

Journey to Wellness — A free self-guided healthy living program

Exercise your brain: Brain games

Being mentally active is one way to improve your mental sharpness. Sharpen your brain by taking classes, learning new skills, enjoying new experiences, or training your brain with puzzles and games.

This month, try new ways to give your brain a workout. Check off as many brain activities as possible. Purchase puzzle books and games in stores or search the internet for digital puzzles and games. Free brain puzzle and game apps are available for your device, too.

- Adult coloring sheet
- Card games
- Checkers
- Chess
- Crossword puzzle
- Dot-to-dot for adults
- Hangman
- Jigsaw puzzle
- Mahjong puzzle
- Math puzzle
- Maze
- Memory
- Number fill-in puzzle
- Solitaire
- Spot the difference picture for adults
- Sudoku
- Word games
- Word search

