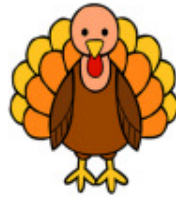


November's Exercise of the Month is a word search puzzle that is actually a great workout for your brain! They help your brain filter words into recognizable patterns which in turn helps you to find order and create meaning from everything around you. These and similar puzzles help increase memory retention and improves concentration. That focus and mindfulness can help to reduce stress! You might want to offer this as a fun Thanksgiving Day activity with your kids or grandkids. It might even help reduce after dinner drowsiness by keeping everyone's brain active! *ENJOY!*

THANKSGIVING WORD SEARCH



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

Blessings

Corn

Cornucopia

Cranberry

Family

Feast

Gather

Gratitude

Harvest

Indians

November

Pilgrims

Pumpkin Pie

Stuffing

Sweet Potatoes

Thanksgiving

Tradition

Turkey

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