



VILLAGE OF HAWTHORN WOODS
PARKS & RECREATION DEPARTMENT

BOREDOM BUSTER BOOK

FOR ADULTS

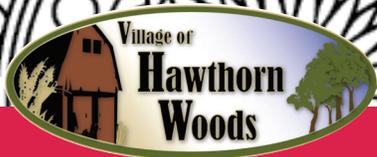
VOLUME 1

STAY ACTIVE,
STAY BUSY,
AND STAY WELL
WHILE
STAYING
HOME

COLORING PAGE



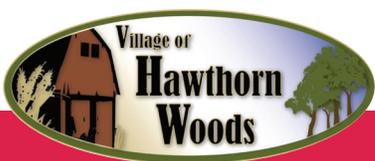
All
is
well



SUDOKU

Solution can be found at the end of this book.

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



WORD SEARCH

Solution can be found at the end of this book.

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIE ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

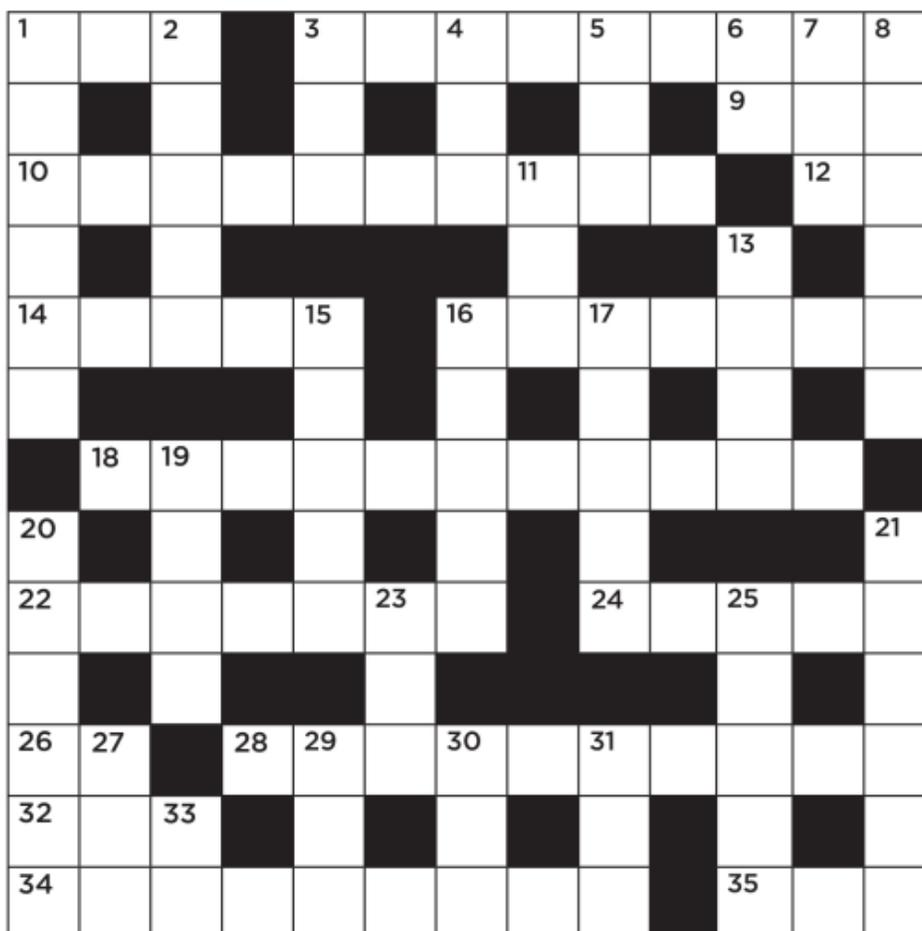
HAPPY DAYS
HOGAN'S HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY



CROSSWORD PUZZLE

Solution can be found at the end of this book.



ACROSS

- 1. Half-pint
- 3. Sleepy
- 9. Sean Lennon's mom
- 10. Sneezy (phrase)
- 12. "___ apple a day ..."
- 14. Bloom of the Netherlands
- 16. Dopey
- 18. Grumpy
- 22. Happy
- 24. Cheap and showy
- 26. Physician's request
- 28. Doc
- 32. ___ Mahal
- 34. Bashful
- 35. Suitable

DOWN

- 1. Unsullied
- 2. Flower part
- 3. August baby, probably
- 4. Tic-___-toe
- 5. Hubbub
- 6. Monopoly starting space
- 7. Barefoot Food Network star
- 8. Communicate
- 11. Santa syllables
- 13. Clean with a cloth
- 15. Concise
- 16. Don Draper, for example
- 17. Unfit
- 19. Compatriot

20. What a swindler does

- 21. Young swan
- 23. Unusual
- 25. Pause mark
- 27. "So there!"
- 29. Forever and a day
- 30. Shakespeare classic: Richard ___
- 31. *Life of Pi* director Lee
- 33. *Dallas* villain



MAD LIB

Mad Libs are a great activity for couples after the kids go to bed, or between friends connecting over the phone. One player acts as the “reader” and asks the other player, who hasn’t seen the story, to fill in the blanks with adjectives, nouns, exclamations, places and more. These words are inserted into the blanks and then the story is read aloud to hilarious results.

You: What’s up? You ready to _____ tonight?
VERB

Friend: Yeah! What time are you _____ over?
VERB ENDING IN ING

You: In a little while. Did you buy all the _____ for the party?
PLURAL NOUN

Friend: I think so. Let’s do a/an _____ rundown.
ADJECTIVE

You: Okay, we need a/an _____ of beer, plenty of _____ Solo cups, some Ping-Pong _____, _____ pizzas, a couple bottles of _____, and a/an _____ music playlist to keep it going. Oh, and do you have any more of those _____ brownies? Those were _____ intense!
NOUN ADJECTIVE PLURAL NOUN COLOR PLURAL NOUN NUMBER TYPE OF LIQUID ADJECTIVE NOUN ADVERB

Friend: All good!

You: _____! How many people replied on _____-book?
SLLY WORD PART OF THE BODY

Friend: Oh, _____! I knew I forgot something.
EXCLAMATION

You: Wait . . . you forgot to _____ the invitation!?
VERB

Friend: Wow, this party is going to be _____ boring with just the two of us, huh?
ADVERB

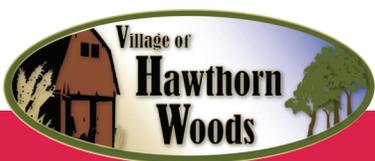


CATCH PHRASE QUIZ

Who said that? Name the person or character associated with the famous phrase.
Answers are at the bottom of this page.

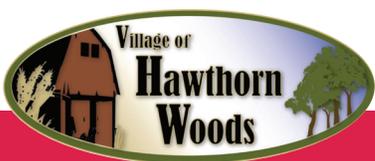
1. And now you know the rest of the story.
 - a. Maja Angelou
 - b. Bill Clinton
 - c. Monica Lewinsky
 - d. Paul Harvey
 - e. Who cares, I never was interested in the whole story anyway.
 2. Andale! Andale! Ariba! Ariba!
 - a. Frito Bandito
 - b. Los Lobos
 - c. Speedy Gonzalez (Looney Tunes)
 - d. Yosemite Sam (Looney Tunes)
 - e. Mayor DiMaggio trying to move Village Board meetings along.
 3. By the Power of Grey Skull
 - a. He-Man
 - b. Superman
 - c. Batman
 - d. Wonder Woman
 - e. Joker
 4. I ain't going in no darn plane Fool!
 - a. Johnny Quest
 - b. Carmen San Diego
 - c. A Team's Mr. T
 - d. Incredible Mr. Limpit
 - e. Airtimes Gordon Wild Wild West
 5. I'll be Back
 - a. Terminator
 - b. Illuminator
 - c. Procrastinator
 - d. Educator
 - e. Stop it! I know where you going with his one.
 6. I've fallen and I can't get up!
 - a. Chicago Cubs
 - b. Chicago White Sox
 - c. Chicago Blackhawks
 - d. Life Call commercial
 - e. Same lady that did the where's the beef commercial
 7. Nobody puts baby in the corner.
 - a. Serta Sweeper commercial
 - b. John Mc Clain in Die Hard movie
 - c. Johnny in Dirty Dancing movie
 - d. Molly Ringwald in Breakfast Club movie
 - f. Eddie Murphy as Gumby on SNL
 8. Nothing comes between me and my Calvins.
 - a. Hobbs the tiger
 - b. Tom Selleck in Magnum PI
 - c. MC Hammer, Hammer Time
 - d. Calvin Klein Commercial
 - e. Every Chemistry teacher in High School
 9. COWABUNGA
 - a. Teenage Mutant Turtles
 - b. Rowdy Yates on Raw Hide
 - c. Little Joe on Bonanza
 - d. Festus on Gunsmoke
 - e. Newspaper headline for mad cow disease
 10. The word of the day is?
 - a. Mr. Rodgers in his Neighborhood
 - b. Big Bird on Sesame Street
 - c. Thomas the Train
 - d. Blue's Clues
 - e. Pee-wee's Playhouse
- Extra Credit:
11. Missed it by this much
 - a. Mary Kate and Ashley on Full house
 - b. Chandler Bing
 - c. Maxwell Smart
 - d. Jay Leno
 - e. Chicago Bulls without Michael Jordan during the championship era

Answer key, 1. d 2. c 3. a 4. c 5. a 6. d 7. c 8. d 9. a 10. e 11. c



PRACTICE YOGA

Relax your body and mind by practicing some yoga. If you're new to yoga, there are some great beginner yoga sites and apps that can help you get started. Try one of eight beginner poses. Follow up your session with some meditation and feel good for the day.



DIY CRAFT

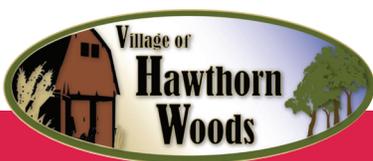
Rustic Hoop Wreath

What you will need:

- Small hula hoop
- Burlap ribbon
- Greenery
- Silk flowers
- Twine
- Glue gun

How to make:

- Wrap the hula hoop in burlap, making sure to cover the color of the hoop. Glue one edge to start and then wrap all the way around until you finish and glue the other end securely.
- Hot glue the greenery and flowers in place to your liking. Use twine to help hold them in place.
- You could also spray paint your hoop, but I like the look of the burlap.
- Suggestions:
 - Instead of burlap, you could also spray paint the hoop, or wrap it in ribbon.
 - Add a bow for additional decorations.



RECIPE

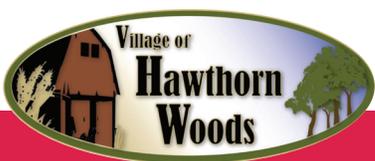
Frozen Yogurt Granola Cups

What you will need:

- 1 cup granola
- 1 Tbsp. butter (melted)
- 1 Tbsp. Honey
- 24 oz yogurt (any flavor)
- Fruit of choice

How to make:

- Combine granola, melted butter, and honey in a bowl and mix well.
- Fill a muffin tin with cup liners.
- Divide granola mixture across all, evenly covering the bottoms.
- Fill each cup with yogurt.
- Top with fruit.
- Freeze for two or more hours.



JOKES

Does running late count as exercise?

I consider my refusal to go to the gym resistance training.

My exercise regime consists of me doing diddly squats.

My friend tried to convince me that yoga is a workout.
I told him it's a bit of a stretch.

What artist helps you with your workout?

Cardi O

What's a mortician's favorite workout?

Deadlifting

A man at the gym proposed to his girlfriend. She said no.
I guess it didn't workout.

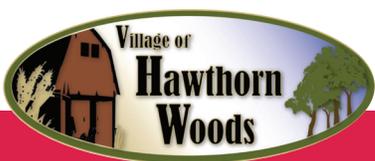
I tried to do an intense workout that involved 500 sit ups per day.
But my body couldn't take the ab use.

How did the T-Rex feel after his workout session?

He felt dinosore.

If an apple exercises... is it a core workout?

My favorite workout is a mix between a lunge and a crunch,
I call it lunch.



SOLUTIONS

Sudoku Solution

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

Word Search Solution

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

Crossword Solution

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

