



MEMORY FITNESS PROGRAM RESOURCES

Teaching material and activity ideas

Brunch for Your Brain curriculum developed by Two Rivers Senior Center
Strengthen Your Mind Program - Kristin Einberger and Janelle Sellick
Your Best Brain Ever – National Geographic Society

Puzzles and Games

(most items available from [Amazon.com](https://www.amazon.com))

Nasco Senior Activities Catalog ([www.enasco.com/senior activities](http://www.enasco.com/senior-activities))
Best Alzheimer's Products (www.best-alzheimers-products.com)
The Alzheimer's Store (www.alzstore.com)
Puzzles to Remember (www.puzzlestoremember.org)
Puzzle Warehouse (www.puzzlewarehouse.com)

Free Printable Puzzles

www.highlightskids.com/hidden-pictures
www.printmysudoku.com
www.large-print-puzzles.com
www.word-game-world.com
www.thinkablepuzzles.com
www.allstarpuzzles.com

Create Your Own Puzzles

www.armoredpenguin.com

Helpful Information

Alzheimer's Association (www.alz.org)
Alzheimer's Reading Room blog (www.alzheimer'sreadingroom.com)
Alzheimer's Disease Resource Center (www.adrcinc.org)
Alzheimer's Foundation of America (www.alfdn.org)

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