

Isometric Exercise

This activity works your:

**Hippocampus
(Temporal Lobe)**



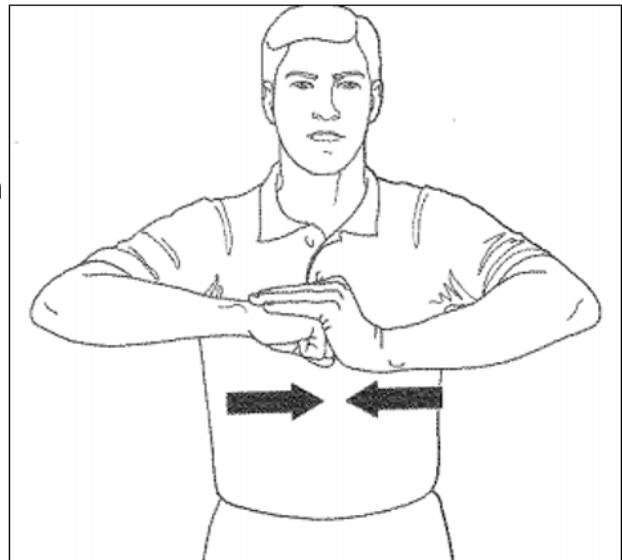
Sitting Kicks:

Sit in a sturdy chair. Lift your foot, straightening your knee as much as possible. Try to keep your knees level, as if you were holding a tray on your lap. Hold for 5 seconds. Slowly lower your leg down and relax. Return to the starting position and repeat with opposite leg. Do each leg 3 times.



Chest Press:

Press your hands together, keeping them at height, about six to eight inches in front of you. Hold for 10 seconds. Do 3 times.



Ping Pang Pong

This activity works your:

Frontal Lobe
Temporal Lobe



- Starting Clockwise, the first person says PING, next says PANG, and the third says PONG. On PONG, and only PONG, the person saying pong points to another participant and the game jumps to whoever the person saying PONG is pointing at. The person being pointed at then starts with PING again and play continues.

Detective

This activity works your:

Frontal Lobe
Temporal Lobe



Man Cave Detective



JUNE #2



Man Cave Detective

Search for the items in bold.

The grandkids made Grandpa Joe a sanctuary filled with love and treasures so fun. They unlocked the garden shed with a **key** and made it the best hiding place under the sun. **Rope, pliers,** and a **screwdriver** were stashed to make room for cool things in the man cave, Like **4 magazines,** a **TV Guide,** and **2 TV remotes** for a broken telly Gramps repaired and saved.

The kids found Gramps' old **tennis racket** and **fishing net,** so off to the cave the goods went. Included were **5 chess pieces,** **6 poker chips,** and a **deck of cards** for future game night events. They set Gramps' golf bag in the corner and hid **3 lucky golf balls** and a **tee** in a pocket on the side. They set **2 toy soldiers** next to a filled **pipe,** then stuck a **Superman decal** on the window with pride.

With excitement, the kids finished transforming the shed with a **tape player** sounding old tunes. They prepared beverages for when Grandpa Joe returns home sometime late afternoon. Not knowing what he would like, they poured hot chocolate into a **thermos** and Kool-Aid into a **canteen.** They had his favorite **beer stein** ready to pour a cold **Coke** in case he needed caffeine.

Soon Grandpa pulled up with radio blaring in his restored '67 Mustang so sweet,
Accompanied by Duke, his trusty hound dog, fast asleep in the front seat.

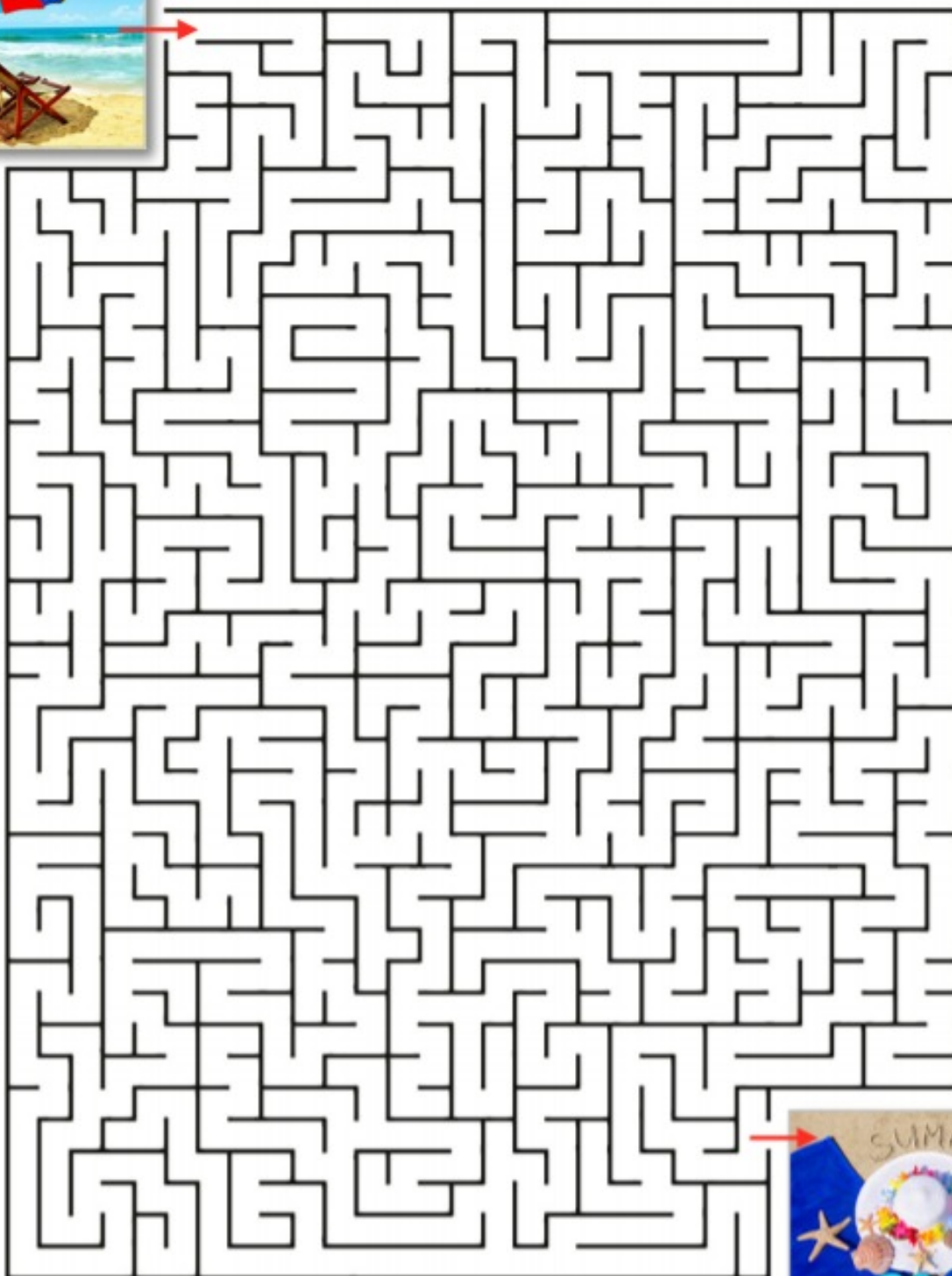
The kids ran to the car yelling, "Come with us, Gramps, to see your surprise."
"Is this Gram's idea of the 'dog house' for me?" he asked. "If so, it's a sight for sore eyes!"

Maze

This activity works your:
Frontal Lobe



A-Mazing Summer



Wacky Wordies




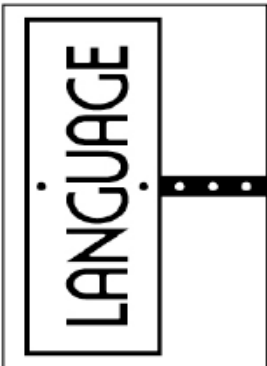






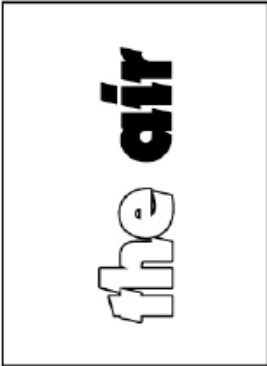

This activity works your:

Occipital Lobe



Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?

1. 	2. 	3. 	4. 
5. 	6. 	7. 	8. 
9. 	10. 	11. 	12. 

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Word Search

This activity works your:

Frontal Lobe
Temporal Lobe



Under the Sea

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

A	L	A	R	O	C	M	D	H	B	S	V	C	N	X
L	K	M	M	A	A	O	S	G	S	S	Q	X	C	B
G	H	E	E	L	L	I	E	E	T	A	N	A	M	P
A	O	Y	C	P	F	D	B	L	I	B	T	N	P	C
E	B	O	H	Y	C	R	A	B	N	Q	B	K	O	R
M	Y	I	L	S	Z	K	H	M	G	Y	A	N	E	J
S	N	L	W	Z	U	Q	T	H	R	J	C	T	Y	T
U	E	R	T	E	Y	P	A	I	A	H	S	U	Q	Q
J	P	A	U	V	D	N	O	D	Y	B	D	Z	L	M
K	Z	S	H	R	I	M	P	T	O	O	E	U	M	U
S	R	R	D	O	C	L	H	L	C	Q	E	J	O	P
W	O	A	R	O	R	H	P	U	D	O	W	D	A	E
Y	Y	K	H	Z	B	S	I	D	G	I	A	R	P	B
O	G	H	B	S	U	A	E	N	V	H	E	R	Q	M
S	T	A	R	F	I	S	H	B	J	E	S	J	F	U



ALGAE

BASS

CLAM

CONCH

CORAL

CRAB

DOLPHIN

JELLYFISH

LOBSTER

MANATEE

OCTOPUS

SEAHORSE

SEAWEED

SHARK

SHRIMP

STARFISH

STINGRAY

URCHIN