



BOREDOM BUSTERS



By HealthTeam Advantage

A monthly activity packet brought to you by Caregiver Connect and HealthTeam Advantage Community Connections

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_25283_C

Community Connections

At HealthTeam Advantage, we take our “community connections” seriously. We’re proud to partner with local nonprofits to sponsor a wide variety of community events each year. Simply put, it’s part of our mission to improve the health and well-being of North Carolina communities. Scan the QR code to learn more.



Caregiver Connect, Inc.

Caregiver Connect is a nonprofit organization established to address the needs of family caregivers through training and education, resources, and support. The organization was founded by members, leaders, and staff of Mount Zion Baptist Church in 2016. Scan the QR code to learn more.

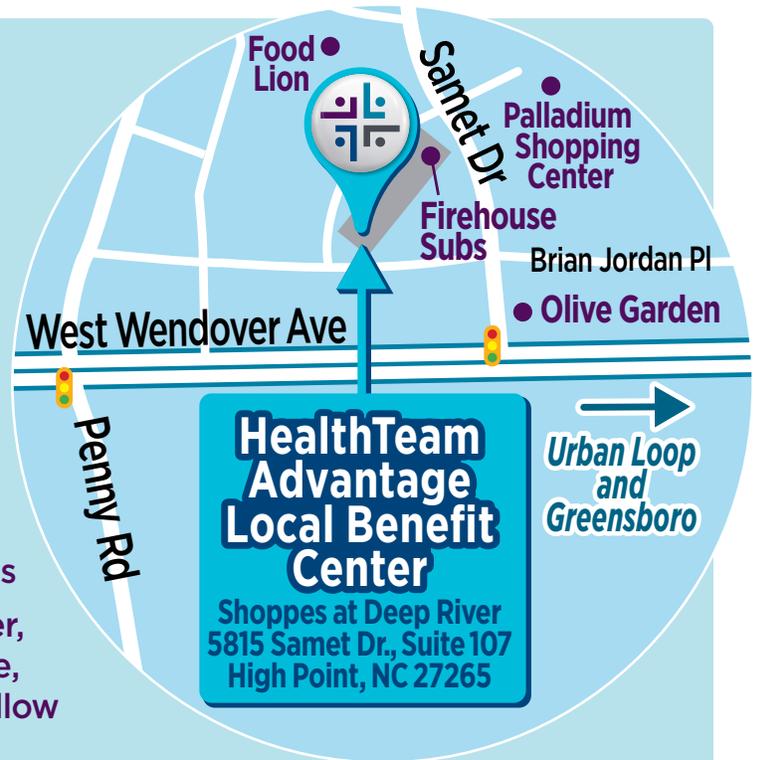


HealthTeam Advantage Local Benefit Center

If you have Medicare questions and live in the Triad, the Local Benefit Center (LBC) is the place to go! Located in High Point, the LBC makes it easy to:

- ◆ Take a class about Medicare
- ◆ Meet with a licensed agent who can help with Medicare plan comparisons
- ◆ Get information on HealthTeam Advantage’s Medicare Advantage plans

If you’re a HealthTeam Advantage member, you can meet with a Healthcare Concierge, pick up plan materials, and gather with fellow members for classes.



The Local Benefit Center is open Monday–Friday from 9 am to 4 pm.

Visit HealthTeam Advantage’s YouTube Channel for healthy recipes, exercise tips, and Medicare information.

 [@healthteamadvantage](https://www.youtube.com/@healthteamadvantage)



Here is your February **BOREDOM BUSTERS** packet



Happy February! We're sharing lots of coloring sheets, puzzles, and other activities in this month's packet. Enjoy!

Please Note

Unfortunately, due to rising costs, we are putting the Boredom Busters packets on pause. This packet will be the last one for a while, but we encourage you to check out the resources below when you're looking for some fun activities.

Community Connections

We sponsor local events for nonprofits throughout the year, such as a monthly senior breakfast in Greensboro, senior movies in Asheboro, and bingo in Reidsville. You'll also find us at local Senior Games, summer concerts, and holiday parades.

Visit our Community Connections webpage (www.htanc.com/community-connections) to find out what's happening near you. You'll also find links to our Instagram page and an archive of Boredom Buster packets.



Living Plus

Visiting our YouTube channel (www.youtube.com/@healthteamadvantage) for videos from our Living Plus health and wellness team. You'll find a variety of healthy recipes and wellness videos on topics such as stress reduction, exercise, how to be active with arthritis, and more.



Winter Olympics Trivia

Trivia Questions and Answers

1. What country hosted the first Winter Olympics, in 1924?

Answer: France. The Chamonix events featured 260 athletes from 16 countries.

2. American gold medalists in what sport include Kristi Yamaguchi and Peggy Fleming?

Answer: Figure skating. The United States has won 16 gold medals and 54 medals total in the sport.

3. The 1988 bobsled team from what nation captivated global audiences and inspired the film *Cool Runnings*?

Answer: Jamaica. Their two-man team finished 30th, and their four-man team crashed and did not finish, but collectively they won the world's hearts.

4. In what country is Cortina d'Ampezzo, the site of the 1956 games?

Answer: Italy. The town will host the Games once again in 2026.

5. Which of these nations has *not* hosted an Olympic Winter Games: Norway, Sweden, or China?

Answer: Sweden. Norway hosted the 1952 and 1994 Games, while China played host in 2022.

6. What was the first Olympic sport open to women?

Answer: Figure skating. The second was Alpine skiing, which opened to women in 1936.

7. What type of weather presented difficulties during the second Winter Olympics, held in 1928 in St. Moritz, Switzerland?

Answer: Warm weather. Temperatures reached 75°F, causing many events to be rescheduled and one canceled.

8. The movie *Miracle* covers a 1980 Olympic story in which sport?

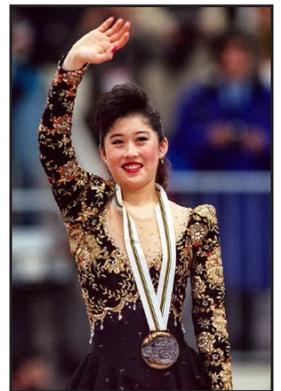
Answer: Ice hockey. The 2004 flick tells the story of coach Herb Brooks' miraculous win over the strong Soviet team.

9. What sport is Olympic great Shaun White known for competing in?

Answer: Snowboarding. With his trademark red hair, he became known as the Olympics' "Flying Tomato."

10. Which figure skater of the 1970s was known as "America's Sweetheart" and inspired a pixie haircut craze?

Answer: Dorothy Hamill. Her trademark skating move was a spin called the Hamill Camel.



11. What two women were involved in one of figure skating's biggest scandals, when one was attacked by the husband of her rival?

Answer: Tonya Harding and Nancy Kerrigan. Kerrigan recovered from her injury and won silver, while Harding was banned from the sport.

12. What winter Olympic sport includes events like downhill, slalom, and super-G?

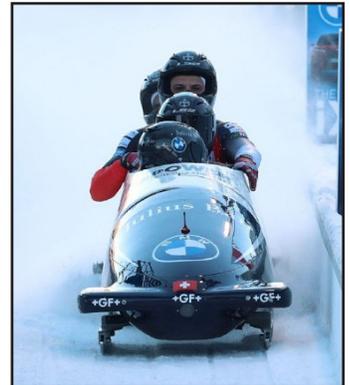
Answer: Skiing. One famous Olympic skier is Austrian Hermann Maier, who bounced back from a 1998 ski crash to win two gold medals just a few days later.

13. During 2018's Pyeongchang games, which two usually separated nations marched together and even played a unified women's hockey game?

Answer: North and South Korea. The nations flew flags depicting a unified Korea during the Games.

14. Which Winter Olympic sport involves teams of two or four people navigating a steeply twisting course in a gravity-powered sled?

Answer: Bobsled. It was in this sport that Vonetta Flowers became the first Black athlete to win Winter Olympic gold.



15. Which of these is *not* a winter Olympic sport: curling, biathlon, or cricket?

Answer: Cricket. Biathlon has been part of the Games since 1960, while curling went Olympic way back in 1924.

16. Originating in Switzerland, what "spooky" name is given to the face-down version of luge?

Answer: Skeleton. Skeleton was born in the 1880s and officially named in 1892, inspired by the sport's metal-framed sled.

17. Why were the 1944 Olympic Winter Games not played?

Answer: World War II. Postponed until 1956, the seventh winter Olympics were played in Cortina d'Ampezzo.

18. For the first time in Olympic history, the 1956 Games were broadcast over what medium?

Answer: Live television. An Italian network was the first to make this groundbreaking move.

19. A 2015 biopic tells the tale of Eddie Edwards, a British ski jumper known better by what nickname?

Answer: Eddie the Eagle. He is remembered as a lovable underdog whose 1988 Olympic run won the hearts of many.



20. Usually associated with cartoon characters and theme parks, what media mogul managed the 1960 Olympic Opening Ceremony in California?

Answer: Walt Disney. These games also saw the debut of South Africa at the Winter Olympics.

21. What Olympic symbol is used to light a cauldron to open the Games?

Answer: The torch. In 1964, for the first time in Winter Olympics history, the torch was lit in Olympia, Greece, and was carried via relay to the Games' location.



22. What is the name of the area built to house Olympic athletes during the competition?

Answer: The Olympic Village. In 1968, seven separate Olympic Villages were built to house contestants.

23. The 1984 Winter Games saw a record 49 countries compete in which city, once part of Yugoslavia but now in Bosnia and Herzegovina?

Answer: Sarajevo. The IOC introduced incentives for smaller countries to participate that year.

24. What is the IOC?

Answer: The International Olympic Committee. The organization was formed in 1894 to oversee the Olympic Games.

25. True or false? Professional athletes are banned from competing in the Olympics today.

Answer: False. While the Games were originally exclusively for amateur athletes, the IOC changed the rules in 1986 to allow professionals.

26. Heading into the 2026 Games, what country holds the all-time gold medal record for the Winter Olympics?

Answer: Norway. The nation has a total of 148, with the United States following in second place with 114.

27. What soul patch–sporting speed skater won Olympic gold at the 2002 Salt Lake City games?

Answer: Apolo Ohno. He has since appeared on *Dancing with the Stars* and a few other TV programs.

28. How many times has the United States hosted the Winter Olympics?

Answer: Four. The hosting cities were Lake Placid (twice), Squaw Valley, and Salt Lake City.

29. How many years separate the Winter Olympics from the Summer Olympics?

Answer: Two. The two events used to be held in the same year but began alternating after the 1992 Olympics.

30. Which Utah city hosted the Games in February 2002?

Answer: Salt Lake City. This cold-weather destination is scheduled to host the 2034 Games.

Cocoa Oat Balls

Makes 20 servings

Ingredients:

- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 1/2 cups quick-cooking oats



Directions

1. In a medium bowl, combine peanut butter, honey, and cocoa powder.
2. Stir until the mixture is smooth and well blended.
3. Add vanilla and mix well.
4. Stir in oats until evenly coated and mixture holds together.
5. Roll into 1-inch balls and place on a parchment-lined tray.
6. Refrigerate for at least 20 minutes before serving.

Cooking Tidbit

Use a small cookie scoop to portion the mixture evenly. It saves time and helps each cocoa oat ball come out uniform in size, which means they'll chill evenly, too.

Slow-Cooker Corn Potato Chowder

Makes 6–8 servings

Ingredients:

- 1 (16-ounce) bag frozen corn
- 3 medium potatoes, peeled and diced
- 1 small onion, chopped
- 2 cups low-sodium chicken broth
- 1 1/2 teaspoons McCormick Garlic Herb Seasoning
- 2 cups milk, divided
- 1 cup half-and-half (or additional milk for a lighter version)
- 2 tablespoons butter
- 1 cup shredded cheddar cheese
- (Optional) 4 slices cooked bacon, crumbled (for garnish)

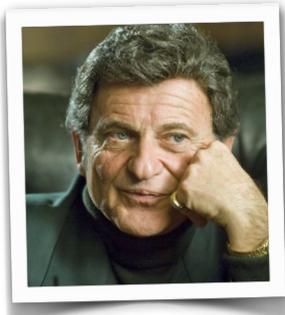


Directions

1. In a slow cooker, combine frozen corn, potatoes, onion, chicken broth, seasoning, and 1 cup milk.
2. Cover and cook on low for 6–7 hours or high for 3–4 hours, until the potatoes are tender.
3. Stir in remaining milk, half-and-half, butter, and cheddar cheese. Cover and cook on low for an additional 30 minutes, or until the cheese is melted and the soup is creamy.
4. Taste and adjust seasoning if needed.
5. Ladle into bowls and top with crumbled bacon and additional shredded cheese, if desired.

Food Fun Fact

Corn is actually a type of grass, and every kernel on an ear of corn is a seed capable of growing into a new plant. Each ear of corn almost always has an even number of rows, most often 16, because kernels develop in pairs.



Famous February Birthdays

The following people were born in February. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Ansel **ADAMS**
- B. Jennifer **ANISTON**
- C. Susan B. **ANTHONY**
- D. Garth **BROOKS**
- E. Jim **BROWN**
- F. Paul **BUNYAN**
- G. Charles **DICKENS**
- H. Farrah **FAWCETT**
- I. Jimmy **HOFFA**
- J. Victor **HUGO**
- K. Joe **PESCI**
- L. Norman **ROCKWELL**

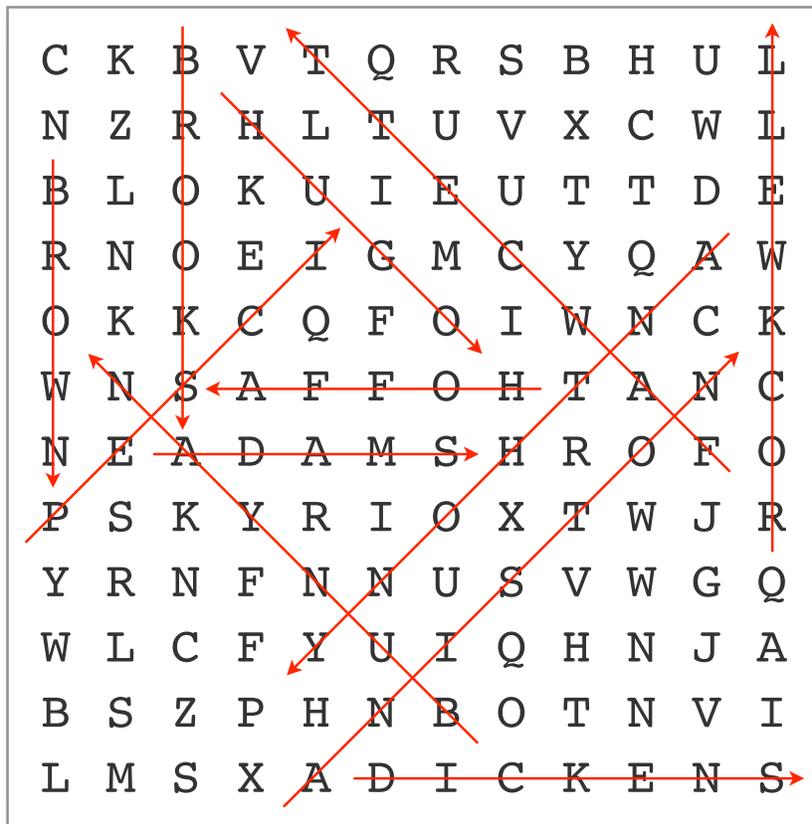
C	K	B	V	T	Q	R	S	B	H	U	L
N	Z	R	H	L	T	U	V	X	C	W	L
B	L	O	K	U	I	E	U	T	T	D	E
R	N	O	E	I	G	M	C	Y	Q	A	W
O	K	K	C	Q	F	O	I	W	N	C	K
W	N	S	A	F	F	O	H	T	A	N	C
N	E	A	D	A	M	S	H	R	O	F	O
P	S	K	Y	R	I	O	X	T	W	J	R
Y	R	N	F	N	N	U	S	V	W	G	Q
W	L	C	F	Y	U	I	Q	H	N	J	A
B	S	Z	P	H	N	B	O	T	N	V	I
L	M	S	X	A	D	I	C	K	E	N	S

Bonus: Match the person to the correct clue.

1. Country singer _____
2. Renowned painter _____
3. *Les Misérables* author _____
4. Women's suffrage advocate _____
5. *My Cousin Vinny* actor _____
6. *Friends* actress _____
7. *Oliver Twist* author _____
8. *Charlie's Angels* actress _____
9. NFL greatest runner _____
10. Legendary lumberjack _____
11. American photographer _____
12. Teamsters union leader _____

Famous February Birthdays

(solution)

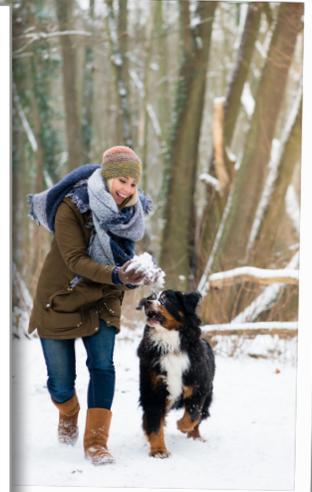


Bonus: Match the person to the correct clue.

- | | |
|-------------------------------------|--|
| 1. Country singer – D | 7. <i>Oliver Twist</i> author – G |
| 2. Renowned painter – L | 8. <i>Charlie's Angels</i> actress – H |
| 3. <i>Les Misérables</i> author – J | 9. NFL greatest runner – E |
| 4. Women's suffrage advocate – C | 10. Legendary lumberjack – F |
| 5. <i>My Cousin Vinny</i> actor – K | 11. American photographer – A |
| 6. <i>Friends</i> actress – B | 12. Teamsters union leader – I |

Searching for February

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AMETHYST

FISH (Pisces)

SHADOW

AQUARIUS

GROUNDHOG (Day)

SNOW MOON

BLACK HISTORY

MARDI GRAS

SUPER BOWL

CANDY

PISCES

VALENTINE'S (Day)

CHINESE (New Year)

PRESIDENTS' (Day)

VIOLET

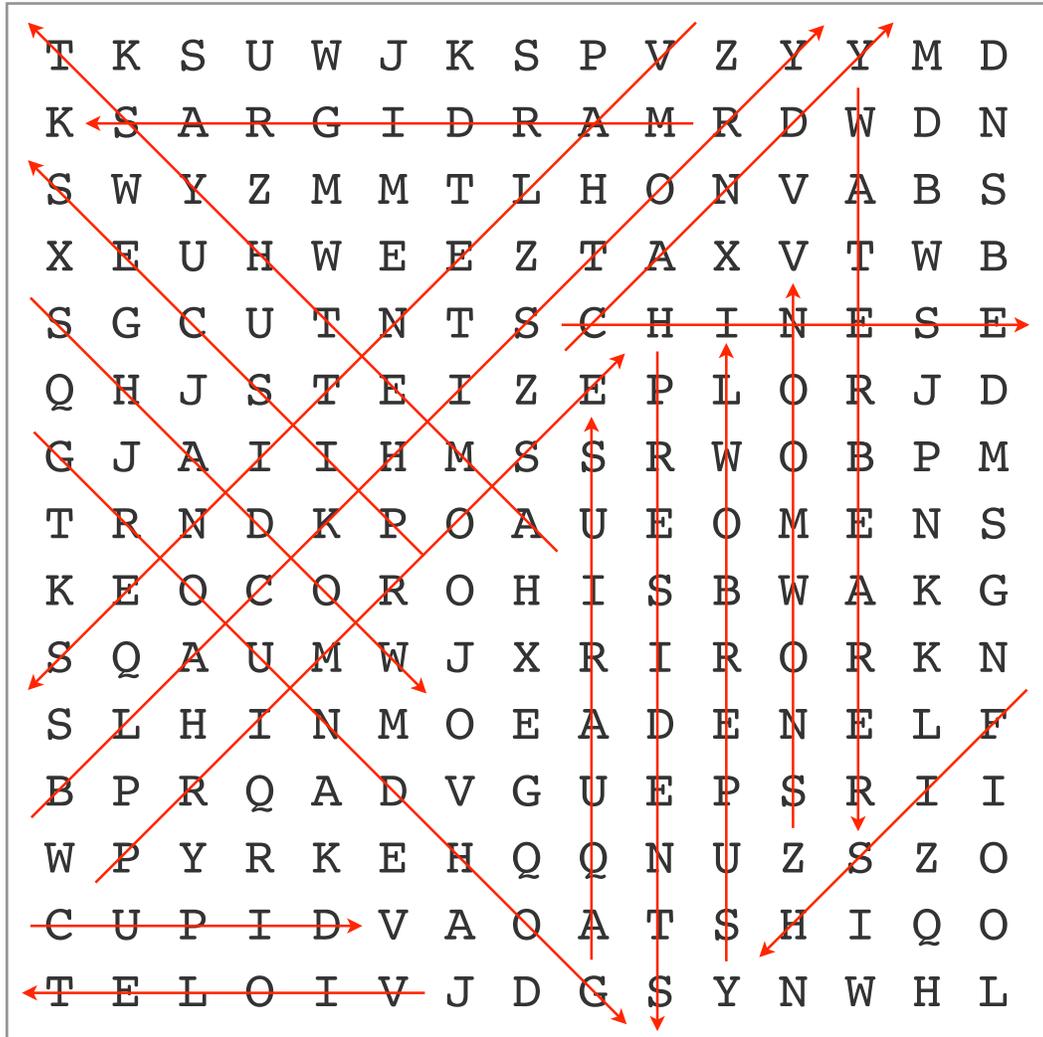
CUPID

PRIMROSE

WATER BEARER
(Aquarius)

Searching for February

(solution)



Skating for Gold

Match the clues to words associated with figure and speed skating.

- | | |
|--|-------------------|
| 1. Skater's twirling move _____ | A. Dorothy Hamill |
| 2. One circuit around the track _____ | B. axel |
| 3. 1976 figure skater with a wedge haircut _____ | C. spin |
| 4. Element where one skater hoists another _____ | D. crossover |
| 5. Emphasizing style and emotion _____ | E. Grenoble |
| 6. Track section for skaters _____ | F. Dick Button |
| 7. Long-distance speed event _____ | G. lane |
| 8. Olympian and five-time world champion _____ | H. glide |
| 9. Three-and-a-half rotation jump _____ | I. triple axel |
| 10. Planned artistic movement _____ | J. lutz |
| 11. Technique for turning corners _____ | K. artistic |
| 12. Olympian and sports analyst _____ | L. lap |
| 13. Smooth movement across ice _____ | M. Michelle Kwan |
| 14. Backward outside edge jump _____ | N. balance |
| 15. Where Peggy Fleming won gold _____ | O. sprint |
| 16. Short-distance race _____ | P. marathon |
| 17. Essential skill on ice _____ | Q. lift |
| 18. Jump named after Norwegian skater _____ | R. choreography |



Skating for Gold

(solution)

1. Skater's twirling move
 2. One circuit around the track
 3. 1976 figure skater with a wedge haircut
 4. Element where one skater hoists another
 5. Emphasizing style and emotion
 6. Track section for skaters
 7. Long-distance speed event
 8. Olympian and five-time world champion
 9. Three-and-a-half rotation jump
 10. Planned artistic movement
 11. Technique for turning corners
 12. Olympian and sports analyst
 13. Smooth movement across ice
 14. Backward outside edge jump
 15. Where Peggy Fleming won gold
 16. Short-distance race
 17. Essential skill on ice
 18. Jump named after Norwegian skater
- C. spin
 - L. lap
 - A. Dorothy Hamill
 - Q. lift
 - K. artistic
 - G. lane
 - P. marathon
 - M. Michelle Kwan
 - I. triple axel
 - R. choreography
 - D. crossover
 - F. Dick Button
 - H. glide
 - J. lutz
 - E. Grenoble
 - O. sprint
 - N. balance
 - B. axel

Winter Olympics

Use the clues to fill in the crossword.



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24



Winter Olympics

(clues)

ACROSS

- Symbol of a nation
- Where the winners stand
- Opening and closing event
- Used in curling
- In skeleton, this body part goes first
- Frozen water surface
- Last competition round
- Inclined skiing surface
- Enclosed event venue
- Head protector
- Symbolic flame carrier
- Frozen flakes
- Common ski setting
- Hockey site

DOWN

- First-place finisher
- Enforces the rules
- Scores artistic events
- Skiing aids
- Athlete's devotion
- Gold, silver, or bronze award
- Coating for skis
- Group of athletes
- In luge, this body part goes first
- Best performance mark
- Song played for gold medalists
- Country organizing the Games
- Athletic outfit
- Hockey disc





