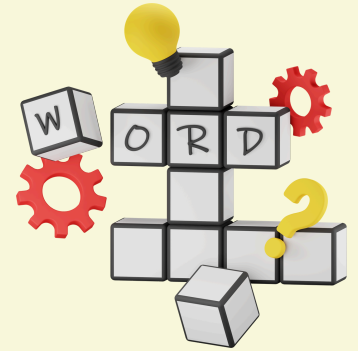


# AGING AND DEMENTIA-FRIENDLY ACTIVITIES: PUZZLES

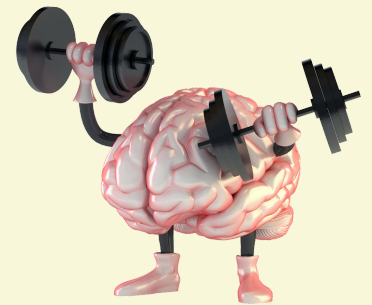
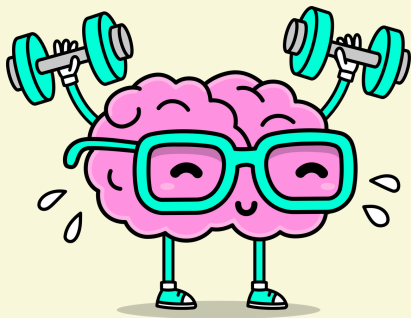
**This pamphlet has been prepared by the Lucas DD Senior Committee to suggest puzzles to promote cognitive functioning and health as people age and/or develop dementia. (Issues of the Aging Gracefully newsletter usually feature a few games and puzzles.)**





# 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.

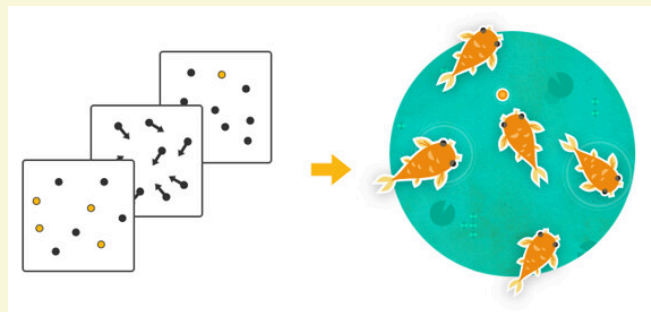
**[brainhq.com](https://brainhq.com)**



## LUMINOSITY

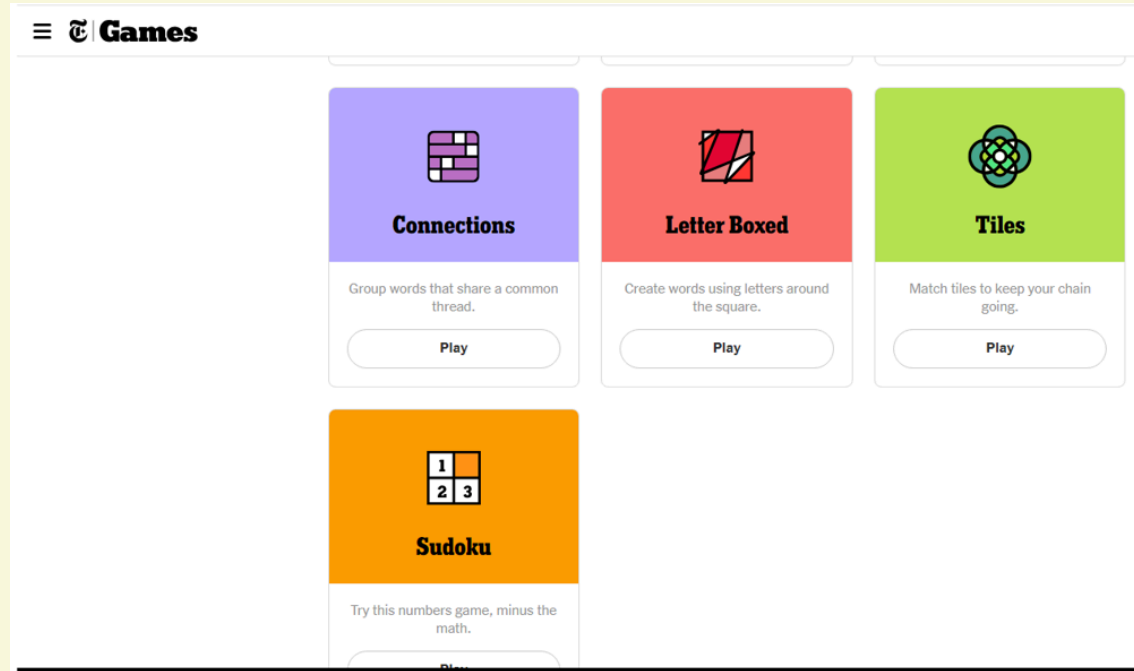
Online brain training platform that offers a variety of games that test memory, concentration, problem-solving skills, and more. Three brain games a day are allowed without any purchase.

**<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](https://www.npr.org/series/4473090/sunday_puzzle)

**GAMES Magazine:** <https://gamesmagazine-online.com/category/puzzles/>