

Activities for Seniors: Jigsaw Puzzles!

Fun activities engage and entertain

Keeping your older adult busy with something they enjoy is good for both of you. Jigsaw puzzles are a great source of engagement and entertainment for seniors.

They'll stay out of trouble, exercise fingers and minds, and feel a sense of accomplishment. You'll get a breather and the joy of a happy and calm older adult.

Find the right type of puzzle

The trick is to find a puzzle that's the right level and not too childish. We're pretty sure Mom, Dad, or Grandma won't be too excited about pictures of kid's cartoons.

We rounded up a bunch of fun puzzles with beautiful pictures. There are options for older adults at all different activity levels.

Puzzles for mild cognitive impairment

Seniors who have declined cognitively can still have fun with puzzles. Find ones with simple pictures and fewer pieces. If you're not sure, start with 50 or 100 pieces to start. If it's too easy or too hard, you'll know to try more or less pieces next.

Try one of these (100 pieces)

- [Good Companions](#), friendly pets
- [Puppy Wagon](#), adorable puppies in a red wagon
- [Tiger](#), lounging in the jungle
- [Come Unto Me](#), Jesus with animals

Try one of these (under 100 pieces)

- [Mare and Foal](#), beautiful horses, 60 pieces
- [Golden Retriever Puppy](#), 30 pieces
- [Van Gogh Sunflowers](#), 24 pieces
- [Pets](#), not childish, wooden puzzle with tray, 24 pieces

Puzzles for Alzheimer's or dementia

Springbok, a puzzle company, makes a special line for Alzheimer's patients. It's called Puzzles to Remember. They have 36 large pieces, which makes it easier to grip and see.

The pictures are lovely, vibrant, and perfect for adults. No kid's cartoons here! They're almost like pictures you'd put on the wall.

Try one of these

- [Click here](#) for Puzzles to Remember at Springbok's online store.
- [Click here](#) for more Springbok Puzzles to Remember at Amazon. Look for Puzzles to Remember in the item description – they're different from the 36 piece puzzles for kids.

Custom photo puzzles

It's easy to design your own custom puzzle! Just choose your senior's favorite family or nature photo and have it made into a puzzle. Many seniors, especially those with Alzheimer's or dementia, really enjoy these.

Try one of these

- [Portrait Puzzles](#) – starts at \$35, comes in variety of sizes & number of pieces
- [Shutterfly](#) – \$30, variety of photo layouts
- [Walmart](#) – starts at \$13, comes with custom gift box

Puzzles for low vision

Many older adults are still mentally sharp, but their eyesight or hand flexibility has gotten worse. Try a puzzle with larger pieces, but a lot of them. That way the challenge is in putting it together, not seeing or picking up the pieces.

Try one of these

- [Hautman Bluebirds](#), 300 pieces
- [Sunlit Shores](#), 300 pieces
- [Click here](#) for Springbok's line of large-size puzzles, 350 pieces