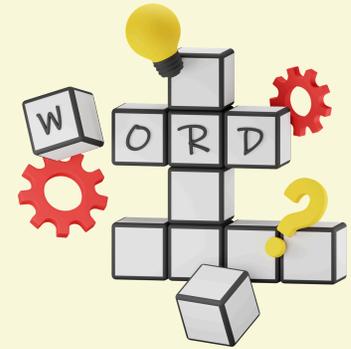


AGING AND DEMENTIA-FRIENDLY ACTIVITIES

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.

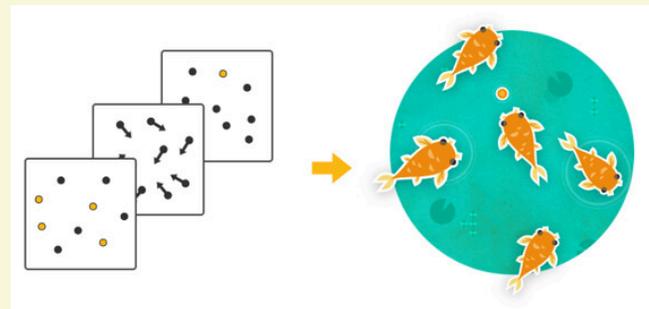
brainhq.com



LUMINOSITY

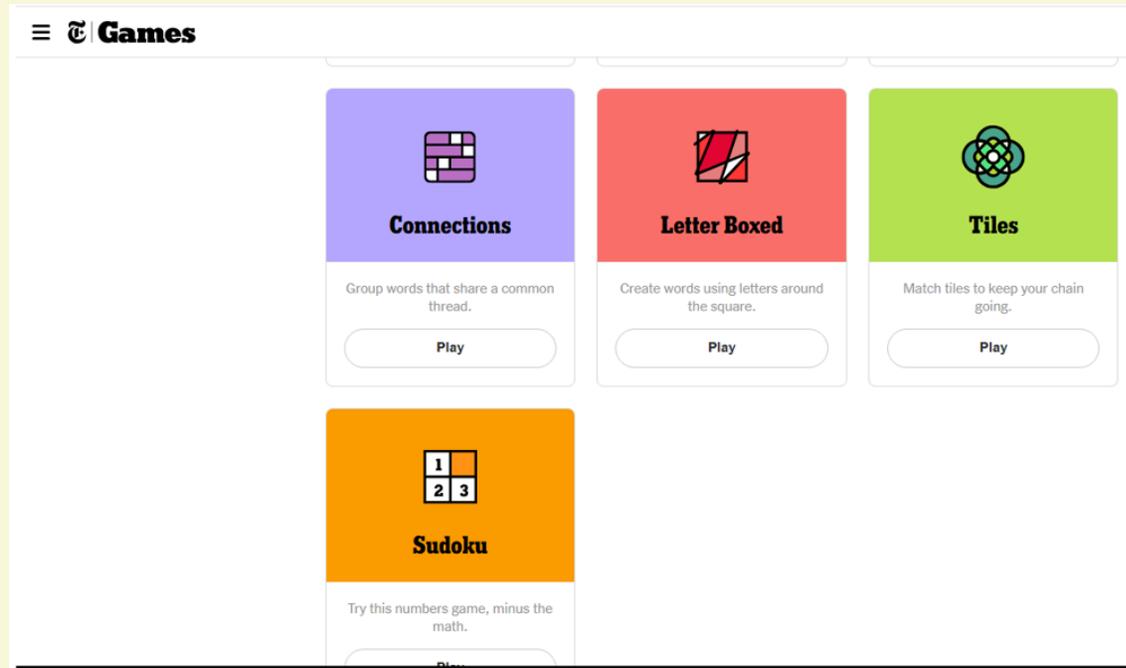
Online brain training platform that offers a variety of games that test memory, concentration, problem-solving skills, and more. Three brain games a day are allowed without any purchase.

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



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/>