

# Chapter 4 Games



♣ Playing Cards

♣ Puzzles and Games

# Let's Get Your Mind in Motion!

Games are excellent options to enhance spirit, stay mentally active, activates memories and have fun. Besides, playing cards and board games increase social interactions and happiness.

Check the next sections of this chapter for a few ideas.

*Let's have fun!*



# Playing Cards



Playing cards can be great exercise for your brain. It is especially good for memory and can improve mood, reduce stress, and boost your immune system! It may delay the onset of dementia symptoms.

This activity is also easily adaptable to your physical needs. It can help you keep your fine motor skills.

All you need is a flat surface, some cards, and anyone who wants to play!

How can the online world help? Below we give you some links to instructions for some popular games, and then links to sites and apps to help you play when you are on your own.



If you don't have a group to play with: you might want to consider asking around or even make a flyer to invite others. You might find neighbours that love cards and have hours of fun playing with them.



## Cards Game Instructions

Numerous cards games exist! On the following lines, you will find links that will guide you to the following games if you need to learn or review the instructions: Spades, Euchre, Pitch, Hearts, Whist, Rummy 500, Pinochle, Oh Hell, Bridge, and Hasenpfeffer. Chose the one you like and let the fun begin.

- [How to play 99](#)
- [How to play Big Two](#)
- [How to play Bridge](#)
- [How to play Canasta](#)
- [How to play Cribbage](#)
- [How to play Euchre](#)
- [How to play Hasenpfeffer](#)
- [How to play Hearts](#)
- [How to play I Doubt It/ Cheat](#)
- [Video on how to play I Doubt It](#)
- [How to play Pinochle](#)
- [How to play Pitch](#)
- [How to play Rummy 500](#)
- [How to play Spades by two partnerships](#)
- [How to play UNO](#)
- [Video on how to play UNO](#)
- [How to play Whist](#)



## Playing Cards Online

You can also play card games online. You can play alone, with the computer (or tablet), with friends, or even with people from around the world. Below, you will find links to some online card games.

- [Hearts, Spades, 3-5-8, Pinochle, Euchre, 29, and Gin Rummy](#)
- [Spades, Euchre, Pitch, Hearts, Whist, 500, Pinochle, Oh Hell, and Bridge](#)

For some games you can choose the people you are playing with.

 During COVID, Josée's parents played cards online with their teenage grandchildren.

They used the site *trickstercards*, choosing their partners and talked together over the phone at the same time. They had a lot of fun! If they had no one, they were given partners.

## Solitaire Online

You want to play on your own? No problem! Many online games are designed just for that.

- Addiction, Canfield, Classic, Crescent, Daily, Forty Thieves, Free Cell, Golf, Klondike, Mahjonn, Pyramid, Spider, Tri Peaks [solitaire Online Game](#)

This website offers many free online games (not just cards).



A number of lovely memories come to mind when Josée thinks of games.

Her maternal grand-parents loved to play cards. She can still hear her grandmother laughing when playing cards.

At her parents' cottage, she would often play cards with her dear uncle Guy and her aunt Annette. Guy was an amazing player!

When her paternal grand-father was still alive, Josée would play the game called memory with him. What fun they had!

Playing games is such a great way to interact with people you love.



# Puzzles and Games



Do you want to go even further into the stimulation of your brain? Why not try your hand at some new puzzles and games? Or play some time-old favourites!

[Puzzles and games stimulate your brain](#) and promote mental flexibility. They may even help reverse cognitive decline. This is especially true for activities requiring complex problem solving, a high degree insight, originality, or thought.

**A few games to try (the link will explain how to play):**

- [Bingo](#)

- [Backgammon](#)
- Bean toss game
- Board games (monopoly)
- [Boggle](#)
- [Chess video1 video2](#)
- Crossword puzzle
- [Domino](#)
- Personalized Puzzles
- Petanque
- Pichenottes (carrom)
- [Scrabble](#)
- Settlers of Catan
- [Sudoku video](#)
- Ticket to Ride
- Wizard
- Word search puzzle

To play with others (not face to face), everybody reproduce the pieces' movements of all players. This could be done with Scrabble, Monopoly and Chess.

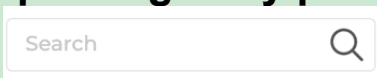


## Personalized Jigsaw Puzzles

Create your own puzzle and have it delivered to you (unfortunately not free)

### Steps:

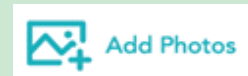
1. Search <https://www.shutterfly.com>
2. Find **Search**  
type “**photo gallery puzzle**”.



3. Click on **ONE** puzzle.
4. On the right-hand side of the screen, **click** on the puzzle size of your choice (60, 252, 520, or 1014 pieces).
5. On the right-hand side of the screen, select the orange button labeled “personalize”.



6. On the left-hand side of the screen, select the “1 photo” option (red square)
7. Select “Add Photos” at the bottom of the screen



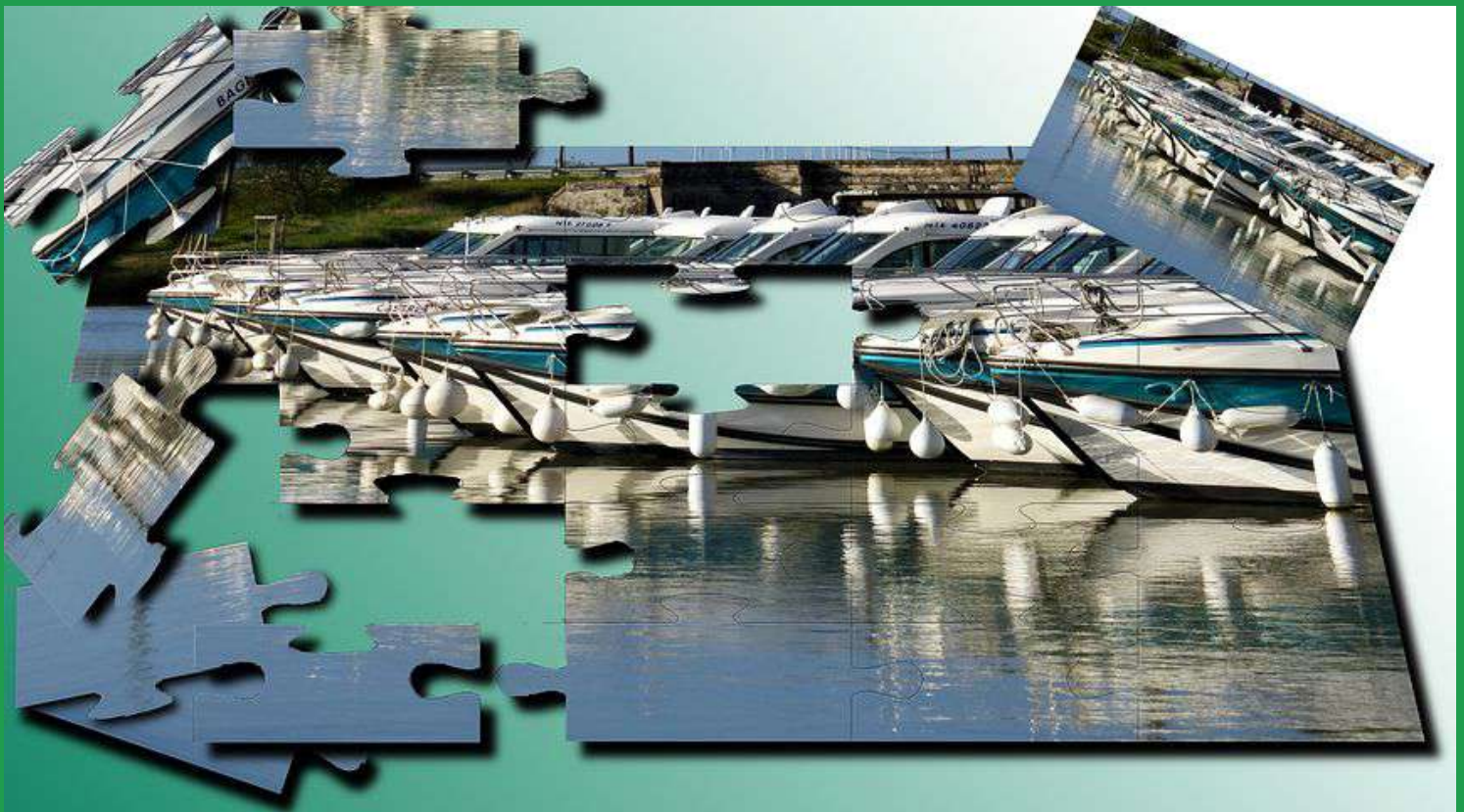
8. A pop-up will come up. Select upload.
9. On your device, find the image you want and click on this file.
10. Press “open”
11. On the website, select your image on the bottom of the page
12. Drag the image to the puzzle area



13. Select “Add to cart” in the top right corner.







14. Select **Sign up** and complete the questions.

Don't have an account? [Sign up](#)

First Name	<input type="text"/>
Last Name	<input type="text"/>
Email Address	<input type="text"/>
Confirm Email Address	<input type="text"/>
Password	<input type="password"/>
Confirm Password	<input type="password"/>
<small>By clicking Sign up you agree to Shutterstock's Terms of Use and Privacy Policy. In addition, you will be subscribed to receive exclusive email offers.</small>	
<input type="checkbox"/> Yes, please send me special offers	
<input type="button" value="SIGN UP"/>	

15. Select “Proceed to checkout”.

16. Enter your shipping and payment information.

17. Select “Order”.

This could be a great gift idea.

## Online Puzzles and Games

Numerous games are available online.


[Brain curls](#) : free; memory, logic and math questions.

[Brain teasers & games](#) for adults of any age: free; different cognitive aspects; their is more on the main website [Sharpbrains](#); press on the game you want to play; press on play; press on ▶ ; wait then press on skip ad; depending on the game you can choose the level of difficulty; once the game is started you can stop the music, etc. Some of these games can be downloaded on your device which would make them easy to access

- [Bingo](#)
- [Crossword Puzzles, Printable Online Game](#)
- [Strategy, Brain, Words, Maths, Crossword, Puzzles, Sudoku, Board, Hidden Objects, Racing, Poker, Arcade, Jigsaws, Match3, Casino, Spelling and Memory games.](#)
- [Sudoku Online Game](#)
- [Daily Crossword](#)

## Downloadable Brain Training Games Apps on Tablets

- Peak
- Elevate
- Lumosity - (not free)

 We would love to receive your feedback, your suggestions.

Please write an email to [lira\\_well\\_being@laurentian.ca](mailto:lira_well_being@laurentian.ca) or call Josée Turcotte at 705 675-1151 ext. 4238. She speaks French too.

