



50 Ways to Stimulate Cognition

by Dr. Rob Winningham

1. Read a book
2. Order a subscription to a newspaper
3. Do a crossword puzzle
4. Take a class at a senior center
5. Join a club or another organization
6. Visit with friends
7. Take a class at a community college
8. Go to a sporting event
9. Try to develop a new hobby
10. Take different routes to frequent destinations
11. Go to a different grocery store
12. Take a trip to a new place
13. Go dancing or take a dance class
14. Begin using email
15. Volunteer
16. Write a letter
17. Join a book club
18. Try learning a foreign language
19. Part time job
20. Gardening
21. Read new magazines
22. Listen to the radio
23. Play (new) board games
24. Visit Museums
25. ElderHostel.com
26. Go on a nature walk and take a camera along
27. Try using the bus
28. Cook new recipes
29. Sewing
30. Join a chorus or local orchestra
31. Go to a concert
32. Buy furniture that needs to be assembled
33. Get involved in politics
34. Program your VCR or other electronic devices
35. Learn to juggle
36. Begin journaling

37. Complete puzzles
38. Toastmasters
39. Attend medical lectures at a local hospital
40. Knitting
41. Counted cross stitch embroidery
42. Try using the self-checkout at the grocery store
43. Participate in a play
44. Jigsaw puzzles
45. Volunteer at a church (teach Sunday school classes or volunteer)
46. Thinking cards, mental fitness cards (1-800-327-4269 or www.firststreetonline.com)
47. Sign up for a daily email*
48. Sudoku
49. Crossword puzzles
50. Go to a playground, play on the swings or go down the slide

* Spanish word of the day: www.studyspanish.com/dailyword

Investors Terms of the day: www.investorglossary.com

Health Tip of the day: www.realage.com/news_features/tip.aspx
www.drweil.com/u/Home/Index.html

Jigsaw Puzzle: www.daily.webshots.com/html/sw_jigsaw.html
www.jigzone.com

Crossword puzzles: www.bestcrosswords.com/bestcrosswords/Home.page

English word of the day: www.wordsmith.org
www.dictionary.com/wordoftheday