



Book of Puzzles

Get puzzling for
better brain health



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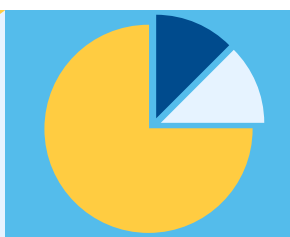
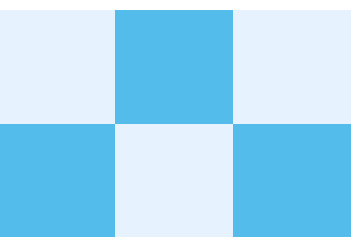
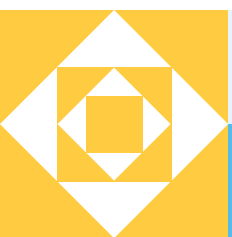
Maze

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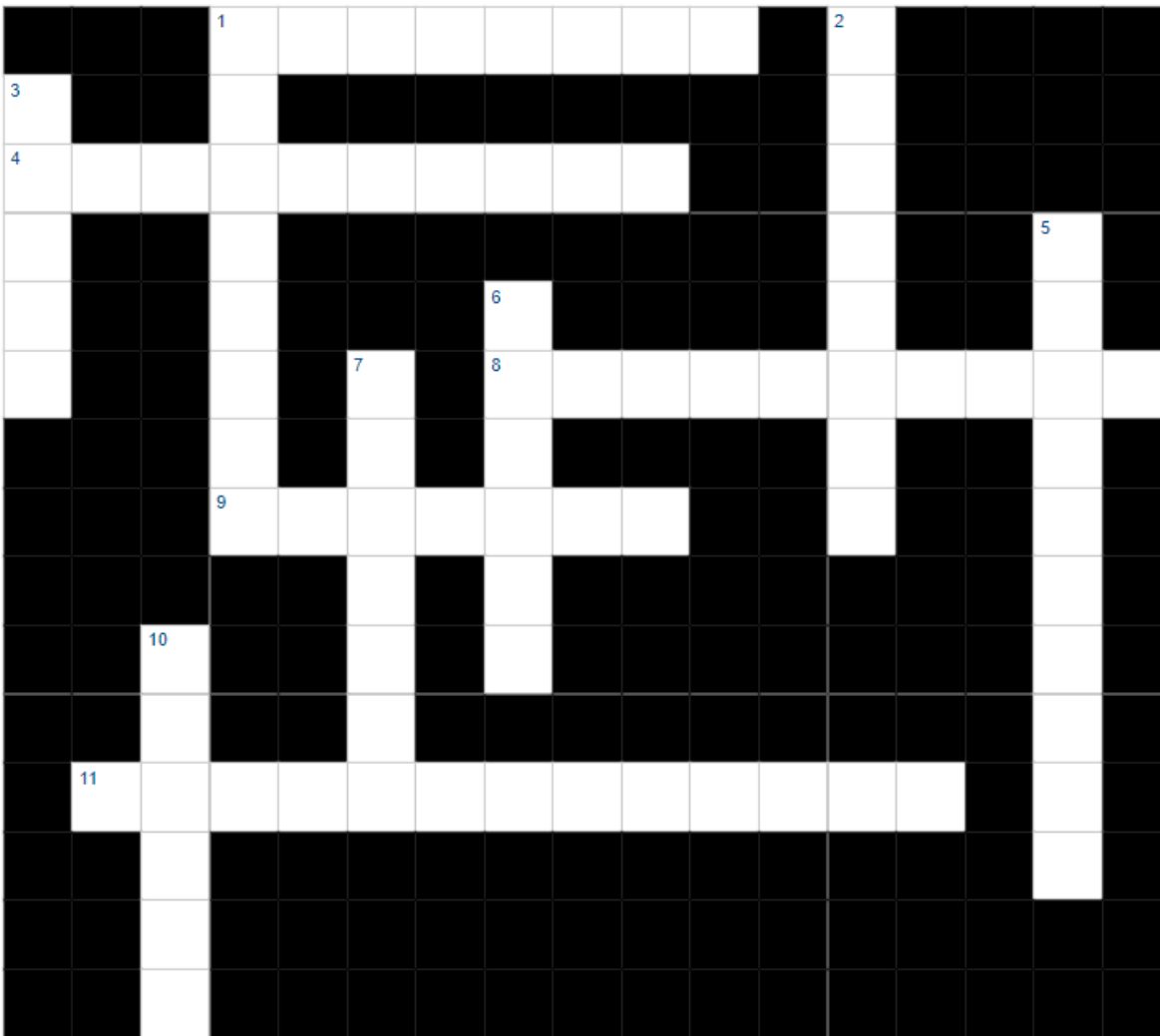
Maths squares puzzle

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Number blocks puzzle



Crossword



Across

1. Thirty minutes, five times a week of this can help reduce your risk of dementia
4. The name given to 'feel good' chemicals that are released by the body in response to exercise.
8. Most common form of dementia
9. Way to reduce your risk of dementia: Quit _____
11. These are great sources of energy in fruits and vegetables.

Down

1. The way in which you express your feelings
2. A small lump of dough that is boiled or steamed
3. What's good for the ____ is good for the brain
5. This fruit is a red triangle with tiny seeds
6. Permanently damaged areas in teeth that develop into tiny holes.
7. It's used to make Guacamole
10. Condition of mind and body

Check your answers in the answer section

Word Search

D	A	G	T	O	H	D	K	U	D	M	D
B	Z	X	A	Z	T	U	S	L	W	O	B
T	A	I	O	R	M	A	F	J	G	K	Y
Q	Y	O	G	A	D	F	I	N	P	W	G
L	K	G	E	S	B	E	I	C	A	E	G
V	P	N	V	D	E	L	N	L	H	G	N
S	Y	I	R	L	C	T	K	I	N	I	I
T	F	M	M	Y	J	I	A	I	N	D	T
M	E	M	C	U	N	O	C	L	X	G	T
N	J	I	E	G	N	N	U	I	I	N	I
X	M	W	U	C	A	N	B	E	N	P	N
J	H	S	L	D	N	C	P	L	S	O	K

Find these words

CYCLING

DANCING

YOGA

WALKING

GARDENING

SWIMMING

PILATES

BOWLS

TAICHI

KNITTING

Check your answers in the answer section

What language?

How to play

The goal of the categorise puzzle is to find out which English word cards originate from which language.

The words are shuffled randomly. Draw a line to the designated category until you connect all the words to the correct category.

Bungalow

German

Candy

Glitch

French

Avatar

Zest

Hindi

Muesli

Novel

Magazine

Arabic

Re-order the quote

How to play

The goal of the reorder puzzle is to create a sequence of words that should logically have a certain order.

The words are shuffled randomly and should be put back into the right order by the puzzle player.

Easy

To be be have does wonderful. Perfect not Life to

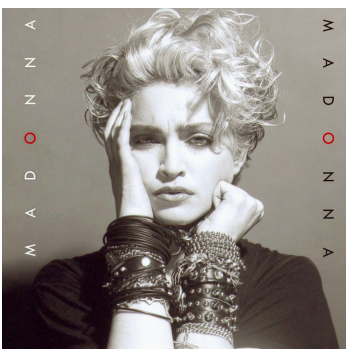
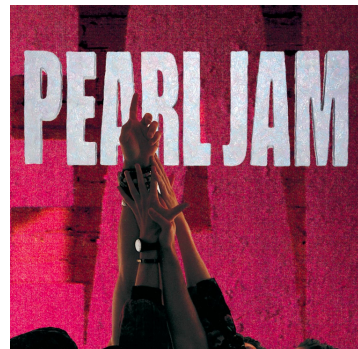
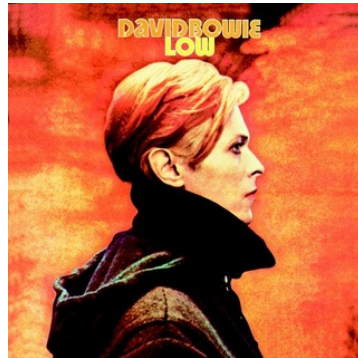
Moderate

The in lies rising every fall. We but in time falling,
never glory greatest living not in

Music trivia

How to play

The albums are shuffled randomly. The goal of the puzzle is to categorise which albums belongs to which decade. The 1960s, 1970s, 1980s or 1990s. Draw a line from the album to its corresponding decade.



1960s

1970s

1980s

1990s

Check your answers in the answer section

Sudoku

How to play

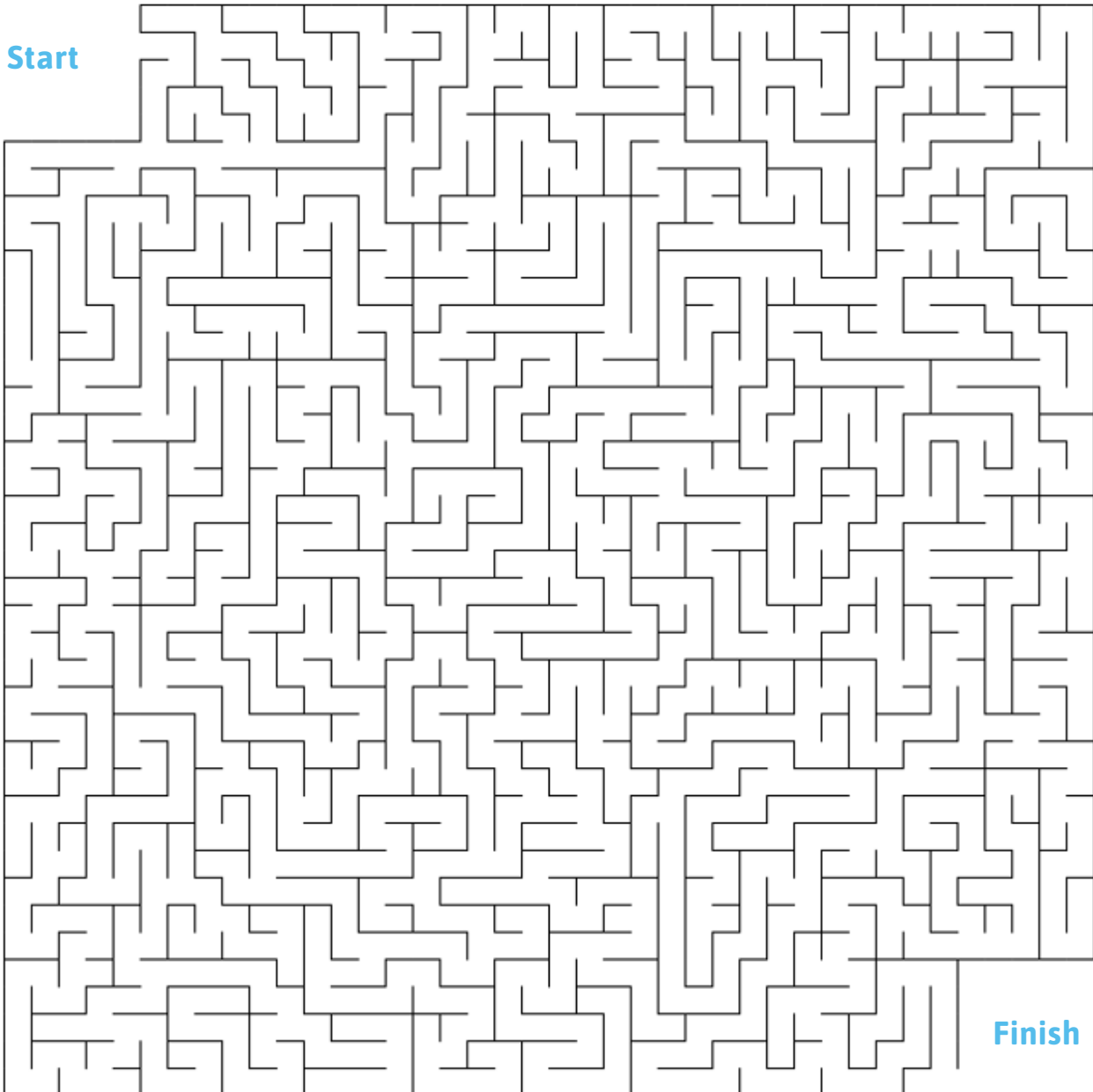
Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contains one instance of each of the numbers 1 through 9.

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

Maze

How to play

Draw a line from the start to the finish.



Math Squares Puzzle

How to play

Fill in the missing numbers. The missing values are the whole numbers between 1 and 9. Each number is only used once. Each row is a math equation. Each column is a math equation.

1	+	6	-	9	-2
-		-		-	
5	-		-		-7
-		-		+	
	-		+		6
-11		-1		3	

Number Blocks Puzzle

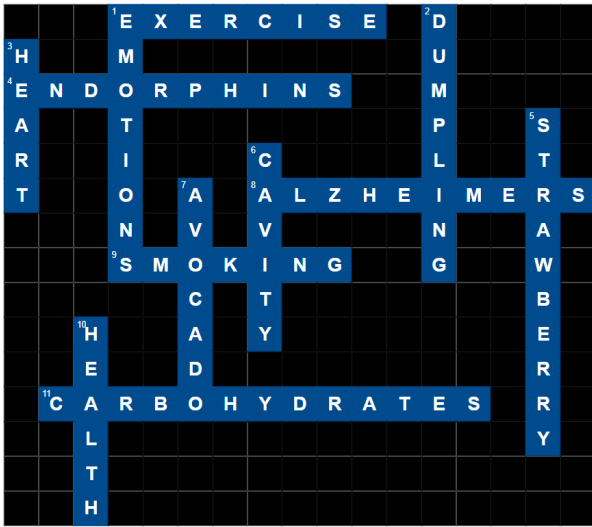
Fill in the missing numbers

The missing numbers are integers between 2 and 4. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

				10
				10
				14
			3	10
2				13
10	12	13	12	12

Answers

Crossword



Word Search



What language

German

Glitch

Muesli

French

Zest

Novel

Hindi

Avatar

Bungalow

Arabic

Candy

Magazine

Re-order the quote

“Life does not have to be perfect to be wonderful”

Annette Joanne Funicello

October 22, 1942 – April 8, 2013

“The greatest glory in living is not in falling, but in rising every time we fall.”

Nelson Mandela

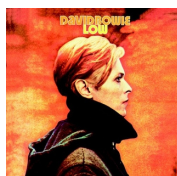
18 July 1918 – 5 December 2013

Music trivia

1960s



1970s



1980s



1990s

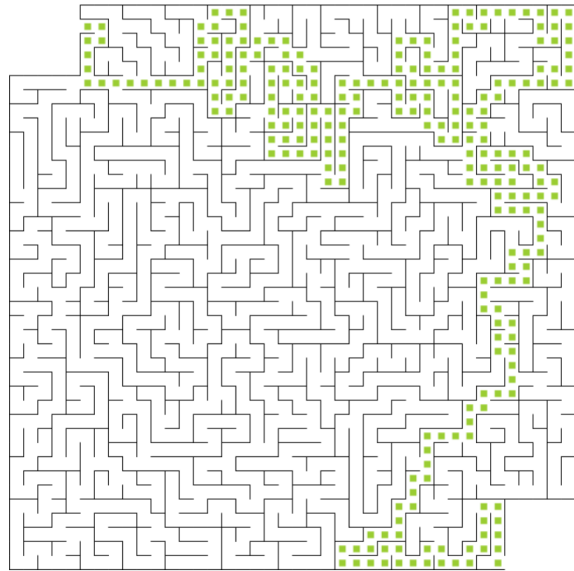


Answers

Crossword

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

Maze



Math Squares Puzzle

1	+	6	-	9	-2
-		-		-	
5	-	4	-	8	-7
-		-		+	
7	-	3	+	2	6
-11		-1		3	

Number Blocks Puzzle

				10
2	2	4	2	10
3	4	4	3	14
3	2	2	3	10
2	4	3	4	13
10	12	13	12	12



**Aotearoa, he aro nui ki te
hunga mate wareware**

**A dementia friendly
New Zealand**

alzheimers.org.nz