

# DESTINATION: *Puerto Rico*

activity booklet



senior living  
activity assistant  
powered by spectrio



# BIENVENIDOS a PUERTO RICO!



Rich history and culture, exceptional food, pristine beaches, majestic mountains, lush jungles, relaxation, adventure — all of this packed into a sun-kissed Caribbean paradise. Puerto Rico is full of people who are welcoming and *buena gente* (which is Boricua lingo for “kind and friendly”). Around every corner, you’ll find a celebration of life, a vibrant cultural experience, food for the soul, and a captivating rhythm.

Dare to discover the many treasures of Puerto Rico with this booklet, and let us be the first to say, *bienvenidos*!

## LIVE BORICUA!

Puerto Ricans refer to themselves as *Boricua*. It’s a unique name that honors their Island heritage, but it’s also expresses a way of life, a state of mind, a rhythm and flavor that is distinctly Puerto Rico. From the sparkling

beaches to the rich and vibrant culture, we hope to inspire you to see Puerto Rico through your own Boricua lens.

## CUEVA DEL INDIO

Located in the northern town of Arecibo, Cueva del Indio is an impressive cave that’s surrounded by dramatic cliffs that face the Atlantic Ocean. The cave gets its name from the various pre-Columbian indigenous petroglyphs that are found in the walls of the cave.





## SEE THE NIGHTTIME BEAUTY OF BIOLUMINESCENT BAY

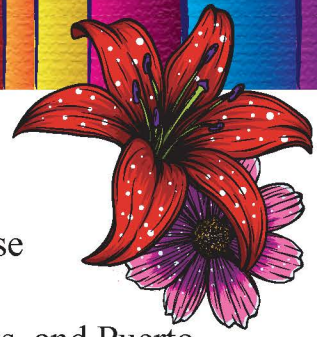


For a surreal, eco-friendly experience, we include the impressive bioluminescent bay on your trip to Puerto Rico. But what is a bioluminescent bay or bio bay?

These rare ecosystems happen when microscopic, single-celled organisms called dinoflagellates grow in quantities big enough to produce a “glow-in-the-dark” effect when stimulated by movement. When you paddle or splash the water, these organisms light up in a neon blue-green color, and so does everything they come in contact with, giving a star-like reflection to the water.

Dinoflagellates can be found throughout the ocean; however, it is very rare for them to be in concentrations high enough to be noticeable. To put this in perspective, there must be thousands and thousands of dinoflagellates to make a gallon of water light up. There are only

five ecosystems in the world where the concentration of these planktons is high enough to be considered bioluminescent bays, and Puerto Rico is home to three of them.



## VISIT CASTILLO SAN FELIPE DEL MORRO

This fortification on the corner of the islet of Old San Juan is the structure that greets cruise ships as they sail in and out of the bay. While it has become a location that provides this old-world view, it is one of Spain’s major military engineering marvels: from colonization to the Second World War. During most of its nearly 500-year history, it was an important military outpost for Spain and later the United States.



When you walk through the narrow entrance and see the flags waving in the stiff Atlantic breeze, it’s easy to be transported to another time in history and imagine soldiers in antiquated uniforms marching along the edge of the wall where cannons fit snugly into the embrasures springs.





The Old San Juan was founded in 1521 by Spanish settlers. The first fortification, La Fortaleza (The Fortress), began construction in 1533 and currently serves as the governor's mansion. The Castillo San Felipe del Morro, or El Morro for short, was the second fort built on the islet of what is now Old San Juan and Puerta de Tierra. El Morro's construction commenced in 1539 and finished in 1790; during those 250 years, El Morro went from a promontory mounted with a cannon to a six-level fortress designed to unnerve attackers approaching from the sea.



## JUST VISIT ANY BEACH!

Puerto Rico's 270 miles of coastline is fringed with nearly 300 beaches, each one stunning in its own way. Thanks to the Island's diverse geography, you can choose from secluded coves with white sand and crystalline water or beaches that attract

water sports enthusiasts including surfers, paddleboarders, snorkelers, and divers. (And if you're looking for a party beach, yes, Puerto Rico has those, too!)




## OLD SAN JUAN HAS ALL THE HISTORY

Spanning 500 years of history, Old San Juan is, without a doubt, one of the most iconic and treasured places in Puerto Rico. Wander the cobblestone streets to soak up the unique architecture and colorful streets. You'll find fun local shops and lively restaurants and bars scattered throughout the old city.

Free golf carts called Garita Carts can take you around the most important landmarks such as El Morro, Castillo San Cristóbal, Cuartel de Ballajá, and La Fortaleza, among others. You







can also take guided tours to learn more about the history of the many 500-year-old buildings, local cuisine, and even visit the place where one of the most popular drinks was born, the world-famous piña colada.

## EL YOUNQUE RAIN FOREST

El Yunque is the only tropical rainforest that is part of the U.S. National Forest System, and can be explored on the east side of the Island. Home to more than 240 types of trees, unique birds, native species like the coquí frog, and beautiful scenery, the forest spans 28,000 acres of land that includes 25 waterfalls, several rivers, and ancient petroglyphs of Taíno deities.

This is one area you visit to fall even more in love with Puerto Rico via an astonishing view from the top of the forest overlooking the region's lush valleys.

## CULEBRA & VIEQUES

If Puerto Rico has a best-kept secret, it is the islands of Culebra and Vieques. Puerto Rico is an archipelago, so it has dozens of cays and islets. Two of its most popular nearby islands are Culebra and Vieques.

Culebra and Vieques are excellent destinations for water activities such as swimming, diving, kayaking, or snorkeling.

As mentioned above, Mosquito Bay in Vieques is the brightest bioluminescent bay in the world, according to the Guinness Book of World Records. Culebra has Flamenco beach, which the Discovery Channel named the second-best beach on the planet. There is also the Vieques National Wildlife Refuge, which has hiking trails and other amenities for nature lovers. At the Cayo Luis Peña Natural Reserve in Culebra, you'll find impressive spots for snorkeling and scuba diving.





# WORD BANK TRIVIA

USE THE WORD BANK TO LABEL EACH OF THE  
DESCRIPTIONS BELOW.



El Yunque

baseball

San Juan

Florida

hibiscus

Caribbean

Atlantic

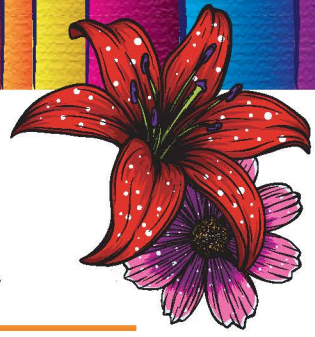
Taino

coqui

1. \_\_\_\_\_ Rain forest in northeastern Puerto Rico.
2. \_\_\_\_\_ Sea that surrounds most of Puerto Rico.
3. \_\_\_\_\_ Puerto Rico is located about 1,000 miles southeast of this U.S. state.
4. \_\_\_\_\_ National animal of Puerto Rico
5. \_\_\_\_\_ National sport of Puerto Rico
6. \_\_\_\_\_ Ocean on the northern coast of Puerto Rico
7. \_\_\_\_\_ The capital of Puerto Rico
8. \_\_\_\_\_ People who lived on the island that became Puerto Rico
9. \_\_\_\_\_ National flower of Puerto Rico

# CELEBRITIES OF PUERTO RICO

See if you can figure out those whom you've probably seen and admired, but whose ties to the island may not be so well known.



- |                     |                       |                       |
|---------------------|-----------------------|-----------------------|
| A. Rita Moreno      | E. Lin-Manuel Miranda | I. Michelle Rodriguez |
| B. Bruno Mars       | F. José Ferrer        | J. Carmelo Anthony    |
| C. Jimmy Smits      | G. Benicio del Toro   | K. Aubrey Plaza       |
| D. Laurie Hernandez | H. Luis Guzman        | L. Rosario Dawson     |

1. Half-Puerto Rican, actress, and comedian \_\_\_\_\_ is known for her role in the popular television show Parks and Recreation. She has acted in movies such as Scott Pilgrim vs. the World and Life After Beth. Her training includes time as a comic at the Upright Citizens Brigade Theater.
2. Half-Puerto Rican, actor \_\_\_\_\_ identifies as a Latino. He studied acting at Cornell University and some of his biggest roles have been in the television shows L.A. Law, NYPD Blue, and various movies in the Star Wars universe, including Rogue One.
3. \_\_\_\_\_ won a Best Actor Academy Award, the first Hispanic actor to do so. He had a memorable career on Broadway, won three Tony awards, and is known for appearing in the film Lawrence of Arabia. He was born in Santurce, Puerto Rico. His son also went on to have a successful acting career.
4. Of Puerto Rican descent, \_\_\_\_\_ is a talented gymnast who won gold as part of the powerhouse USA women's gymnastics team at Rio 2016, and an individual silver on the balance beam. She spoke to People magazine about the importance of her heritage and representing Hispanics: "We're a very diverse group this year with gymnastics, and I think that's amazing. I think that it's such a great thing for me to represent Hispanics. When I was a little kid, I don't remember looking up and seeing so many Hispanic athletes out there. But look at this Olympics. There was Monica Puig, who I think is just awesome!"





5. The daughter of a mother with Puerto Rican and Afro-Cuban heritage, \_\_\_\_\_ began acting at a young age and since then, notable film roles have included Men in Black II, the film version of the musical Rent, and Sin City. She studied at the Lee Strasberg Institute. She is vocal about numerous social issues and co-founded Voto Latino, an organization that works to develop Latino leaders.
6. Now in her 80s \_\_\_\_\_ has been an actress for approximately six decades. Born in Humacao, Puerto Rico, she is one of the few people who has been awarded a Tony, Oscar, Emmy, and Grammy for her work. Predominantly raised in New York City, she appeared in the films Singing in the Rain and The King and I, in addition to the musical West Side Story.
7. Lyricist and composer, \_\_\_\_\_ has been awarded a MacArthur Foundation Award ("Genius Grant"), 2016 Pulitzer Prize in Drama, numerous Tony Awards, and a Grammy for his musical theater work, among many other awards for his two musicals to date, In the Heights and Hamilton. he has also been nominated for an Oscar for a song he worked on, in the animated film Moana's soundtrack. Raised in New York City by Puerto Rican parents, growing up he used to spend some of his summers with family members in Puerto Rico.
8. Born to a Dominican mother and Puerto Rican father, actress \_\_\_\_\_ is most famous for her character in the popular and lucrative Fast and the Furious franchise. Her film debut was in the film Girlfight and she's known for portraying tough characters.







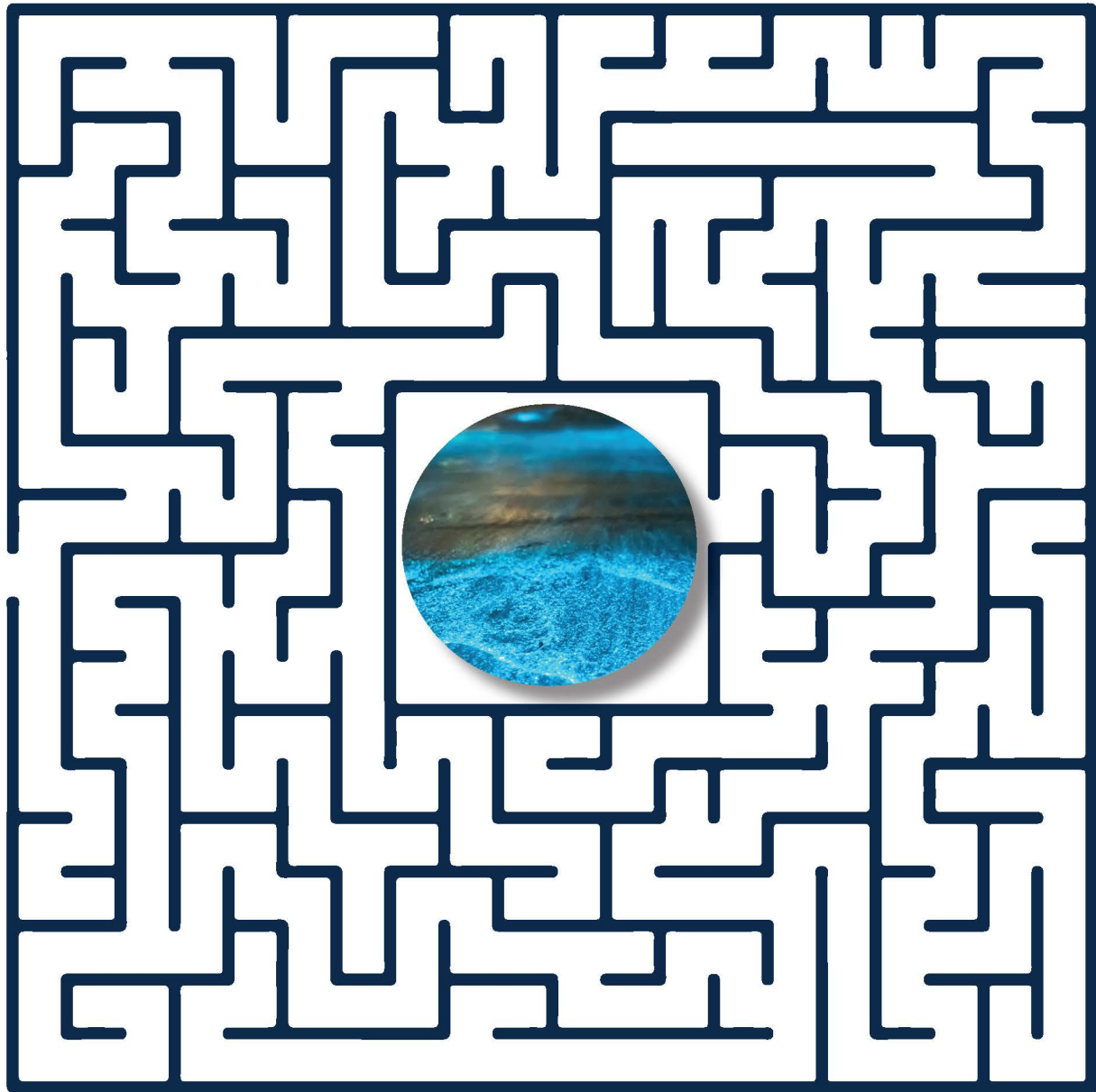
9. \_\_\_\_\_, whose real name is Peter Hernandez was born and raised in Hawaii to a Puerto Rican Jewish father, also named Peter Hernandez. He started his entertainment career as a child impersonating Elvis Presley; his hits include "Just the Way You Are", "When I Was Your Man", and "24K Magic". He has penned and produced hits not only for himself but for other artists as well, with his writing partner Philip Lawrence.
10. Known as "Melo", NBA star \_\_\_\_\_ currently plays for the New York Knicks, after starting his career with the Denver Nuggets, who drafted him. Not only has he had success in professional basketball, he has also won 3 Olympic gold medals as part of Team USA in 2008, 2012, and 2016, and one bronze in 2004. The son of a Puerto Rican, he regularly helps out with community projects in Puerto Rico, where he fixes sporting facilities for communities in need.
11. Born in San Germán, Puerto Rico, \_\_\_\_\_ studied acting under the acclaimed Stella Adler and at the Circle in the Square Acting School. The actor is known for his film roles in movies such as Traffic, Snatch, and Guardians of the Galaxy and is part of the cast for the upcoming movie Star Wars Episode VIII. As a result of his role in Traffic, he was given an Academy Award for Best Supporting Actor.
12. Actor \_\_\_\_\_ has appeared in many movies and television shows, and while he was born in Cayey, Puerto Rico, he was raised in New York City. His filmography includes the films Boogie Nights and We're the Millers, and the television show Code Black, among others.





# FIND BIOLUMINESCENT BAY

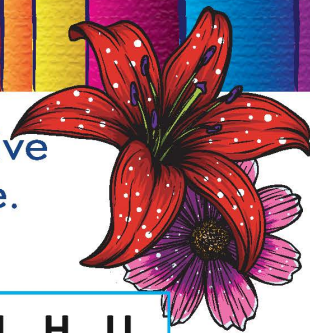
Can you find your way to your spot to see the magical dinoflagellate  
*Pyrodinium bahamense*?





# PUERTO RICO WORD SEARCH

These words are representative  
of the islands and their culture.  
How many can you find?



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

SAN JUAN  
PUERTO RICO  
BEACHES  
CARIBBEAN  
BUENA GENTE

BORICUA  
VIBRANT  
CULTURE  
CULEBRA  
VIEQUES

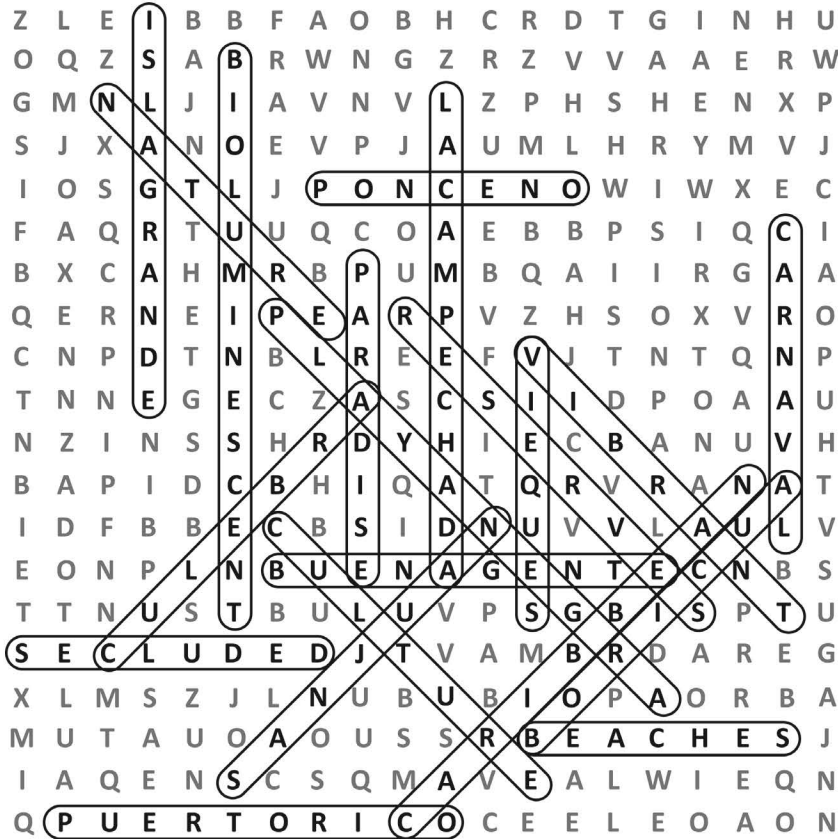
BIOLUMINESCENT  
SECLUDED  
NATURE  
RESERVES  
PLAYA NEGRA

ISLA GRANDE  
PARADISE  
LA CAMPECHADA  
CARNAVAL  
PONCENO





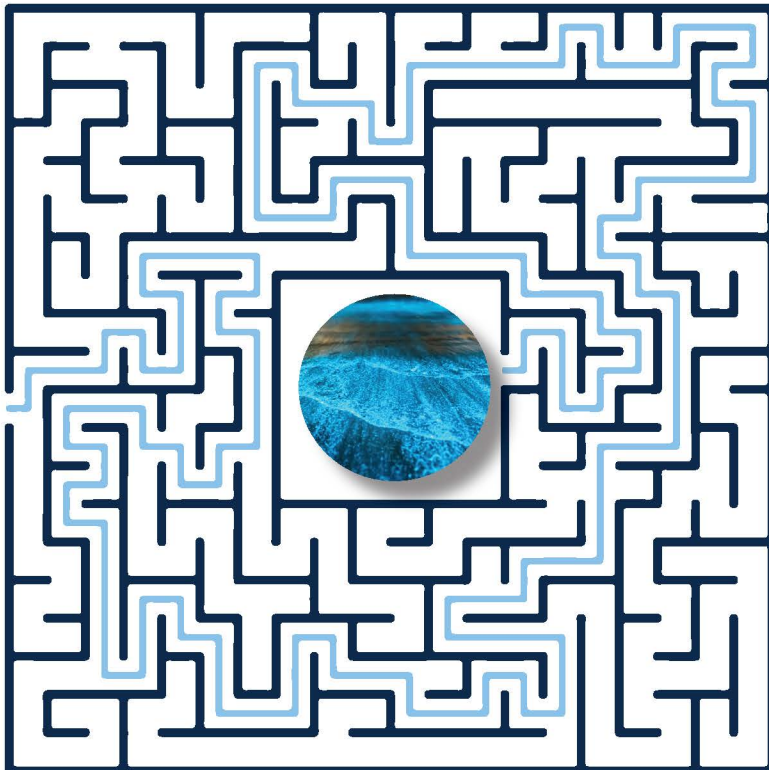
## WORD SEARCH SOLUTION



## WORD BANK Trivia

1. El Yunque
2. Caribbean
3. Florida
4. Coqui
5. Baseball
6. Atlantic
7. San Juan
8. Taino
9. Hibiscus

## BIOLUMINESCENT BAY MAZE SOLUTION



## CELEBRITY Trivia

- |                       |                       |
|-----------------------|-----------------------|
| 1. Aubrey Plaza       | 8. Michelle Rodriguez |
| 2. Jimmy Smits        | 9. Bruno Mars         |
| 3. Jose Ferrer        | 10. Carmelo Anthony   |
| 4. Laurie Hernandez   | 11. Benicio del Toro  |
| 5. Rosario Dawson     | 12. Luis Guzman       |
| 6. Rita Moreno        |                       |
| 7. Lin-Manuel Miranda |                       |