

Games/Activities to help Memory

Memory Games and Activities for Seniors Keeping the aging mind sharp. It's important that as people age they find ways to keep both their body and mind sharp. Memory Card Game - this classic card game is a great way to exercise memory. Simon Says exercises reflex skills and memory. It is appropriate for seniors already experiencing memory loss. The game requires that seniors quickly recall the names of body parts. Name That Tune - this game is great for exercising and testing long-term memory. Memory Circle - this game strengthens both long- and short-term memory. Brain teasers, crossword puzzles, bingo boards and puzzles are traditional games that exercise mental focus and memory. Trivia games for seniors can be a group activity that allows them to develop a sense of teamwork while bonding with their peers. Such games alleviate loneliness, a state of being that triggers depression, anxiety and dementia in seniors, according to The Senior Review, board games such as chess, Monopoly, and even children's games like Candyland and Chutes and Ladders help improve the short-term memory of seniors.

- Board games provide seniors a way to assist their peers, giving them a sense of helpfulness.
- Board games with basic play rules are less about competitiveness and more about having fun and encouraging each player to do his best.

Crossword puzzles, board games such as chess, Sudoku, Trivia games and jigsaw puzzles provide mental stimulation that seniors require. Games that improve the brain and memory skills are beneficial. Journaling helps seniors to remember things they did.

-excerpted from an article by Sandy Gibson, Director of Nursing.