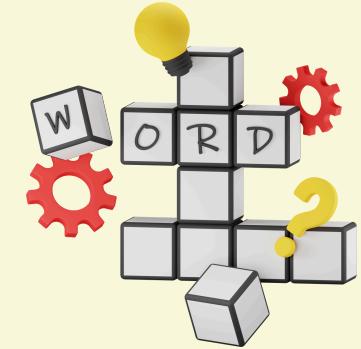


# AGING AND DEMENTIA-FRIENDLY ACTIVITIES

This pamphlet has been prepared by the Lucas DD Senior Committee to suggest games and puzzles to promote cognitive functioning and health as people age and/or develop dementia.  
(Issues of the Aging Gracefully newsletter usually feature a few games and puzzles.)





# Puzzles and “Brain Exercise” Tools

Our brains require exercise throughout our lives much as our bodies do.





## BRAINHQ

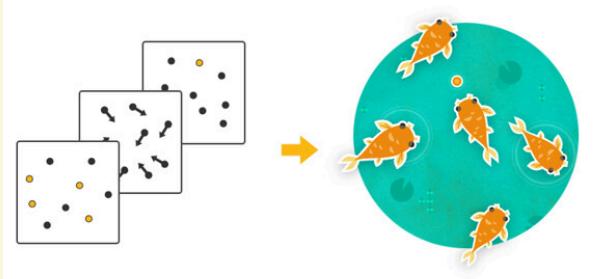
Like a mental “gym” for working out the brain - exercising memory, attention, brain speed, people skills, intelligence and navigation.

[brainhq.com](http://brainhq.com)

## LUMINOSITY

Online brain training platform that offers a variety of games that test memory, concentration, problem-solving skills, and more. Three brain games a day are allowed without any purchase.

<https://www.lumosity.com/en/>



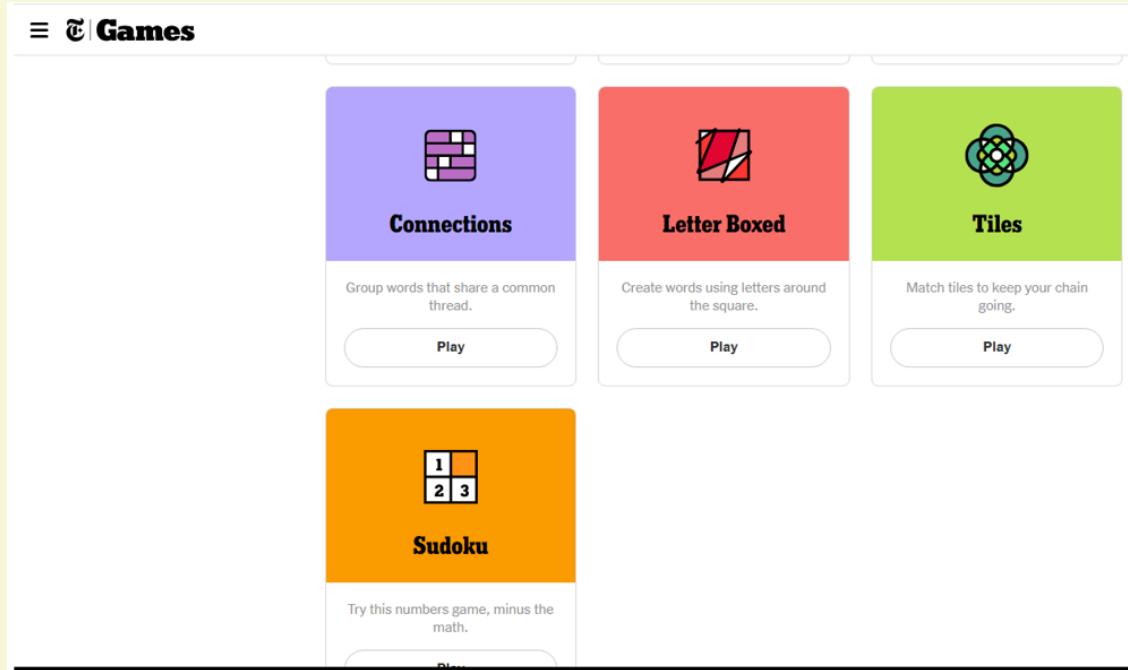
*Seasoned Times*  
WE ARE NOT OLD, WE ARE SEASONED!

This site includes puzzles and word games - as well as a lot of other content and resources - for fun and wellness for the “seasoned” (i.e., aging), community

<https://seasonedtimes.com/>

# CONNECTIONS

## (and other New York Times games)



<https://www.nytimes.com/crosswords>

You can play the daily Connections  
game without subscribing.

# OTHER ADULT BRAIN-BUILDING PUZZLES

Sudoku

Scrabble or Crossword Puzzles

Chess

Jigsaw Puzzles

Matching Card Games

Mario Kart



Read more about the benefits of these at this link:  
<https://www.completingthepuzzle.com/blog/7-best-brain-games-for-adults>

More Puzzles:

NPR: <https://www.npr.org/series/4473090/sunday-puzzle>

GAMES Magazine: <https://gamesworldofpuzzles.com/>

Plus, older edition free puzzles:

<https://gamesworldofpuzzles.com/category/puzzles/>