

Activity Idea

Improve Your Memory

Recommended for Adults

The brain controls and regulates various parts of our body and abilities, including memory. Each day brings new experiences and potential to learn new things. With all this new information, your brain decides what is most important to remember. We can help our brains and memory retain its “plasticity,” the brain’s ability to adapt and change, through various methods. These methods include, but are not limited to, physical exercise, social interactions, sleep, and playing games! Check out these great resources to help your brain’s “plasticity.”

Lynda.com

Improve Your Memory - <https://tinyurl.com/vkow4sj>

Study Skills Fundamentals - <https://tinyurl.com/tt2384j>

Kanopy

Exercising Your Working Memory - <https://tinyurl.com/scrdbmd>

Universal Class

Memory Improvement - <https://tinyurl.com/ya97bwmo>

Overdrive

The Trained Memory by Warren Hilton - <https://tinyurl.com/qsnw5ko>

Hoopla

365 Games & Puzzles to Keep Your Mind Sharp by Kim Chamberlain

<https://tinyurl.com/s7rcw8c>

10-Minute Brain Teasers by Dr. Gareth Moore - <https://tinyurl.com/vp6dpqw>

Brain Games by Allen Bragdon - <https://tinyurl.com/uvxs3q8>

The Literary Pocket Puzzle Book by Neil Somerville - <https://tinyurl.com/yxyrjrsn>

Use the word search on the next page to keep your mind sharp and learn what digital resources are available with your library card.



LA County Library's Digital Resources

A O D P C H G T B E S G I R S
L Y V F G U H R N Z Y B A S V
P K P E V L A G E E R F E L B
O B R O R I A P H Z D R S O E
O L C X N D D R V X P R A S U
H U G F N A R M F X K B R R X
C Q U Y B D K I E N I D G Y B
B S L K T C X G V H A I U Q R
E M A N G O N G C E W G W K V
J N G F U I T E O N N I H F U
C O U E N X K O D S M T F V V
Q T O R S D W T Y I C A Y A H
T M A Z W V T T A F N L E B N
V E C N O S Y V J L L H F K M
L U N I V E R S A L C L A S S

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FREEGAL

GALE

HOOPLA

KANOPY

LEARNING EXPRESS

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MANGO

OVERDRIVE

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