

# Attainment's Use it, Don't Lose It

## A Mental Fitness Workbook

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# Introduction

**Do you worry about Alzheimer's disease?  
Are you concerned about "tip-of-the-tongue" experiences?  
Do you feel that your brain processes things more slowly  
than it did when you were younger?**

The older I get (I'm 80 now), the more impressed I am with the new brain research. We're learning that the brain is very pliable and can change even in old age; indeed some parts of the brain can generate new cells.

How we use our mind has a lot to do with how we age. The brain can always learn. Just like our bodies, our brain also needs exercise. It's important to learn to do new things, rather than continuing to perform already-learned skills.

Keeping our mind active by doing a variety of mental exercises can improve our memory, reasoning, and speed of thinking.

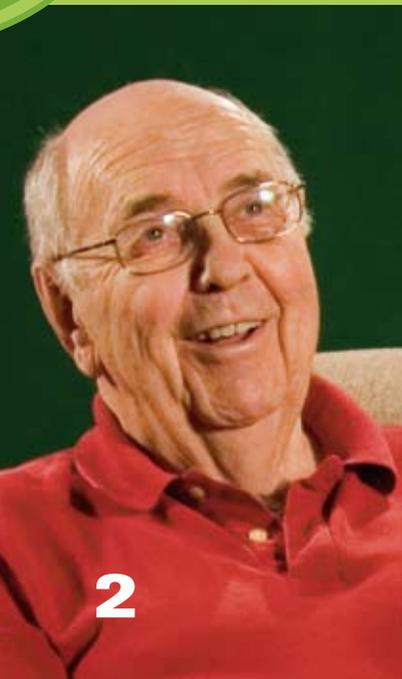
Most of us tend to have favorite exercises or games, usually ones that we're good at doing. However, consider doing those exercises that you may not particularly like, because struggling with them is good mental stimulation.

The 31 exercises in this workbook are designed to stimulate various parts of the brain. For example, the word games tend to activate the right side of the brain; number games tend to activate the left side of the brain. Hidden pictures will sharpen your spatial abilities.

I'm convinced after years of researching, writing, and trying to keep my own mind active, that aerobics for the mind works.

So give your brain a workout. Try these exercises, have fun, and feel healthier. Be sure to give the exercises a good try before you look at the answers in the back of the book. Note that the book pages are perforated for easy tear out.

*P.S. Of course, other factors affect your mental abilities. Physical exercise, nutrition, socialization, and stress have recently been identified as the big four along with mental stimulation. If you are curious about the total picture regarding mental fitness, see the Resources section on p. 40.*



# Proverbs

See if you can find the words to finish each of these English proverbs.



A proverb is a short, generally known sentence which contains wisdom, truth, morals, and traditional views that have been handed down from generation to generation. Every culture has its own proverbs.

1. A stitch in time \_\_\_\_\_
2. Where there is smoke \_\_\_\_\_
3. Absence makes \_\_\_\_\_
4. A bird in hand \_\_\_\_\_
5. All work and no play make \_\_\_\_\_
6. Life is just \_\_\_\_\_
7. Haste makes \_\_\_\_\_
8. Good fences make \_\_\_\_\_
9. Never put off until tomorrow \_\_\_\_\_
10. What you don't have in your head \_\_\_\_\_
11. An apple a day \_\_\_\_\_
12. Ask no questions and \_\_\_\_\_
13. Nothing ventured \_\_\_\_\_
14. Out of sight \_\_\_\_\_
15. \_\_\_\_\_ can't be choosers.



# Imagination



You can probably recognize many different kinds of **birds** like robins, crows, cardinals, sparrows, wrens. **Try sketching a bird that no one else has ever seen.** Be as creative as you can be. Now give it a name.



You are also familiar with a variety of **flowers** like lilacs, tulips, geraniums, violets, petunias. **Sketch a new and different kind of flower,** one that has never appeared on the earth. Now give it a name.



You have eaten many kinds of **vegetables** in your lifetime like tomatoes, potatoes, beans, onions, lettuce. **Let your imagination run loose and design a new kind of vegetable.** And give it a name.

# Partners

*There are many pairs of famous people, real and fictional.*

*Write in the correct partner for each person.*

1. Adam & \_\_\_\_\_

2. Hansel & \_\_\_\_\_

3. Jack & \_\_\_\_\_

4. Burns & \_\_\_\_\_

5. Blondie & \_\_\_\_\_

6. Lewis & \_\_\_\_\_

7. Lum & \_\_\_\_\_

8. Rhett & \_\_\_\_\_

9. Astaire & \_\_\_\_\_

10. Romeo & \_\_\_\_\_

11. Laurel & \_\_\_\_\_

12. Procter & \_\_\_\_\_

13. Martin & \_\_\_\_\_

14. Samson & \_\_\_\_\_

15. Ozzie & \_\_\_\_\_

16. Cain & \_\_\_\_\_

17. Amos & \_\_\_\_\_

18. Abbott & \_\_\_\_\_

19. Fibber McGee & \_\_\_\_\_

20. Pierre C. & \_\_\_\_\_

21. Stanley & \_\_\_\_\_

22. Mickey & \_\_\_\_\_

23. Ronald R. & \_\_\_\_\_

24. Mutt & \_\_\_\_\_

25. Tom & \_\_\_\_\_

26. Tarzan & \_\_\_\_\_

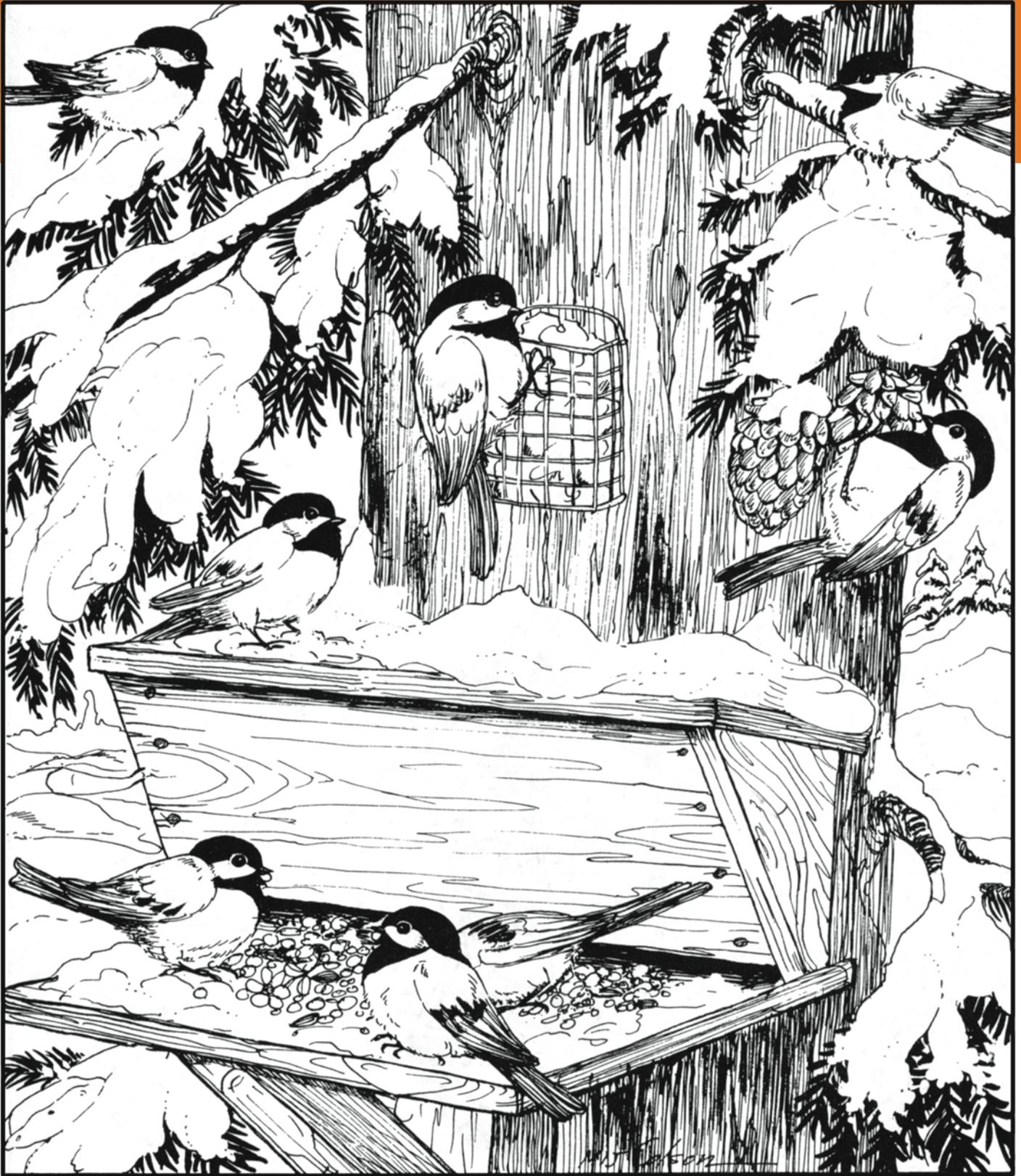
27. Daisy Mae & \_\_\_\_\_

28. Franklin & \_\_\_\_\_

29. Tracy & \_\_\_\_\_

30. Butch Cassidy & \_\_\_\_\_

# Chickadees' Winter Feast



The chickadees feast on birdseed and suet. Also outdoors on this cold, snowy day are 14 hidden objects: an **iron**, **teapot**, **paintbrush**, **mitten**, **oar**, **hanger**, **pie**, **archery bow**, **bottle**, **goose**, **trowel**, **woodchuck**, **rabbit**, and **flower**.

**Find the listed objects in the picture and circle them.**



# Brainy Birds

Read the clues, then write the words.  
Start at the bottom and climb to the top.

Another bird of prey.  
**Change one letter.**

Short for Henry.  
**Change one letter.**

A part of an object  
that you hold.  
**Change one letter.**

A package or group  
of related things.  
**Change one letter.**

A kind of horn or trumpet  
used in the army.  
**Change the first vowel,  
then rearrange the letters.**

A small  
hound dog  
with long  
ears.  
**Add one  
letter.**

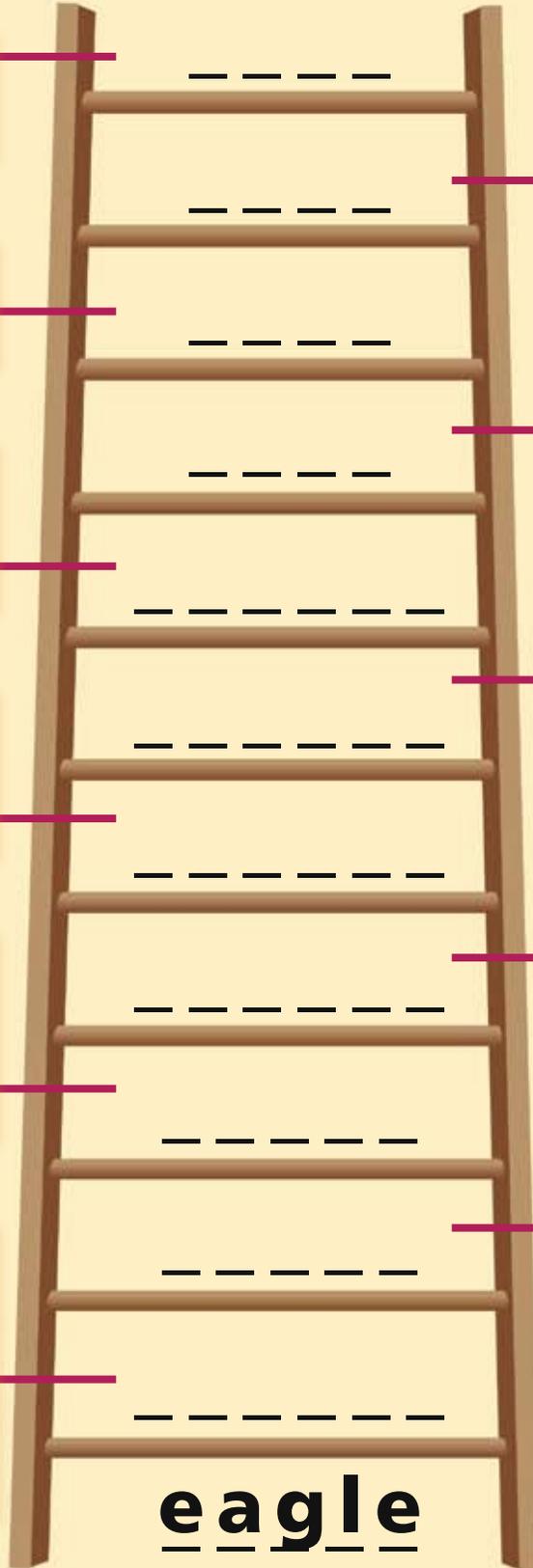
Another word for cough.  
**Change one letter.**

This has five fingers.  
**Take away two letters.**

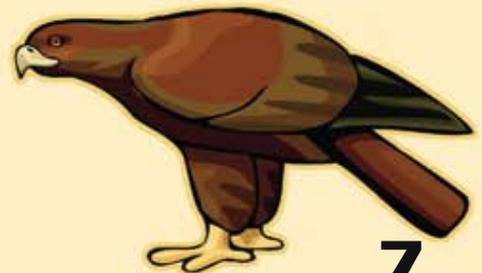
Something made of wax  
that you can light.  
**Change the first two letters.**

To mishandle or  
botch things up.  
**Add one letter after  
the u.**

A round, chewy bread  
with a hole in the middle.  
**Take away a vowel, then  
rearrange the letters.**



e a g l e



# Answers

## PROVERBS p. 3

1. saves nine.
2. there is fire.
3. the heart grow fonder.
4. is worth two in the bush.
5. Jack a dull boy.
6. a bowl of cherries.
7. waste.
8. good neighbors.
9. what you can do today.
10. you must have in your feet.
11. keeps the doctor away.
12. hear no lies.
13. nothing gained.
14. out of mind.
15. Beggars

## PARTNERS p. 5

- |             |                      |
|-------------|----------------------|
| 1. Eve      | 16. Abel             |
| 2. Gretel   | 17. Andy             |
| 3. Bobby    | 18. Costello         |
| 4. Gracie   | 19. Molly            |
| 5. Dagwood  | 20. Marie Curry      |
| 6. Clarke   | 21. Livingston       |
| 7. Abner    | 22. Minnie           |
| 8. Scarlet  | 23. Nancy            |
| 9. Ginger   | 24. Jeff             |
| 10. Juliet  | 25. Jerry            |
| 11. Hardy   | 26. Jane             |
| 12. Gamble  | 27. Little Abner     |
| 13. Lewis   | 28. Eleanor          |
| 14. Delilah | 29. Hepburn          |
| 15. Harriet | 30. The Sundance Kid |

## CHICKADEES' WINTER FEAST p. 6



## BRAINY BIRDS p. 7

eagle, beagle, bagel, bugle,  
bungle, bundle, candle, handle,  
hand, Hank, hack, hawk

## ADD, SUBTRACT, MULTIPLY p. 8

		10
	7	36
	13	9
27	6	8
4	42	13
7	13	8
14	5	3
18	0	11
20	48	0
17	9	48
7	9	24
9	5	5
5	15	6
9	45	2
9	2	15
1	3	12
13	7	6
3	35	56