COGNITIVE BENEFITS OF BRAIN GAMES FOR SENIORS

MEMORY IMPROVEMENT

- **Recall Exercises** (e.g., Matching Pairs)
- **Pattern Recognition** (e.g., Sequence Puzzles)

ATTENTION ENHANCEMENT

- **Focus-Demanding Puzzles** (e.g., Mazes)
- **Timed Challenges** (e.g., Reflex Tests)

PROBLEM-SOLVING SKILLS

- **Strategic Games** (e.g., Chess, Bridge)
- **Logic Puzzles** (e.g., Sudoku, Grid Logic)

PROCESSING SPEED INCREASE

- **Quick-Response Activities** (e.g., Fast-Paced Digital Games)
- **Reaction Time Drills**

SOCIAL ENGAGEMENT BENEFITS

- **Group Games** (e.g., Board Games, Card Nights)
- **Community Activities** (e.g., Game Clubs)