

Is your brain in good shape?

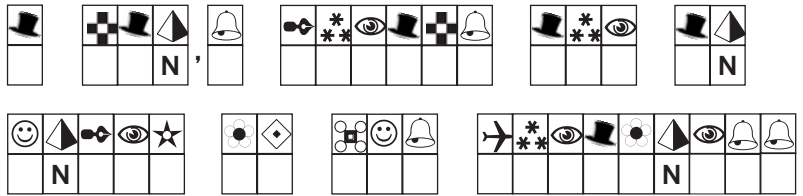
Exercise your mind with these four puzzles, designed by Scientific Brain Training (www.happyneuron.com) to work specific areas of the brain: memory, logic, visual and spatial skills, concentration and language. (Answers below.) For a longer workout and more memory challenges, as well as other online games, visit aarpmagazine.org/games.



Hand Turn: In 30 seconds, find which hands pictured are right hands.

5 0 2 7 4 8 1
Z A P S U H M

Focus: You have 30 seconds to memorize the first row of numbers. Now hide the page and see if you can write them down. Then try the same thing with the series of letters.



Decipher: Each letter of a quotation has been replaced by a symbol. One symbol always stands for the same letter.



A Nice Trip: This is a multistep exercise: First, read the list of monuments at the bottom of the map and memorize their names. Cover the page and list the places you remember. Then look again, focusing on the photos and their location. List the places again. Did the map help you better remember the list?

- B1 Space Needle
- E6 Gateway Arch
- D1 Golden Gate Bridge
- D7 Sears Tower
- E3 Grand Canyon
- G8 Everglades
- C5 Mount Rushmore
- D9 Lincoln Memorial
- G5 Alamo
- C10 Empire State Building