Cognitive Exercises for Seniors

Cognitive exercises are best coupled with a physical task or exercise

Alphabet categories

- ✓ Girls names
- ✓ Boys names
- ✓ Countries
- ✓ Australian towns
- ✓ Towns outside AUS

Alphabet categories

- ✓ Cars, brands & models
- ✓ Fruit and vegetables
- ✓ Occupations
- ✓ Animals & insects
- ✓ States, cities, towns (US)

Alphabet categories

- ✓ Breeds of dogs
- ✓ Surnames
- ✓ Franchises
- ✓ Movies
- ✓ Famous people

Alphabet categories

- ✓ Oceans and rivers
- ✓ Singers or bands
- ✓ Colours
- ✓ Things at Bunnings
- ✓ Things at Coles

Alphabet categories

- ✓ Sports
- ✓ Conditions of the body
- ✓ Household items
- ✓ Flowers and plants
- ✓ Clothing brands

Alphabet categories

- ✓ Breeds of birds
- ✓ Breeds of fish
- ✓ Pizza toppings
- ✓ Clothing brands
- ✓ Alcoholic drinks

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Alphabet categories

- Things you wear
- Things that are round
- Nouns
- Food
- Electronic goods

Alphabet categories

- Historical figures
- Drinks
- Tech company (Apple)
- Tourist attractions
- Verbs

Alphabet categories

- Things made of plastic
- Hobbies
- Things you throw out
- Things with a tail
- Things that fit in a match box

Name 10 things

- In the bathroom
- In the kitchen
- In the garage
- In the kitchen pantry
- Hospitals

Name 10 things

- In a plumbers toolbox
- Under the bonnet of a car
- That you put in the oven
- That need a service
- Periodic elements

Name 10 things

- That can kill you
- Herbs and spices
- Cooking utensils
- Cosmetics
- You can study at uni

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A B C D E F G

H I J K L M N

O P Q R S T

U V W Z Y Z