

# Delta

Ma  
2021

## KEENOTES

### MCKEE SENIORS RECREATION CENTRE

5155 47 Avenue  
Delta, BC V4K 0A2  
604-946-1411



**Please note:**  
McKee Seniors Recreation Centre is  
**CLOSED** for regular seniors  
programming until further notice.

Have a question, suggestion or  
comment for the monthly newsletter?  
We'd like to hear from you—please  
contact us at [mckee@delta.ca](mailto:mckee@delta.ca)

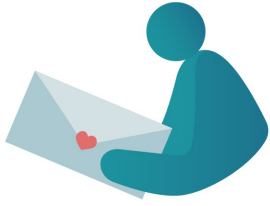
## MCKEE SENIORS RECREATION CENTRE Recreation for 50+

The City of Delta is providing a free  
transportation service for **Delta** residents  
to the Fraser Health COVID-19  
Immunization Clinics in **Delta**.  
Residents within the eligible age range  
(according to the Fraser Health  
Authority) are welcome to book a ride.

For more information,  
please call **604-597-4876**  
Monday to Sunday, 9am to 3:30pm



# Encouragement in an Envelope



## ENCOURAGEMENT IN AN ENVELOPE

Identified as the most vulnerable demographic for COVID-19, seniors are at risk for serious negative psychological effects including depression, anxiety, panic attacks, suicidal ideation, substance abuse and stress-induced illness (Psychological Risk Factors, 2020). The pandemic has brought to light a reality for seniors in our community: while there are those who are virtually connected, have the financial means to be connected, and have the skills and capacity to be self-sufficient through electronic means, many seniors are not connected.

Studies show the act of letter writing has tremendous benefits for both the writer and the recipient, as letters maintain human ties, communicate news and personal information, and keep connection between writer and the recipient.

If you are someone who enjoys writing letters or making cards, the **Encouragement in an Envelope** program could be a good fit for you! This program, which will be launching in May/June of this year is designed to connect seniors through letters and cards! Letter writers will be registered through the Let's Talk Delta portal and as letters/cards are completed, they will be mailed out by City staff who are registered as recipients. Stay tuned with our newsletter and through the City of Delta webpage for more information coming your way.

Nowadays, we rarely pick up a pen and paper to communicate with one another, but it might not be wise for us to trade this long-standing, cultural practice entirely for the convenience of text messages and emails.

Research has shown that the general act of writing by hand can promote quite a few physical and mental benefits, from improving learning abilities to fostering a more positive outlook on life. And when it comes to writing that is used as a form of communication between two people, namely letters and postcards, the impact of such messages lasts far longer than any alternative version offered in our high-tech world. From the careful intentions of the sender to the value experienced by the receiver, no true match exists for this old-time, traditional means of conversation. Here are some excellent reasons you should still send a letter or postcard once in a while:

- ◆ **They create lasting memories.** Studies have revealed an association between writing by hand and brain development and cognition, increasing neural activity more than typing can.
- ◆ **They show how much you care.**
- ◆ **They make you feel good.** Science has linked expressive writing to better mood, reduced stress and improved overall sense of well-being. Sharing your genuine thoughts with another person can be quite the moral booster.
- ◆ **They make every word count.** Unlike with a quick text or Facebook message, you only have one chance when you send a handwritten message, so you learn just how important it is not to let it go to waste.
- ◆ **They spark creativity.** Taking to pen and paper utilizes the visual, motor and cognitive brain processes differently than when we recruit technology to help us out. It is also by nature more labour-intensive, requiring us to slow down and connect the mind with the hand, one word at a time.
- ◆ **They require unplugging.** Let's face it—we could all use a little extra screen-free time these days. For those few minutes, you will live entirely in the present moment and in the thoughts you're putting on paper.
- ◆ **They honour tradition.** There's something sacred (and romantic, in the broadest sense) about communicating in the way generations before us once did. Computers and smartphones may prove more efficient, but they can never take the place of this kind of sentimental history.

Adapted from [huffpost.com](https://www.huffpost.com)

# Wellness

## WHAT IS HIGH BLOOD PRESSURE?

Hypertension is the medical term used to describe high blood pressure. Blood pressure is the force of the blood pumped from the heart against the blood vessels. This force makes blood flow possible, delivering nutrients and oxygen to organs and tissues throughout the body.

Hypertension occurs when there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop high blood pressure, but it becomes more common as you get older.

**High blood pressure is similar to pumping too much air into a tire or balloon.**

## WHAT ARE THE CAUSES?

Some causes for high blood pressure can be managed, others are beyond your control. Talk to your doctor to learn more about what you can do.

### CAUSES YOU CAN CONTROL

- ◆ Lifestyle factors
- ◆ Unhealthy diet
- ◆ Smoking
- ◆ Excessive alcohol
- ◆ Sedentary lifestyle
- ◆ Obesity
- ◆ Stress
- ◆ Health conditions (if properly managed, can help lower blood pressure)
- ◆ Sleep apnea
- ◆ Diabetes
- ◆ Kidney disease

### CAUSES YOU CAN'T CONTROL

- ◆ Age
- ◆ Family history (genetics)

## ASSOCIATED HEALTH RISKS

If your blood pressure is not well controlled, it can pose serious health risks. High blood pressure increases your risk of:

- ◆ Stroke
- ◆ Heart attack
- ◆ Heart failure
- ◆ Dementia
- ◆ Kidney (renal) disease
- ◆ Eye problems (retinopathy)
- ◆ Erectile dysfunction



## DID YOU KNOW?

Hypertension is the single most important risk factor for premature death and disability, however it's both highly preventable and controllable.

Hypertension is common, but many people don't even know if they have it. **Take action today:**

- ◆ Check your blood pressure at home or a pharmacy with a blood pressure monitor.
- ◆ Know what blood pressure readings mean for you.
- ◆ Work with your doctor to develop a plan to control your blood pressure to help you stay healthy and decrease your risk of serious health problems.

## WHAT CAN I DO?

There are several things that you can do to help manage your blood pressure, which include:

- ◆ Eating a Healthy Diet
- ◆ Limiting Salt Intake
- ◆ Maintaining a Healthy Lifestyle
- ◆ Managing Stress Levels
- ◆ Limiting Alcohol Consumption
- ◆ Refraining from Smoking

For more information, visit Hypertension Canada at [www.hypertension.ca](http://www.hypertension.ca) or email at [info@hypertension.ca](mailto:info@hypertension.ca) or contact Eva (see below)

### Delta's Seniors Support Coordinator, Eva Busich-Veloso

Eva helps connect people 50+ to services and resources in the larger community, including: wellness, healthcare, housing options, family and caregiver support, and government services and benefits.

Office hours: Tuesday, Wednesday and Thursday, 8:30am-4pm. To book an appointment call 604-787-1242, or email at [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca).

# Delta Parks, Recreation & Culture

Delta Fitness is excited to offer live Virtual Fitness classes. Parks, Recreation & Culture staff will be able to connect you with familiar programs and resources from the comfort of your own home. For more information on how to use the virtual platform you can view a tutorial video at [Delta.ca/VirtualRecreation](https://www.delta.ca/VirtualRecreation).

Please continue to check our website at [www.delta.ca](https://www.delta.ca) for updates.

Delta Spring Virtual Fitness				March 29-July 4		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15am	Step No Step	Muscle Max	Step No Step	HIIT*	Step No Step	Muscle Max
10:45-11:45am	Zumba® Gold	Fit & Functional*	On the Ball	Muscle Max	Fit & Functional*	
12:15-1:15pm	Yoga	HIIT*	Gentle Yoga	Fit & Functional*		
5:45-6:45pm		Zumba® Fitness	Yoga	Boot Camp	Muscle Max	
<b>*45-Minute Class</b>						
<b>Schedule Subject to Change</b>				<b>No classes Friday, May 24 &amp; July 1</b>		

	Level	Description
<b>Boot Camp</b>	Moderate-High	This military-inspired athletic fitness class utilizes basic training drills to develop strength, power, speed and coordination.
<b>Fit &amp; Functional</b>	Low	This chair-based exercise class is designed to improve mobility, range of motion, balance and coordination.
<b>Gentle Yoga</b>	Low	A gentle practice using postures and modifications designed to improve flexibility, strength, muscular endurance and posture.
<b>HIIT</b>	Moderate-High	High-intensity interval training featuring bursts of high-intensity exercise followed by structured active rest periods for a time-efficient workout.
<b>Muscle Max</b>	Moderate-High	This non-cardio full body work out trains every major muscle group using a variety of equipment.
<b>On the Ball</b>	Low	A total body strength and conditioning class using a stability ball.
<b>Step No Step</b>	Moderate-High	This high-intensity choreographed class features routines to challenge your coordination and build your cardiovascular fitness. No step required.
<b>Yoga</b>	Moderate	A mindful approach to this traditional form of yoga will improve flexibility, balance and mind-body awareness.
<b>Zumba® Fitness</b>	Moderate-High	This Latin-inspired cardio-dance workout uses music and choreographed routines from a variety of dance styles.
<b>Zumba® Gold</b>	Low-Moderate	This Latin-inspired cardio-dance workout uses music and choreographed steps in a variety of dance styles designed for beginners and active older adults.



# Delta Parks, Recreation & Culture

## Virtual Recreation Centre

Check out the City of Delta's Virtual Recreation Centre and connect with us through fun games, art programs, interesting discussion topics, fitness classes and workshops designed to inform and educate. View schedules, answers to frequently asked questions, and watch a tutorial video on how to use the virtual platform here: [Delta.ca/VirtualRecreation](https://delta.ca/VirtualRecreation). Send your feedback and ideas to [delta.ca/TalkDelta](https://delta.ca/TalkDelta).

Zoom programs require pre-registration. For instructor-led programs costs vary; for workshops and non-instructional programs, there is no charge. You will be provided with a link to your Zoom program prior to its start. Register **by phone by calling 604-952-3000** or **register on line by visiting [www.deltareg.ca](https://www.deltareg.ca)**. Phone lines are open from 6am-10pm Mon-Fri and 8am-9pm Sat-Sun.

**Delta Residents:** Program registration opens on Sundays at 9am, two weeks before the program starts.

**Non-Delta Residents:** Program registration opens on Sundays at 9am, one week before the program starts.

### Art for Adults

Relax and enjoy the simple process of creating a work of art! Supply lists will be provided prior to class start; items will be easily found at your local dollar or craft supply store.

### Acrylic Basics for Adults

Thu May 13 6-7pm #497907 \$3

### Acrylic Pour Art for Adults

Thu May 20 6-7pm #497908 \$3

### Open Stage

Fri May 28 7pm

### Cribbage Tournament:

Play in a virtual Cribbage tournament! The tournament runs for a week, with game match-ups emailed each day based on tournament standings. A double-elimination tournament allows two tiers of players to battle it out with a winner crowned at the end of the week. This is done over email and phone calls—instructions will be provided on how to get set up to play. **No Zoom required! It's FREE!**

Mon May 3 Tournament #18 8-9am #500874

Mon May 10 Tournament #19 8-9am #501156

Mon May 17 Tournament #20 8-9am #501157

Mon May 24 Tournament #21 8-9am #501158

Mon May 31 Tournament #22 8-9am #501159

There are two options for this program:

**Performer:** If you are interested, please email [openmic@delta.ca](mailto:openmic@delta.ca) or call Lisa at 604-952-3072.

**Virtual Audience Member:** You will need to have an Instagram account to watch.

**I hired a handyman and gave him a list. When I got home, only items 1, 3 & 5 were done.**

**Turns out he only does odd jobs.**

**Here's a question for the mind readers out there.**

**YOU THOUGHT THIS PICTURE WOULD BE FUNNY?**



**I'M A FRAYED KNOT**

# Delta Parks, Recreation & Culture

## Aquatics



### Attention Swimmers!

Delta aquatic centres are hosting a variety of registered swim lessons, private lessons and drop-in swim opportunities, including low-intensity aquafit classes, length swimming, public swimming, water walking and running. All programs and drop-in activities must be pre-registered through [DeltaReg.ca](http://DeltaReg.ca) or by calling 604-952-3000. Saunas, steam rooms and swirl pools are closed.

## In the Community



### Fraser Valley Regional Library

**Local Indie Authors:** The Fraser Valley is home to many independent and self-published authors, and the FVRL wants to help highlight their creative work. The new Local Indie Authors collection exists to showcase the new books of writers and illustrators in our communities. Check out books by local indie authors already in our collection, and borrow one today! [Click here.](#)

**Who can apply?** Local authors who reside in FVRL's 15 municipalities and indigenous community members within the Fraser Valley area can apply. If you are an author who lives outside of these areas, but whose book is about an FVRL community, you can also apply. If your book has multiple authors, or you're the illustrator of a book, only the person applying must be a resident. Authors of any age are welcome. Complete the [application form \(pdf\)](#) and submit by email to [localauthors@fvrl.bc.ca](mailto:localauthors@fvrl.bc.ca).



## A McKee members-only virtual Annual General Meeting will be held Wednesday, July 14, 2021 at 10am.

The formal notice of meeting and annual reports will be available by the end of June. More information to come.

# In the Community

### Safe Seniors, Strong Communities



BC211 is a non-profit organization that provides a free,

confidential, multilingual service that links people to resources for help, where and when they need it. We provide information about and referral to a broad range of programs and services, including:

- basic needs like food and shelter;
- mental health and addictions support;
- legal and financial assistance;
- support for seniors, and much more.

Help is available 24/7 by calling or texting 211 or visiting <https://www.bc211.ca>



There are many scams and frauds linked to COVID-19 that target seniors. Protect yourself and others by staying informed.

For the latest updates on scams and frauds visit the Canadian Anti-Fraud Centre [COVID-19 fraud \(antifraudcentre-centreantifraude.ca\)](https://antifraudcentre-centreantifraude.ca/)



People's Law School is a non-profit society in BC that helps make the law accessible to everyone.

Work out life's legal problems They offer free education, information and resources on a wide variety of topics found here: [peopleslawschool.ca/](https://peopleslawschool.ca/)



Deltassist offers seniors programs that assist with grocery shopping

by phone, light housekeeping, yard work, small home repairs, professional counselling, volunteer driving, daily phone support and connection to other seniors' services.

For more information call Deltassist:  
North Delta 604-594-3455  
Ladner and Tsawwassen 604-946-9526.

## seniors first BC

SeniorsFirstBC offers a broad range of information and supports for seniors. In addition to learning how to identify and prevent elder abuse, you can learn about various topics—from the latest scams and frauds, to understanding Powers of Attorney and Representation Agreements.

You're encouraged to visit [seniorsfirstbc.ca](https://seniorsfirstbc.ca) for more information.



# In the Community

## CeleBRate Seniors Week 2021

Seniors week is coming—June 6-12, 2021! Watch for virtual workshops and other activities to get everyone engaged in celebrating the seniors in our community!!

June 6-12

### Just for Fun

 <b>A</b>	 <b>B</b>	 <b>C</b>	<p>Can you name and match each of the famous mothers on the left with their famous daughters on the right?</p>	 <b>1</b>	 <b>2</b>	 <b>3</b>
 <b>D</b>	 <b>E</b>	 <b>F</b>		 <b>4</b>	 <b>5</b>	 <b>6</b>
 <b>G</b>	 <b>H</b>	 <b>I</b>		 <b>7</b>	 <b>8</b>	 <b>9</b>

A \_\_\_\_\_ + \_\_\_\_\_ ; B \_\_\_\_\_ + \_\_\_\_\_ ; C \_\_\_\_\_ + \_\_\_\_\_  
 D \_\_\_\_\_ + \_\_\_\_\_ ; E \_\_\_\_\_ + \_\_\_\_\_ ; F \_\_\_\_\_ + \_\_\_\_\_  
 G \_\_\_\_\_ + \_\_\_\_\_ ; H \_\_\_\_\_ + \_\_\_\_\_ ; I \_\_\_\_\_ + \_\_\_\_\_

I'm addicted to collecting Beatles albums.  
I need **HELP!**

Word puns make me numb.  
Math puns make me number.



To write with a broken pencil is pointless.

I asked my cat, "what's two minus two?"  
He said nothing.



# Armchair Tourist



New Zealand is an island country in the southwestern Pacific Ocean. It consists of two main landmasses, the North Island and the South Island—and more than 700 smaller islands, covering a total of 268,021 sq km. (By comparison, the United Kingdom, including Wales and Ireland, is about 244,820 sq km.) The country's varied topography and sharp mountain peaks owe much to tectonic uplift and volcanic eruptions.

Calling a New Zealander a Kiwi is not an insult! Derived from the name of the flightless bird native to the country, calling someone a Kiwi is a term of endearment and often a point of pride.



The country is known for extreme sports, adventure tourism and a strong mountaineering tradition, evidenced by notable Kiwi Sir Edmund Hillary.



Much the same as we feel about hockey in Canada, New Zealanders are passionate about their national sport of rugby. Games are typically preceded by the "haka," a ceremonial Māori challenge, greeting or blessing.



Rotorua, in the Bay of Plenty region on the North Island, is renowned for its geothermal activity, featuring geysers and hot mud pools.

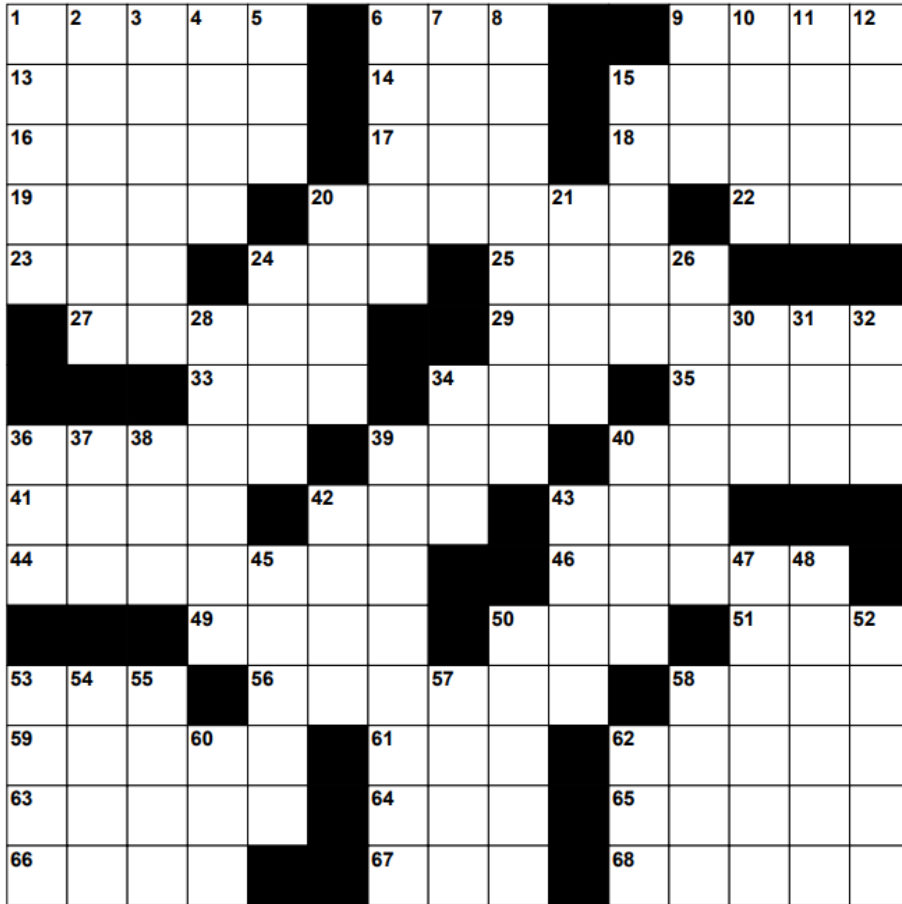


Take a magical boat ride through the Waitomo Glowworm Caves and witness the spectacle of *Arachnocampa Luminosa*. The bioluminescent larvae cling to rock walls and hunt with long glowing strings of sticky mucus—truly astounding in large groups.



The South Island's Fiordland National Park is a 4,600 square mile mecca for wildlife, hiking and some of the most beautiful scenery in the world.

# Mother's Day Crossword



By Evelyn Johnson - www.qets.com

## ACROSS

- 1 Deer
- 6 Wonder
- 9 Move
- 13 Squirrel's dinner
- 14 Chicken
- 15 Vial
- 16 Textile
- 17 Government agency
- 18 Confuse
- 19 Hurt
- 20 Irregular
- 22 Stitch
- 23 Tell a tall tale
- 24 Pole
- 25 Boast
- 27 Contend
- 29 Emboss
- 33 High Naval Rank (abbr.)
- 35 Pitcher
- 36 Yellow pigment
- 39 Children's Game

- 40 Poor TV reception
- 41 Data transmission rate
- 42 Weep
- 43 Elderly
- 44 Inexperienced young woman
- 46 Flowers with thorny stems
- 49 Loch \_\_\_\_ monster
- 50 Touch affectionately
- 51 Frozen water
- 53 Auto
- 56 Cause to feel dismay
- 58 Particle
- 59 Aleutian
- 61 Wing
- 62 Sound of a sneeze
- 63 \_\_\_\_ Waldo Emerson
- 64 \_\_\_\_ Francisco
- 65 Snuck
- 66 People who favour the prohibition of liquor
- 67 Concord e.g.
- 68 Brief

## DOWN

- 1 Elemental
- 2 Gum Tree
- 3 Female Parent
- 4 Soft Cheese
- 5 Lodge
- 6 Leading
- 7 Cried
- 8 Making into law
- 9 Doctoral degree
- 10 Helps
- 11 Sold at a discount
- 12 Killed
- 15 Remit (2 wds)
- 20 Composition in verse
- 21 Place where a person lives
- 24 Impolite
- 26 What's "in"
- 28 \_\_\_\_ of Eden
- 30 The other half of Jima
- 31 Not old
- 32 Attempt
- 34 Negative
- 36 Kimono sash
- 37 Food container
- 38 Embrace affectionately
- 39 Enter without permission
- 40 Long narrow opening
- 42 Pointed end
- 43 Voiced
- 45 Under, poetically
- 47 This or that
- 48 Ice cream spoons
- 50 Put into the ground to grow
- 52 Express emotions
- 53 Greeting \_\_\_\_
- 54 Winged
- 55 Depend
- 57 Alack's partner
- 58 Land unit
- 60 Delivery service
- 62 Perform

# Just for Fun



May's full Moon, the **Flower Moon**, occurs on Wednesday, May 26. It reaches peak illumination at 4:14am that morning, so for the best view of this full moon, step outside on the night of Tuesday the 25<sup>th</sup> and look for that big, bright, shining lunar disk! Two more interesting things about this month's full moon: it will be a supermoon and will coincide with a total lunar eclipse!

Generally speaking, a supermoon is a full moon that appears larger than a typical full moon because it occurs at the point in the moon's orbit where it is closest to Earth. Because the supermoon coincides with a total lunar eclipse, it will take on a reddish hue during the eclipse's maximum, so it will also be a "blood moon."

The total lunar eclipse will start at 1:47am, peak at 4:18am, and end at 5:26am. Make a big pot of coffee, and hope for clear skies!



# SUDOKU 数独

		6			1			4
	3				9	6	2	
4		2		6	5	1		
		4	9	3		2		
	9	1		4		8	3	
		5	1			7		
		9	7	5		4		8
	1	3	8				6	
5			6			9		

#2679

Easy

www.sudoku.name

7				6			2	
		9		4		8		
		8		5		7		1
	2		9					5
	4				7		1	
8			2		6		9	
3		2		7		1		
		6		9		2		
	7			2				9

#1495

Medium

www.sudoku.name



# Just for Fun

## Eclipse Word Search

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

ANTUMBRA  
 ASTRONOMY  
 CELESTIAL  
 CHROMOSPHERE  
 CORONA  
 DIAMETER  
 DURATION  
 ECLIPSE  
 EQUINOX  
 LUNAR  
 MAGNITUDE  
 OBSCURATION  
 OCCULTATION  
 ORBIT  
 PARTIAL  
 PENUMBRA  
 PERIGREE  
 PHASE  
 SHADOW  
 SILHOUETTE  
 SOLAR  
 SUNSPOTS  
 TOTAL  
 UMBRA  
 ZENITH

## Mother's Day Word Scramble

1	PPERMA		9	RDAC	
2	MNRGDOTERAH		10	IMLFYA	
3	OREFWLS		11	ATANEMRL	
4	YAHODIL		12	NETAPR	
5	ETENRPSS		13	NUYDSA	
6	OSRSE		14	NWOMA	
7	CAELOOCTH		15	NUUETRR	
8	NIHDRECL		16	HRBUCN	

# Just for Fun



Known as the “Grandmother of Europe,” here are two things you probably didn’t know about Queen Victoria:

- ◇ Her first act on becoming queen was to ask for an hour alone! Eighteen-year-old Victoria was raised under strict rules which kept her sheltered, isolated and controlled. She was accompanied everywhere by governesses and slept in the same room as her mother until the day she became queen.
- ◇ Victoria was one of the first notable people to test out chloroform. Her physician gave her the drug to numb pain during the birth of her youngest son, Leopold. She declared that chloroform was “soothing, quieting and delightful beyond measure.”

## Virtual Tours

Click on the link for your next adventure.

In honour of Victoria Day, Take a tour of Osborne House, the former Royal residence of Queen Victoria, Prince Albert and their nine children. [Osborne House](#)



Click here [evanevanstours.com](http://evanevanstours.com) and wander through 10 of the United Kingdom’s iconic landmarks and attractions.

## Joke Line

We’re spreading some humour amongst our readership.

The **Joke Line 604-595-8409** will be updated each week for your amusement. We encourage you to submit jokes to us at [mckee@delta.ca](mailto:mckee@delta.ca)

Do you have Prince Albert in a can?



A) Judy Garland + 4) Liza Minnelli; B) Peggy Lipton + 8) Rashida Jones; C) Tippi Hedren + 7) Melanie Griffiths  
 D) Blythe Danner + 1) Gwyneth Paltrow; E) Goldie Hawn + 3) Kate Hudson; F) Janet Leigh + 9) Jamie Lee Curtis  
 G) Debbie Reynolds + 5) Carrie Fisher; H) Ingrid Bergman + 2) Isabella Rossellini; I) Jayne Mansfield + 6) Mariska Hargitay

1. Pamper 2. Grandmother 3. Flowers 4. Holiday 5. Presents 6. Roses 7. Chocolate 8. Children 9. Card 10. Family  
 11. Maternal 12. Parent 13. Sunday 14. Woman 15. Nurture 16. Brunch

#1495  
www.sudoku.name

4	7	1	6	2	8	5	3	9
5	8	6	1	9	3	2	7	4
3	9	2	4	7	5	1	6	8
8	1	5	2	3	6	4	9	7
9	4	3	5	8	7	6	1	2
6	2	7	9	1	4	3	8	5
2	6	8	3	5	9	7	4	1
1	3	9	7	4	2	8	5	6
7	5	4	8	6	1	9	2	3

#2679  
www.sudoku.name

5	4	8	6	1	2	9	7	3
7	1	3	8	9	4	5	6	2
6	2	9	7	5	3	4	1	8
3	6	5	1	2	8	7	4	9
2	9	1	5	4	7	8	3	6
8	7	4	9	3	6	2	5	1
4	8	2	3	6	5	1	9	7
1	3	7	4	8	9	6	2	5
9	5	6	2	7	1	3	8	4

D	R	Y	S	T	S	T	E	R	S	E					
R	A	L	P	H	S	A	N	C	R	E	P	T			
A	L	E	U	T	A	V	A	L	A	C	H	O	O		
C	A	R	A	L	P	A	L	L	O	M	A	T	I	C	E
I	N	G	E	N	S	S	P	A	T	O	S	E	S		
B	A	U	D	C	R	Y	L	D							
O	C	H	R	E	T	A	G	S	N	O	W	Y			
A	D	M	N	N	E										
A	R	G	U	E	I	M	P	R	I	N	T				
L	I	E	R	O	D	T	O	U	T						
A	C	H	E	P	A	T	C	H	Y	S	E	W			
S	A	T	I	N	P	A	V	A	D	D	L	E			
A	C	O	R	N	H	E	N	H	I	A	L				
B	A	M	B	I	A	W	E	P	A	S					