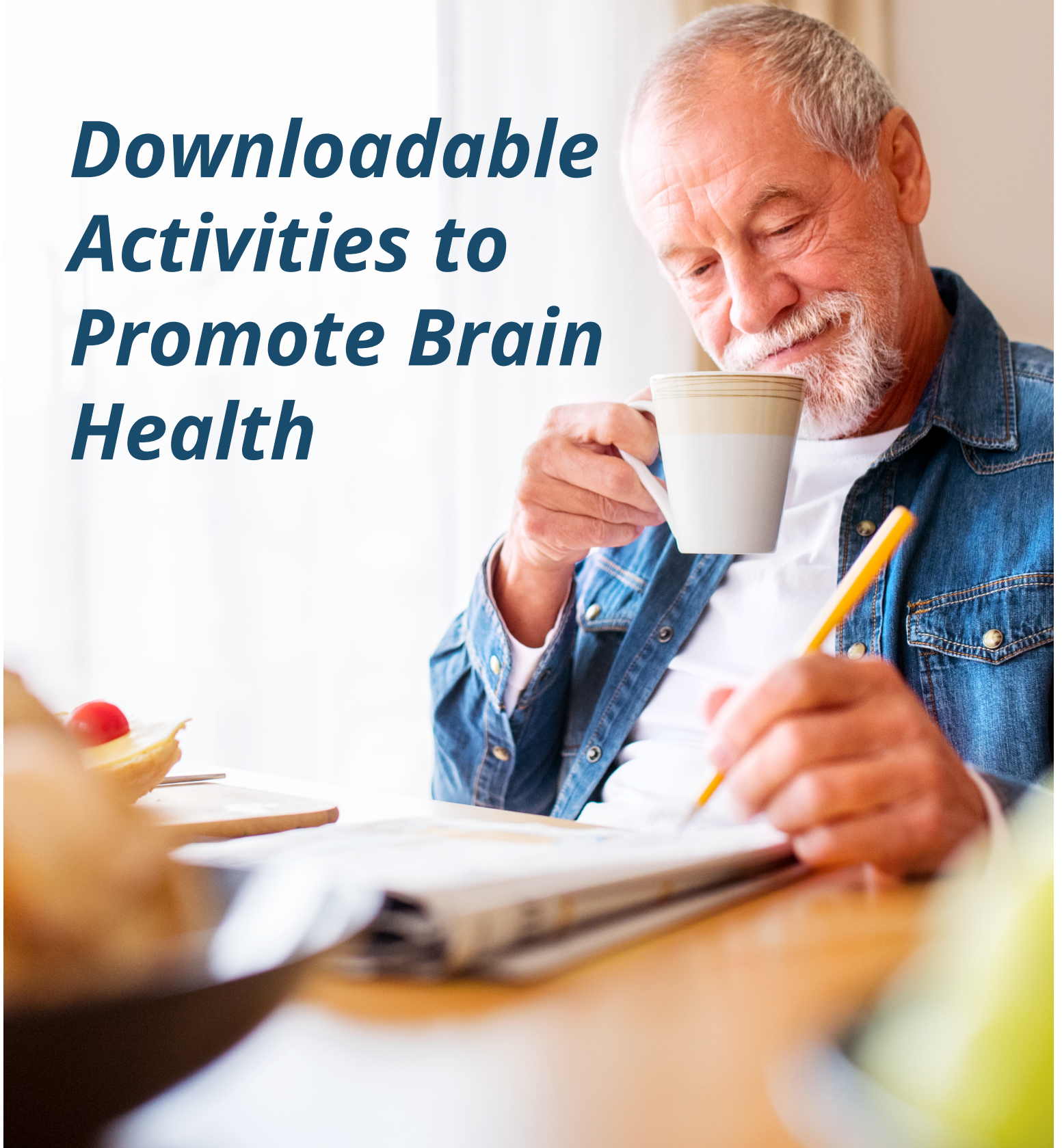


***Downloadable
Activities to
Promote Brain
Health***



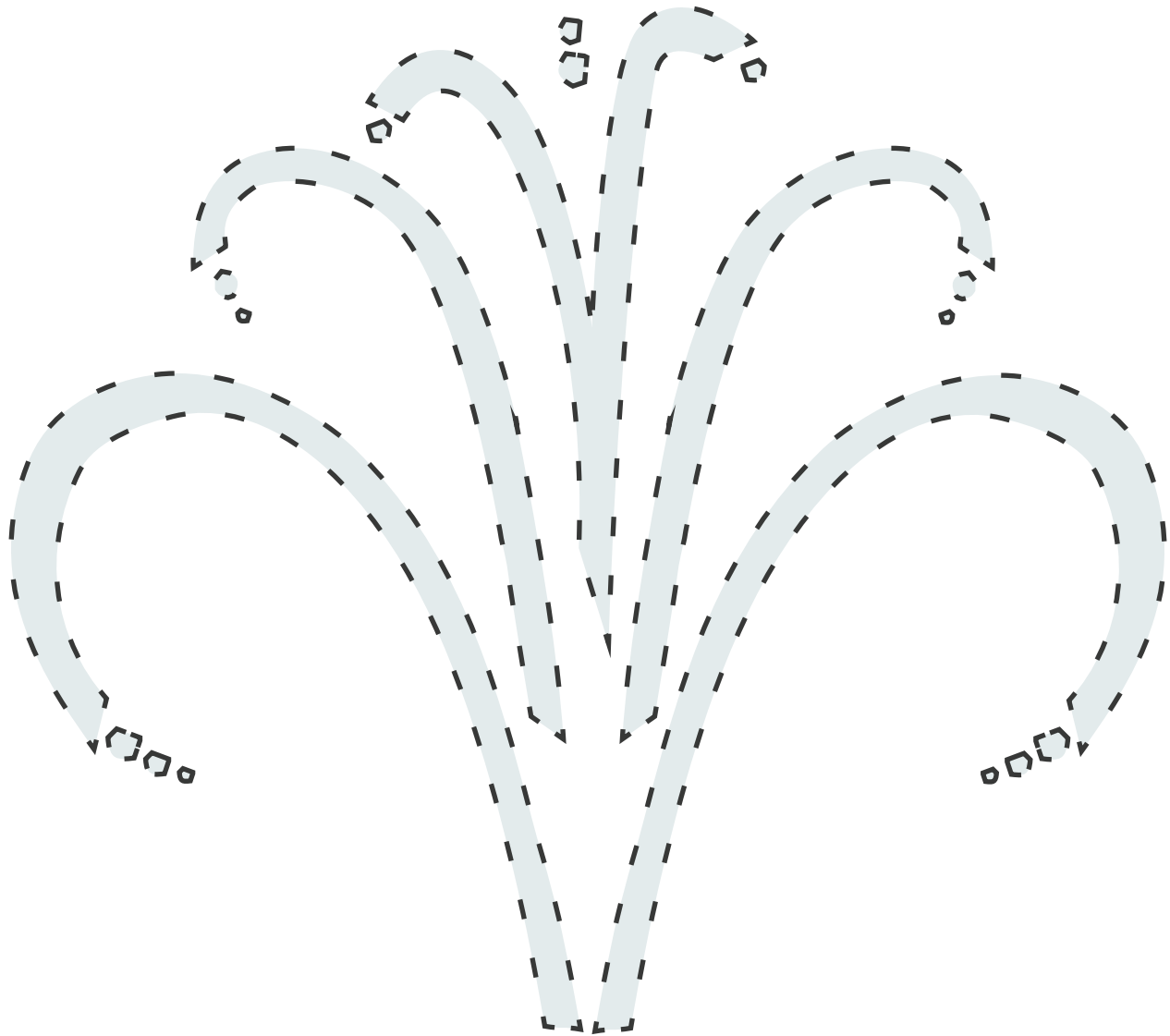


At **The Springs at Simpsonville**, we understand the value that mentally stimulating activities have on anyone - no matter your age! Stimulating your brain is important to maintain your brain's health and functionality, and regularly solving puzzles can improve your memory. Better problem solving skills, increased IQ, delaying the effects of dementia and Alzheimer's disease, lowered stress levels, and improved attention to detail are just a few of the benefits you may experience from completing puzzles and "brain teasers" on a regular basis!

Mentally stimulating activities can range from word searches to puzzles, but the important thing is that you find an activity you genuinely enjoy. **We hope you find these activities beneficial and encourage you to share them with your friends and family!**

Dot-to-Dot/Picture Trace DIFFICULTY: EASY

Dot-to-dot activities keep the mind sharp, improve hand-eye coordination, and help to practice fine motor skills. **Connect the dashes below to create the image!**

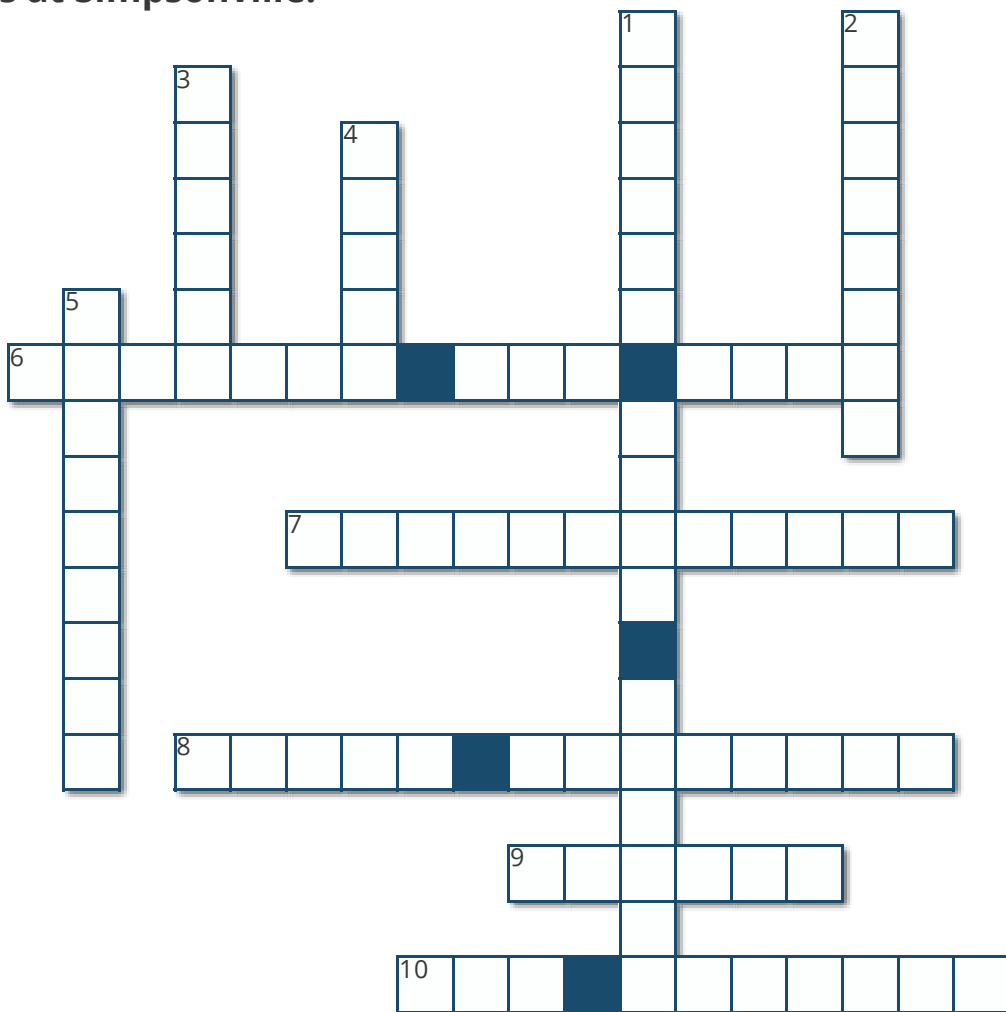


Crossword Puzzle DIFFICULTY: MEDIUM

Mental stimulation from completing crossword puzzles has been proven to help prevent age-related neurological disorders like dementia and Alzheimer's disease.

Read each clue and write the answer in the accompanying numbered boxes.

HINT: The clues focus around brain health and words that we use here at **The Springs at Simpsonville!**



Across

6. Our memory care neighborhood
7. The city we are found in
8. The state we are found in
9. The first former president to announce he was diagnosed with Alzheimer's disease
10. The provider of this crossword puzzle!

Down

1. The provider of our virtual dementia tour
2. Alzheimer's Awareness Month in the United States
3. The Alzheimer's Awareness color
4. The first name of the man Alzheimer's disease is named after
5. The last name of the man who coined the phrase 'Alzheimer's disease'

Sudoku DIFFICULTY: HARD

A more challenging activity, Sudoku helps practice your logical thinking skills, as well as number skills. **Each row, column and square on the grid needs to be filled out with the numbers 1-9, without repeating any numbers within the same row, column or square.** Good luck!

Example:

8	2	3	9	1	4	6	5	7
5	1	6	7	3	2	8	4	9
7	4	9	8	5	6	2	3	1
6	7	4	2	9	5	1	8	3
3	9	5	1	4	8	7	6	2
2	8	1	3	6	7	4	9	5
1	5	8	4	7	9	3	2	6
9	3	2	6	8	1	5	7	4
4	6	7	5	2	3	9	1	8

8	2	3	9	1	4	6	5	7
5	1	6	7	3	2	8	4	9
7	4	9	8	5	6	2	3	1
6	7	4	2	9	5	1	8	3
3	9	5	1	4	8	7	6	2
2	8	1	3	6	7	4	9	5
1	5	8	4	7	9	3	2	6
9	3	2	6	8	1	5	7	4
4	6	7	5	2	3	9	1	8

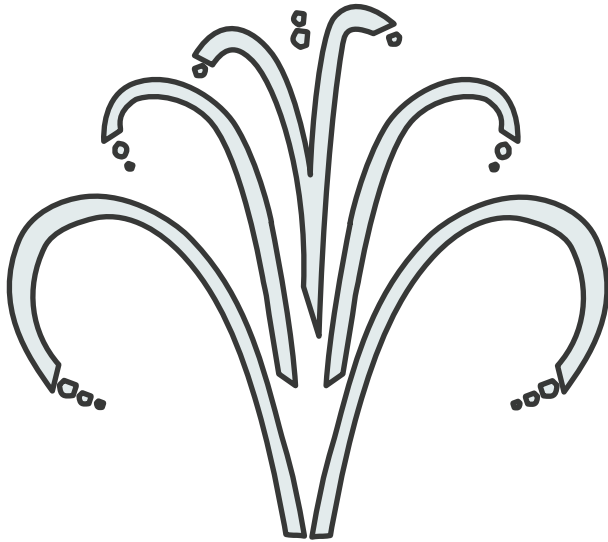
8	2	3	9	1	4	6	5	7
5	1	6	7	3	2	8	4	9
7	4	9	8	5	6	2	3	1
6	7	4	2	9	5	1	8	3
3	9	5	1	4	8	7	6	2
2	8	1	3	6	7	4	9	5
1	5	8	4	7	9	3	2	6
9	3	2	6	8	1	5	7	4
4	6	7	5	2	3	9	1	8

8	5	6						3
3					8		4	
9	7		3			5		
	1				4	9		
	6						3	
		8	5				7	
		2			5		6	4
	4		8					9
7						8	2	1

Solutions

Check your answers!

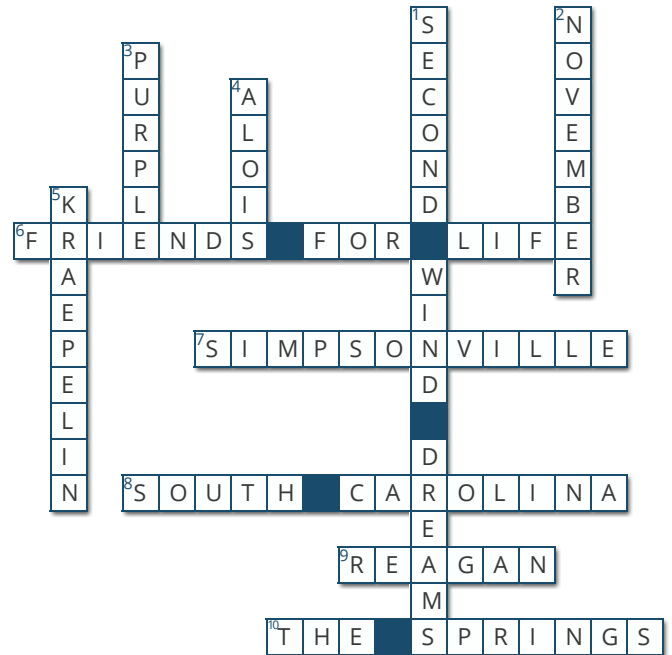
Trace



Sudoku

8	5	6	4	7	1	2	9	3
3	2	1	9	5	8	6	4	7
9	7	4	3	2	6	5	1	8
5	1	7	2	3	4	9	8	6
2	6	9	1	8	7	4	3	5
4	3	8	5	6	9	1	7	2
1	8	2	7	9	5	3	6	4
6	4	3	8	1	2	7	5	9
7	9	5	6	4	3	8	2	1

Crossword



Across

6. FRIENDS FOR LIFE
7. SIMPSONVILLE
8. SOUTH CAROLINA
9. REAGAN
10. THE SPRINGS

Down

1. SECOND WIND DREAMS
2. NOVEMBER
3. PURPLE
4. ALOIS
5. KRAEPELIN