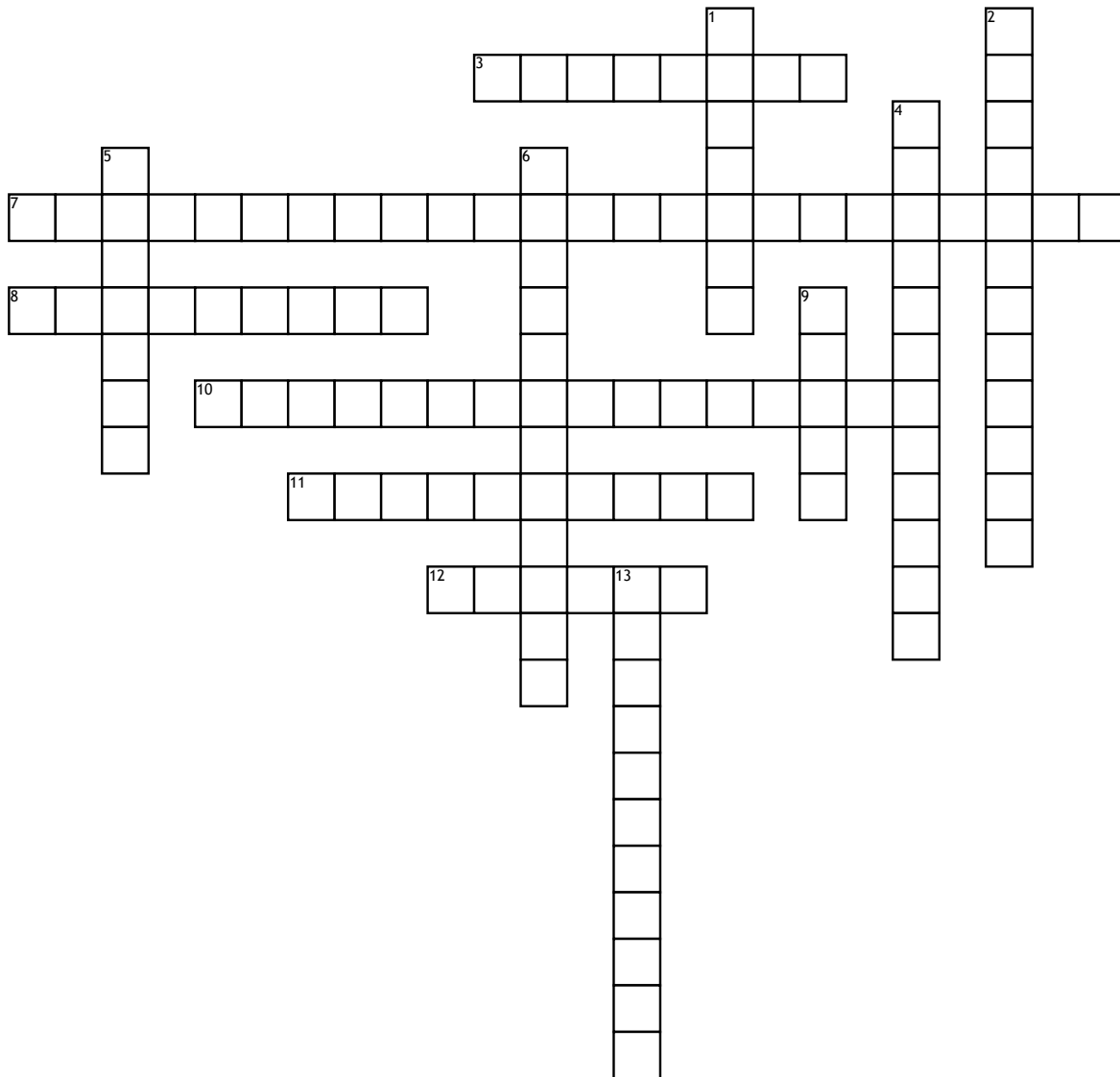


# CLC Recreation Resources



## Across

3. Develops critical thinking and improves arithmetic skills and strategy

7. Celebrates life and displays our appreciation for you

8. Helps with memory recall and decision making skills

10. Help to develop close relationships, increase self-confidence, provides purposeful living, and an opportunity to try new things

11. Can result in lower blood pressure, normal heart rate, and reduced stress

12. Increase/maintain hand-eye coordination, cognitive abilities, and concentration

## Down

1. Helps to stay engaged as well as maintain positive cognitive and emotional health

2. Encourages use of motor skills, promotes relaxation, and can improve endurance and strength

4. Rekindling positive memories, promote social interaction, and calms nervousness

5. Can lift your spirits and provides a workout for your brain and lungs

6. Boost energy levels, rejuvenate the mind, and can alleviate symptoms of anxiety and depression

9. Promotes socialization and improves listening and short term memory

13. Sharpens the mind and provides a form of healthy competition