

## This Month's Cranium Crunches

Click on the images below and print some mentally challenging puzzles to share with your group this month. (The solutions are included.)

**Tip:** If you think the puzzle is too difficult, try giving clues or completing part of the puzzle, making it easier to solve.



**Analogies**



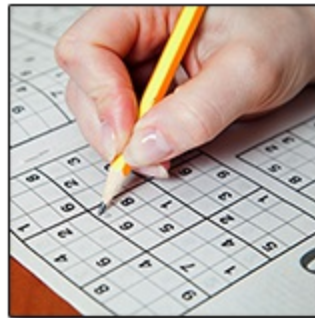
**4 Concentration Puzzles**  
Another option: [Each puzzle on a separate page](#)



**Change a Letter**



**Math Count Up 1 to 4**



**Sudoku**



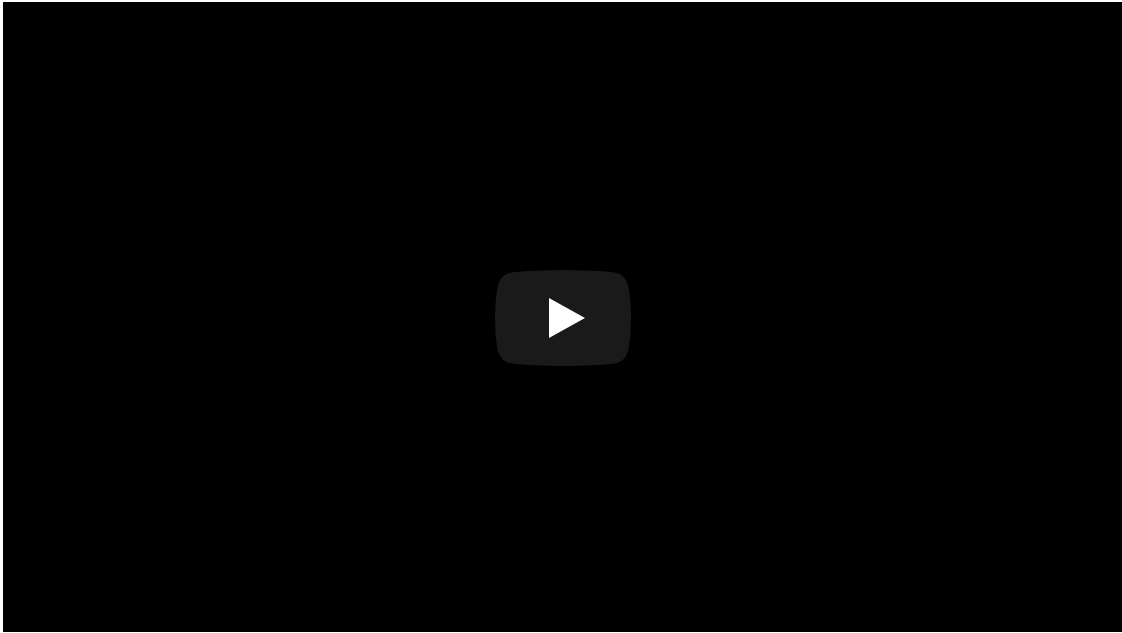
**Wacky Wordies**

## Dr. Rob's Cranium Crunches of the Month

Dr. Rob Winningham, Psychology and Gerontology Professor at Western Oregon University and widely recognized expert on cognitive stimulation, is partnering with Activity Connection to bring you a monthly brain stimulation activity.

### This Month's Exercise

This month's exercise is called "[Letter Symbols.](#)" Before doing the exercises, share Dr. Rob's [brief explanation of Letter Symbols](#) and why it is a good mental stimulation activity. (Knowing the "why" is always a good motivator for participants.)



Let us know if you are as excited about this new feature as we are and how your clients are enjoying the exercises.