

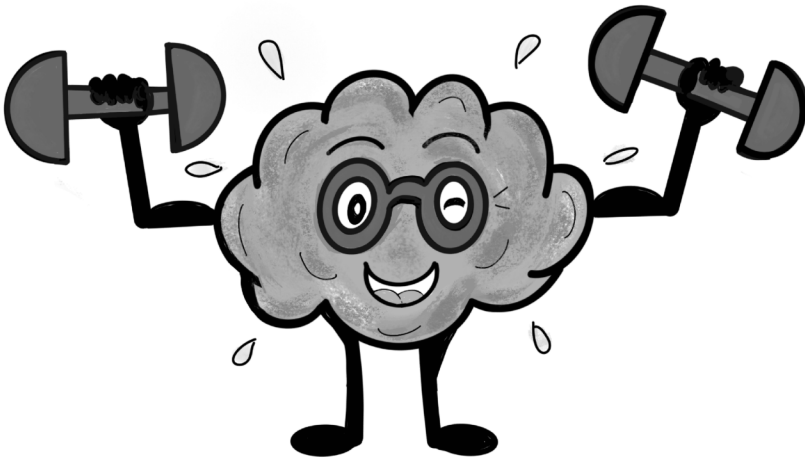
Bonus

RIDDLES & PUZZLES

for Older Adults

BONUS

According to studies,
this is your brain on puzzles:



- ★ Your stress is reduced
- ★ Your confidence is increased
- ★ Your mind is stimulated
- ★ Your patience and focus are elevated

Bonus Riddles & Puzzles for Older Adults
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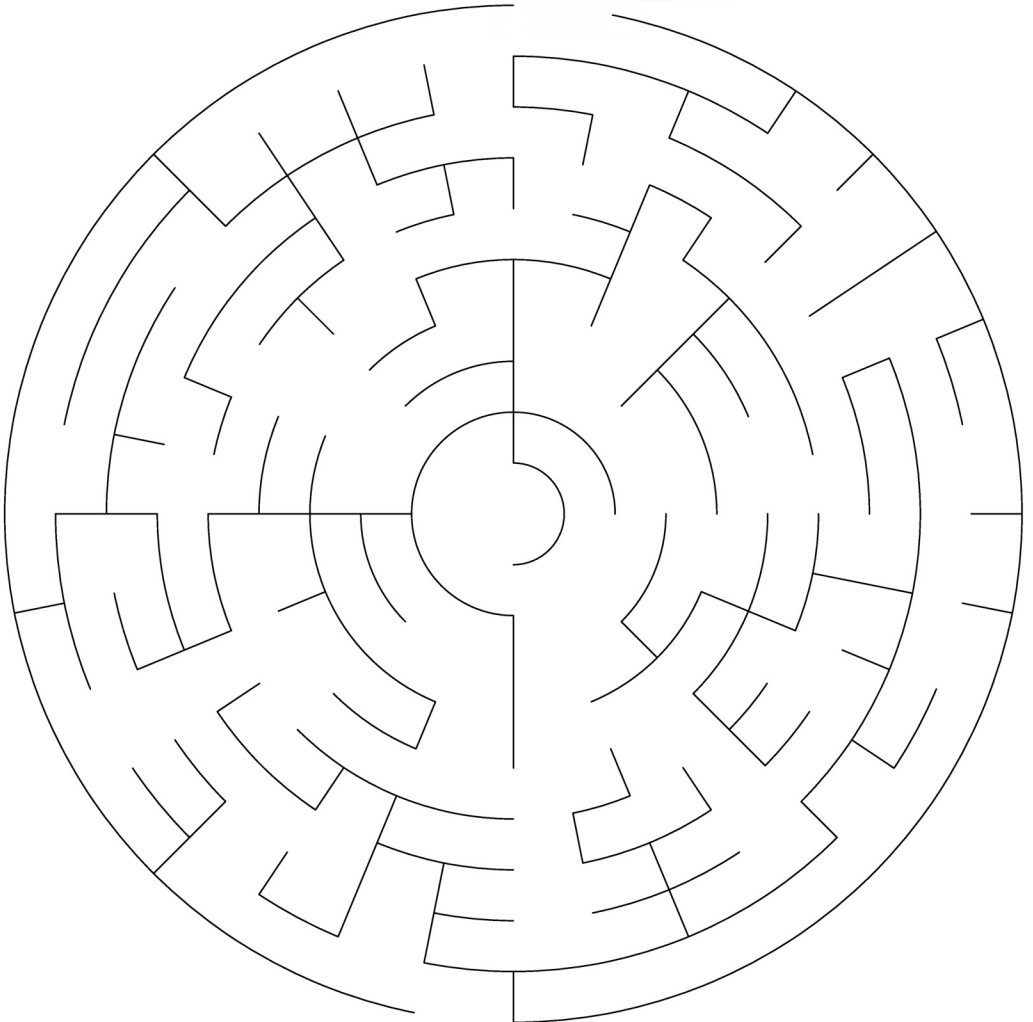


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SUDOKU

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

MAZE



RETRO WORD SEARCH

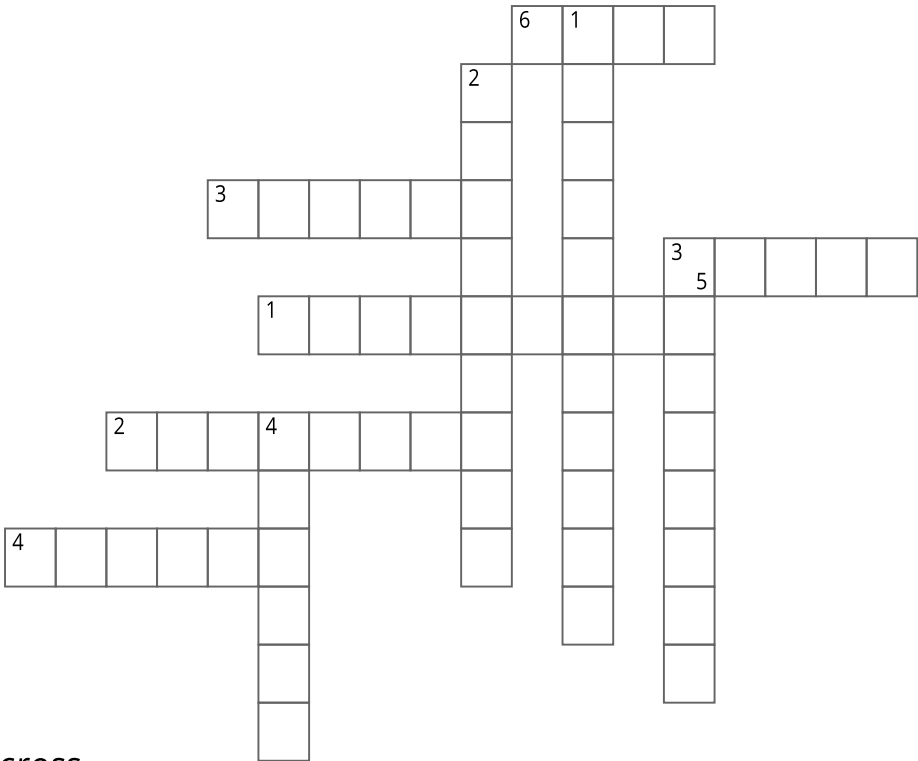


neon
analog
pop
groovy
cool

rad
granola
freedom
classic
snazzy

grungy
whimsy
cliché
rock
hood

CROSSWORD



Across

1. Very sure of something; positive
2. Appreciative; thankful.
3. Being extroverted or outgoing
4. Constantly engaged in action; energetic
5. Bold and spirited, cheeky, impudent, saucy.
6. Showing good judgement or the benefit of experience

Down

1. Not contingent or depending on something else
2. Emotionally satisfied
3. Refusing to move or to change one's opinion
4. Of, or in accordance with the latest fashion or hype.

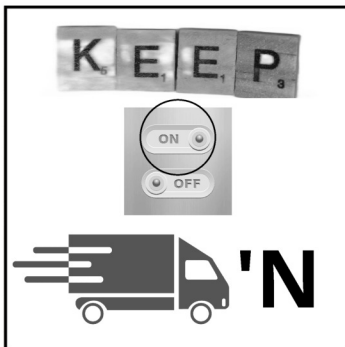
SYMBOL QUIZ

Guess the words or phrases using the images

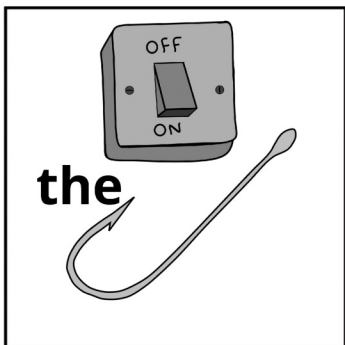
1.



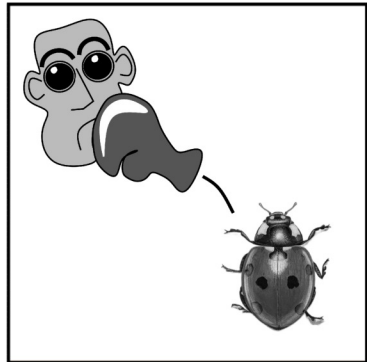
2.



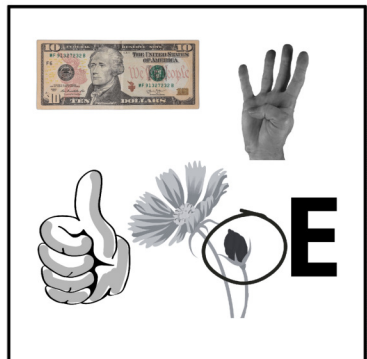
3.



4.



5.



6.

