

Exercises for Your Mind

Computer Club

Kent Quisel

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Brain Health Loves Good Support

- **Body – Exercise, meds**
- **Sleep – Time, comfort**
- **Habits – Calendar, task list, reminders**
- **Eating –daily smoothie, fiber, anti-ox**
- **Activities – challenges, some stress, tasks**
- **Social stuff –friends, feel needed, helped**
- **New experiences and learning – try it!**
- **Mental Exercise – Variety, Games, Puzzles**
- **Computer Variety, Games, Puzzles, Free!!**

Computer Variety, Games, Puzzles

- **Thebrainhealthproject.org – free now, join for tests, a coach, courses, tracking improvements**
- **Role play adventure – teamwork, society issues, finding resources, economics**
- **Puzzles**

Free Computer Puzzles

- **NYT Sudoku – easy, medium, hard**
- **can auto-fill notes**
- **NYT Mini-crossword 8x8, not hard**
- **NYT Wordle, share successes**
- **Nerdlegame.com**
- **Jigsawplanet.com**
- **Washington Post jigsaw**
- **Solitaireforfree.com 2 suit spider game**
- **Microsoft games on Windows PC**
 - **Start button>>chess, solitaire, city-building, matching, casino**
- **MG PCs –good chess, many games**

Addresses to Puzzles

- <https://www.nytimes.com/puzzles/sudoku/medium>
- <https://www.nytimes.com/crosswords/game/mini>
- <https://www.nytimes.com/games/wordle/index.html>
- <https://games.washingtonpost.com/games/daily-jigsaw>

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

Normal Candidate

1 **2** **3**

4 **5** **6**

7 **8** **9**

X

Auto Candidate Mode

Press F11 to exit full screen

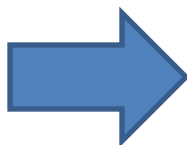


The Mini Crossword

Save your progress across devices and compare times with friends.

[Create a free account](#)

[Play without an account](#)



1

8

1A Not working

	1	2	3	
4				5
6				
7				
	8			

ACROSS

- 1 Not working
- 4 Setting for a key scene in "To Kill A Mockingbird"
- 6 Her album "21" is in Rolling Stone's "500 Greatest Albums of All Time"
- 7 In itself
- 8 Whiskey variety

DOWN

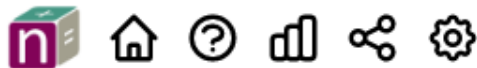
- 1 Have at a restaurant
- 2 Fervent
- 3 "F" on a test
- 4 Open an app ... and a rhyme for "app"
- 5 Director Daniels

Wordle

Press F11 to exit full screen

A	U	D	I	O
S	T	E	R	N
S	H	A	R	E
S	P	A	R	E
S	C	A	R	E





nerdle.

8	5	-	7	3	=	1	2

1	2	3	4	5	6	7	8	9	0
+	-	*	/	=	Enter	Delete			

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JigsawPlanet.com



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- 300
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Washington Post Daily Jigsaw



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