

BRAIN-BOOSTING ACTIVITIES

Help keep your mind active and learn more about yourself and the world around you.

Try these methods to expand your mind and enjoy a whole new world of possibilities:

1. Join a club
2. Write
3. Attend a lecture or seminar
4. Listen to classical music
5. Turn on public radio
6. Read a book
7. Take a walk
8. Surf the internet
9. Watch educational television channels
10. Volunteer
11. Do hand crafts
12. Become familiar with car mechanics
13. Create a painting
14. Take an art class
15. Make pottery
16. Explore new apps on your Smartphone
17. Learn some new cooking techniques
18. Take a college class
19. Act in a play
20. Learn to speak a new language
21. Take up a new sport
22. Get a part-time job
23. Visit your local and area museums
24. Help a child with homework
25. Discover another country. Visit it for real or by researching the people, animals, and culture.