



**VICTORIA LIFELINE**  
Safe and independent living.

## 10 Fun Games for Seniors

Old age can be unfair. Not only do our bodies become older and less capable of the things they used to be able to do easily, our minds can diminish, too. However, remember that your brain is a muscle, too. And if you don't use it, you lose it.

Here are ten free and fun games for seniors that will keep you sharp.



### Brain Game 1: Chess

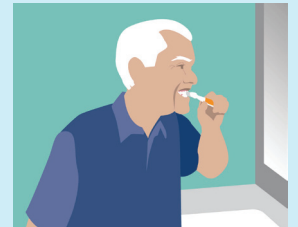
Chess encourages the use of strategy (“Where can I move my pawn?”) and creative thinking (“Well, there’s an open spot…”).

You can play on your computer or even better, find a game at your local seniors’ center or park, where you can get the added bonus of social interaction.

### Brain Game 2: Switch It Up

Let’s say you are right handed. Use your left hand to do things you’d normally do with your right hand.

Switching it up for everyday tasks such as brushing your teeth or eating can make your brain stronger. Also, the more you use your non-dominant hand, the stronger it will get.



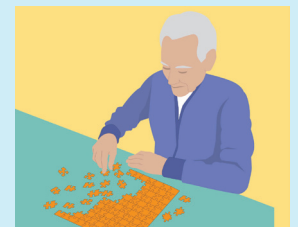
### Brain Game 3: Do You Remember...

Many people joke about losing their memory as they age.

What’s the best way to test your memory? Make a list – it could be anything, like your grocery list, or the next ten books you want to read – and then memorize it. An hour later, see how many items on the list you remember. The more challenging the list, the greater the brain workout.

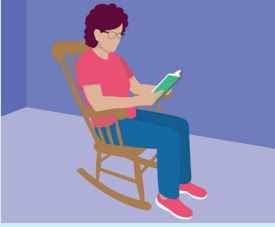
### Brain Game 4: Jigsaw Puzzles

Jigsaw puzzles are a great brain workout. They involve strategy (“Let’s find all of the edge pieces first”) and problem-solving skills (“This piece goes there”). Also, you can find jigsaw puzzles of varying levels of complexity, from a few dozen pieces to several hundred.



### Brain Game 5: Make Some Beautiful Music

Have you always been told that you’ve got a great ear for music? Join a choir or take up a new musical instrument as a brain exercise for seniors. Learning something that’s new as well as complex works your brain.

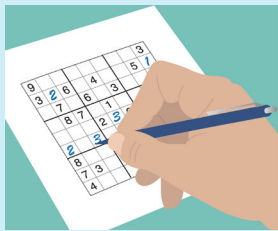
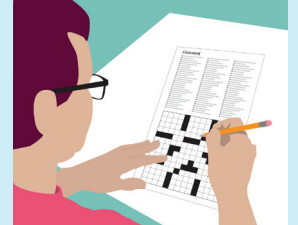


### Brain Game 6: Pick up a Book

Reading is an excellent activity for boosting your brainpower. Studies have shown that when you stimulate your brain, you slow cognitive decline. Read whatever type of book you like most, be it romance, sci-fi, or non-fiction.

### Brain Game 7: Crossword Puzzles

Crossword puzzles are great word games for seniors; they challenge people to think of a word that fits into a certain number of boxes and makes sense in the context of the rest of the puzzle.



### Brain Game 8: Sudoku

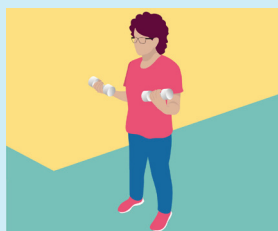
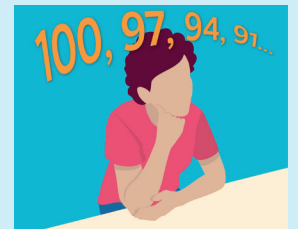
You might be more of a numbers person than a wordsmith. Sudoku may be just the game for you.

Sudoku is a number puzzle with a box with numbers and several blank spaces. Judging by the numbers that are already there, you have to fill in the blanks.

### Brain Game 9: Count Backwards

You don't have to be good at math to play this game for seniors. All you need to do is know how to count, and you have to be able to perform basic subtraction.

Try counting backward from 200, and subtract five from every number ("200, 195, 190..."). Then, try counting backward from 150, subtracting seven each time ("150, 143, 136...").



### Brain Game 10: Get Some Exercise

Combine mental and physical exercise by doing some simple workouts. Walking, Tai Chi, Yoga, and gardening are great exercises for seniors. You can do all of these alone, though you'll enjoy doing these activities either in a class or in a group.

Doing brain exercises for seniors (many of which are free or very affordable) helps your memory and keeps your brain sharp. And the earlier you start, the sooner the benefit.

**Call Victoria Lifeline at:**  
**204-956-6777**  
**1-888-722-5222**



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