



*Solution to:  
Building a Great  
Senior Exercise  
Program Wordfind*

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