

Learning Doesn't Stop at Any Age!

Fun and Engaging Brain Games for Groups



Our vision, in everything we do, is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity. We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's The Caraday Way!

At Caraday, activity directors provide games to promote mental stimulation, which is just as much as physical activity. And the good news? Brain games aren't just solo activities! They can be social, creative, and a great way to connect with others. **Here are some ideas to get you started:**

Group Games:

- **Bingo:** This classic game is a favorite for a reason! It's easy to learn, social, and keeps everyone engaged.
- **Tabletop Games:** Board games like checkers, chess, or Scrabble are excellent for stimulating strategic thinking and memory. Pictionary or charades can get everyone laughing and moving.
- **Trivia Night:** Test your knowledge on a variety of topics with a group trivia night.

Games for Two:

- **Word Games:** Crossword puzzles, word searches, and Mad Libs are all great ways to challenge vocabulary and critical thinking skills. You can find these in puzzle books or online.
- **Card Games:** Classic card games like Go Fish or Rummy are a fun way to pass the time and stimulate memory. More strategic games like Bridge or Cribbage can provide a greater challenge.
- **Building Games:** Games like KEVA planks or Fat Brain's Crankity or Animal Crackers encourage spatial reasoning and problem-solving skills. They can be built together or competitively.

Games for Everyone:

- **Jigsaw Puzzles:** Working on a jigsaw puzzle together is a great way to relax, socialize, and improve visual-spatial skills.
- **Coloring:** Coloring books aren't just for kids anymore! Adult coloring books offer a creative outlet and can be enjoyed by people of all abilities.

The Benefits of Brain Games:

Brain games offer a range of benefits for people of all ages, including:

- Improved memory and concentration
- Enhanced problem-solving skills
- Increased critical thinking abilities
- Reduced stress and anxiety
- Boosted mood and social interaction

Choose games that are enjoyable and stimulating, and it's fun to try new things. Plus, most games can be adapted to various ability levels.

At Caraday, we're committed to providing our residents with a variety of activities, promoting learning and well-being. It's The Caraday Way!



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com