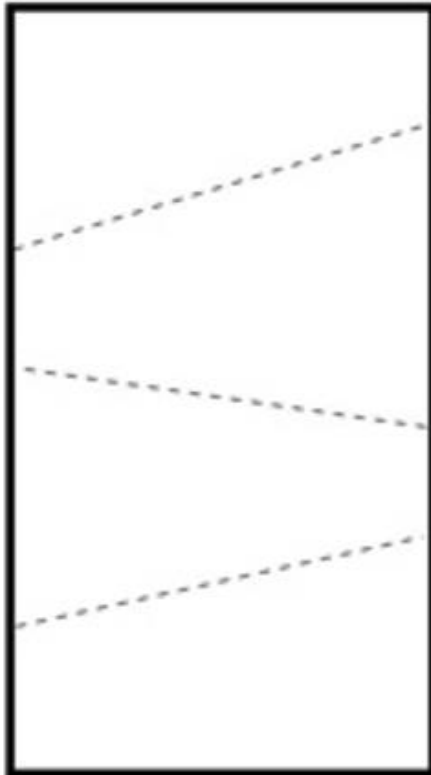
- Ingredients: Banana, Yogurt, Honey
- Mash up a medium sized ripe banana into a smooth paste
- Mix in 1/4 cup plain yogurt and 2 tbsp honey
- Apply a thin layer to your face and let sit for 10-20 minutes
- Rinse with warm water





# SHAPES WITHIN SHAPES

Cut out the blue shapes and sort them to fit inside the puzzle.



# MEMBER DISTRICT LANDMARKS



If you are out for a drive, stop by some of our favorite landmarks and sightsee from your car!

## Arlington Heights

- North School Park: N. Evergreen Avenue & E. Eastman Street, Arlington Heights, IL 60004

## Elk Grove Village

- Busse Forest Elk Pasture: 225 N. Arlington Heights Road, Elk Grove Village 60007

## Hanover Park

- Military War Dog Statue at Village Hall: 2121 Lake St., Hanover Park, IL 60133

## Hoffman Estates

- Vogelei Barn and Park: 650 W. Higgins Rd., Hoffman Estates, IL 60169

## Mt. Prospect

- Veterans Memorial Band Shell: 411 S. Maple St., Mt. Prospect, IL 60056

## Palatine

- Fireman Memorial: 81 N. Brockway St., Palatine, IL 60067

## Rolling Meadows

- Veterans Memorial: Kirchoff Rd. & Wellington Ct., Rolling Meadows, IL 60008

## Schaumburg

- Regional Airport: 905 Irving Park Rd., Schaumburg, IL 60193

## Wheeling

- Chicago Executive Airport: 1020 Plant Rd., Wheeling, IL 60090

# BREAKFAST SCRAMBLE

---

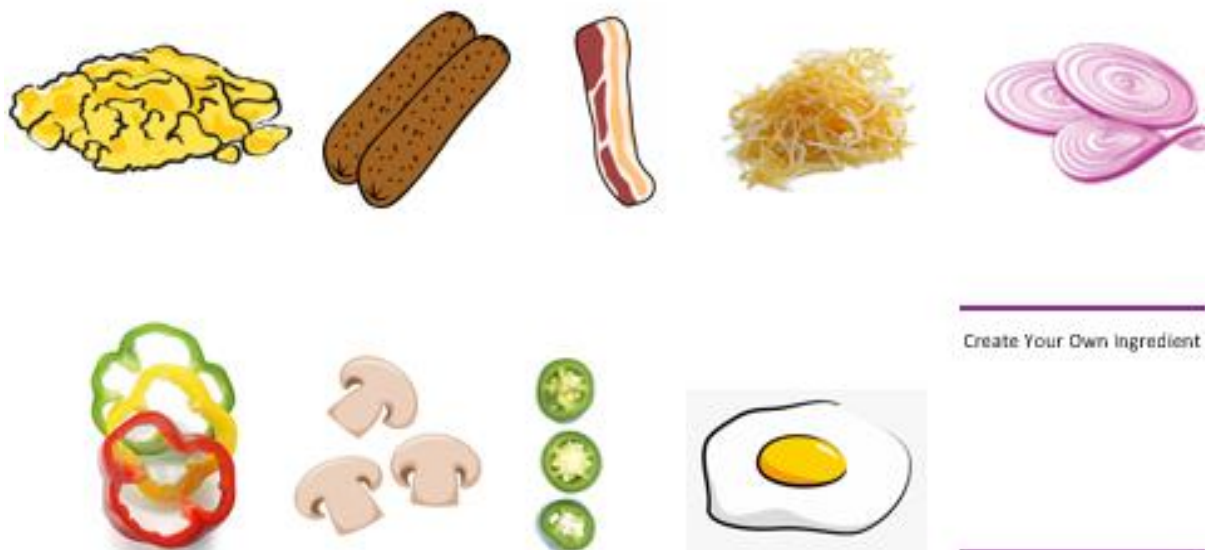
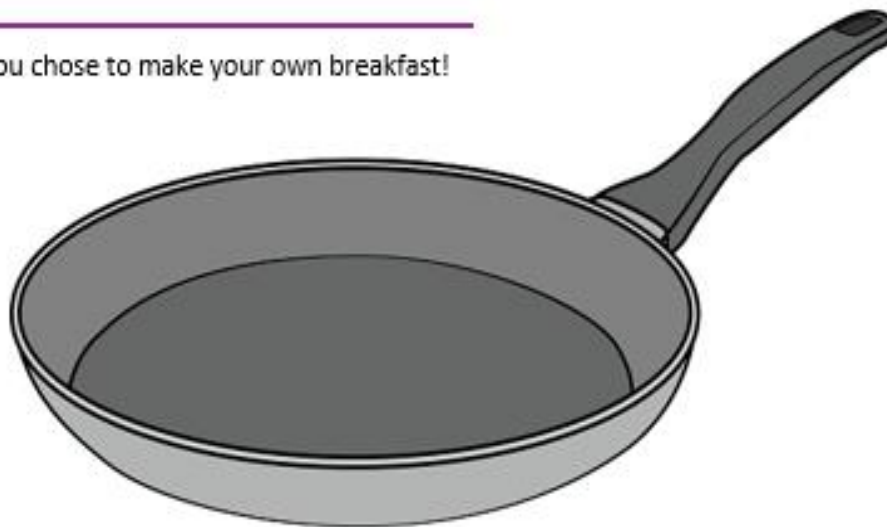
Cut out the breakfast ingredients and glue them on  
the frying pan.

---

---

List the ingredients you chose to make your own breakfast!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# BINGO

Call a friend from NWSRA on the phone	Do a live Yoga class	Bake a dessert you have never made before	Write a letter to a family member	Write a TV show or Movie review
Research a new topic	Wear Pajamas all day long!	Go on a walk or a bike ride	Do a craft project	Rearrange your bedroom
Draw a picture of yourself	Order food from your favorite take out spot	Free Space: Take a moment for yourself	Clean something you have never cleaned before	Write a short story
Read a book	Learned something new	Cook a new meal for dinner	Make a fort	Take a nap
FaceTime a friend or family member	Plan an imaginary vacation	Start and finish a puzzle	Watch your favorite childhood movie	Dance for 10 min. to your favorite type of music

# DONATION CENTRAL

Adult Day Programs across the state of Illinois are competing to see who can collect the most plastic bread tags. Please help PURSUIT by saving your tags and bringing them to program when we return!



## BREAD TAG RECYCLING PROGRAM

**Recycle bread tags here!**



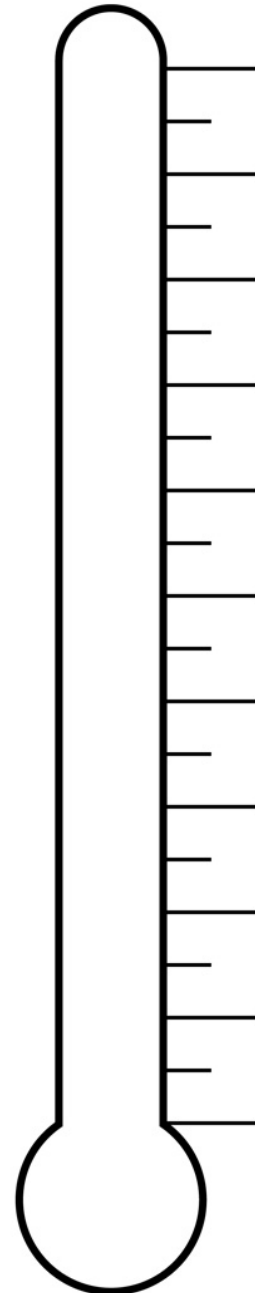
### **Bread tags for wheelchairs**

We've partnered with SCARCE for this recycling project. SCARCE works with Danielle Cares for Chairs to recycle bread tags. Funds raised through recycling bread tags provide mobility equipment for those in need.

Learn more on [www.scarce.org](http://www.scarce.org).



©2019 SCARCE Inc





# ANSWER KEY

---

## MONEY MATCHING

---

1. J	2. I	3. F	4. G	5. C
6. A	7. B	8. D	9. E	10. H

---

## WORD SCRAMBLE

---

RPTISUU

STRA

UYTMNOCMI

IAYMLF

NERIDFS

UFOPHEL

FLEI

ATFSF

EOVURELNT

TCTEYRVAIL

ICMSU

PURSUIT

STAR

COMMUNITY

FAMILY

FRIENDS

HOPFUL

LIFE

STAFF

VOLUNTEER

CREATIVITY

MUSIC