

Why Do Puzzles

They reinforce connections between brain cells, improve mental speed and is an effective way to improve short term memory. Doing puzzles increase production of dopamine that regulates mood, memory, and connections. Doing puzzles as a group promotes active involvement by stimulating social contacts and sharing knowledge with others to voice your wants and make yourself heard.

Picture frame: Rick Zimmerman

Puzzle workers: John Beyn

Gina Shankles

Kaye Bayte

Judy Burke

Emerald

Kayla

This puzzle is hanging in our craft and game room

