



Crosswords
Sudoku
Word Search
Mind Puzzles

Did you know?

Exercising your brain with crosswords, puzzles and trivia can help improve daily life.

The National Institutes of Health found that the benefits of cognitive training for older adults can last as long as 10 years.

At Catholic Healthcare it is our mission to support and help individuals that want to improve their mental health, with exciting and enjoyable brain exercise games.

We understand that every person is unique. That's why our home care team take the time to get to know you, what you've done in life and what makes you happy. Through services such as meal preparation, transport and clinical care, we can empower you to live life to the full.

To find home care services near you, call us on **1800 225 474**.

Jonathan W, K & Richard, S 2008, 'Psychological Science in the Public Interest', Prospects for Improving Cognition Throughout Life Course, vol.9, no.1
Hertzog C, Kramer A, Wilson R, et al. Enrichment effects on adult cognitive development: can the functional capacity of older adults be preserved and enhanced? Psychol Sci. 2008;9(1):1-65

Level 1

	7					1		
2	3	4		8	5	6	7	
					7			8
6	4		7			3	8	
	5		3		1		9	
	9	1			2		6	7
4			9					
	1	6	5	2		9	3	4
		3					2	

Level 2

1					8			9
5	9	2						1
3	8	7		9	1		2	
	2		3	1				
			7		6			
				4	5		1	
	4		8	7		1	9	5
9						4	8	7
7			9					6

Level 3

6	5					4		9
			6		5	7		
				4			5	6
5				8		2	3	1
	3						4	
8	9	4		1				7
3	1			2				
		7	9		8			
9		5					7	3

Level 4

4					8		9	
	9	1		5		7		
		6		7	9		4	
2	4	3	5			6		
		9			6	8	5	3
	6		7	3		1		
		7		4		5	6	
	2		8					7

Level 5

3		8		5				
	9		3				8	
4			8					
1		5				3		
		2	4		5	6		
		4				5		7
					6			4
	4				1		3	
				8		2		5

Level 6

7	1			2		3		
					7	5		4
				4				7
3	2			9	4			
		6				7		
			7	1			4	3
4				7				
8		1	5					
		5		3			6	8

1 - Animals

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

Cow

Elephant

Horse

Dog

Monkey

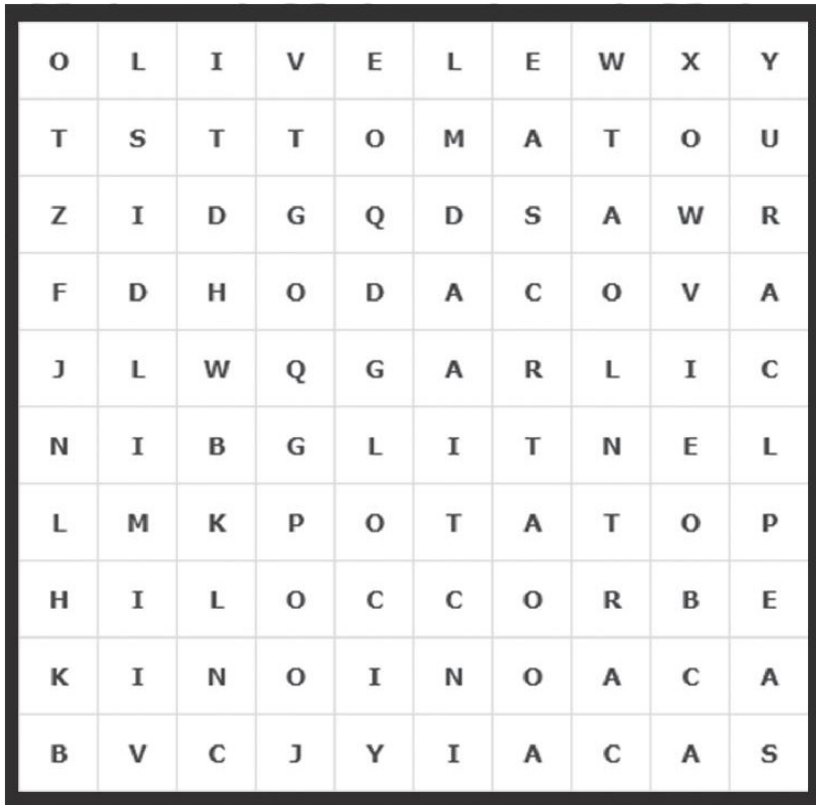
Chicken

Cat

Goat

Pig

2 - Vegetables

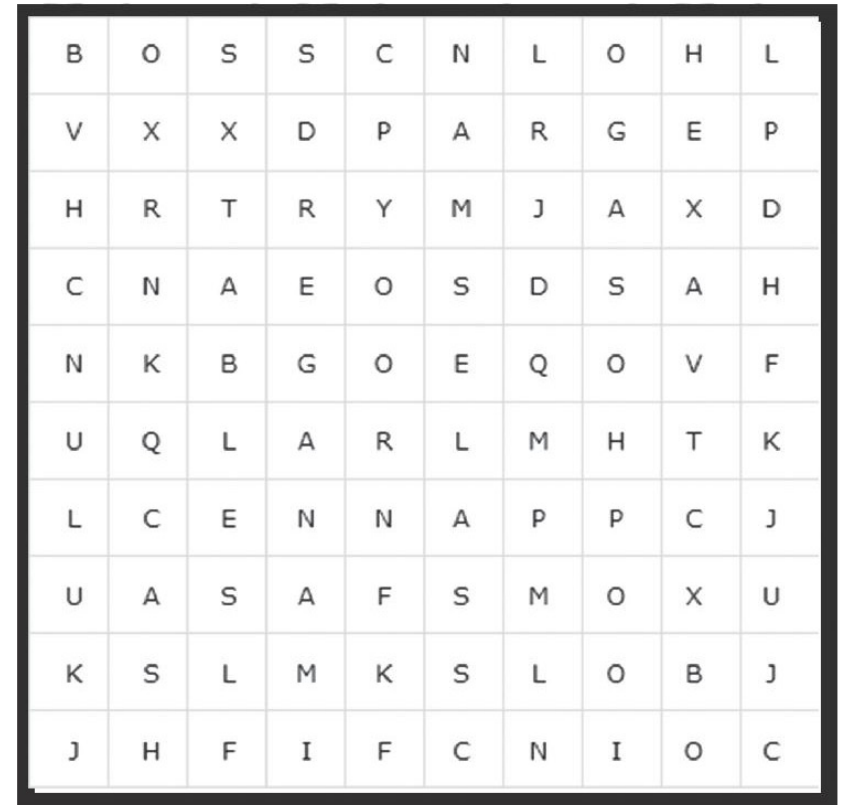


Tomato
Potato
Peas

Lentil
Broccoli
Onion

Olive
Avocado
Garlic

3 - In Work



Manager
Clock
Cash

Salesman
Lunch
Tables

Coin
Boss
Leader

4 - Mobile

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

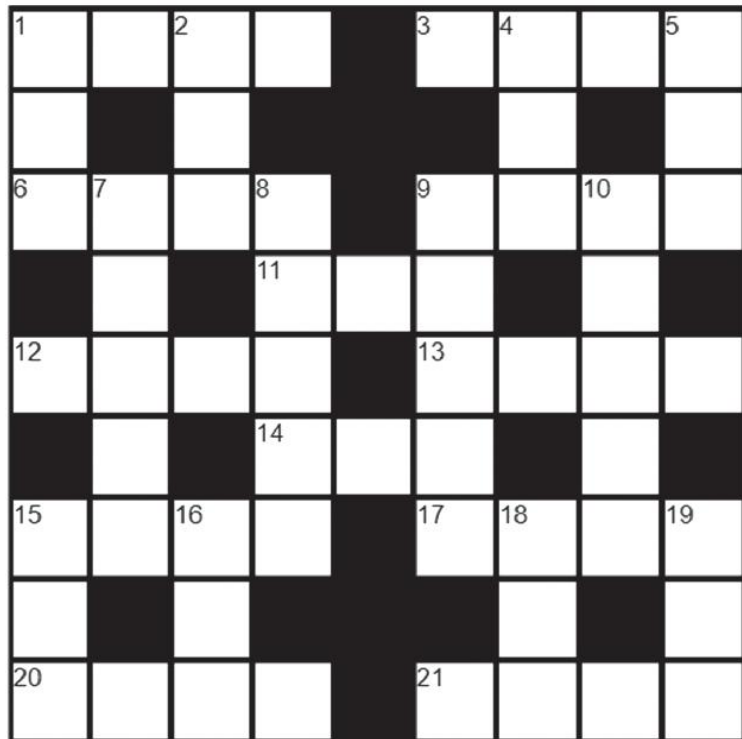
- iPhone
- Samsung
- Blackberry
- Vodafone
- Xperia
- iPod
- Nokia
- Asha
- Sony
- iPad

5 - Super Heroes

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

10 words

Level 1



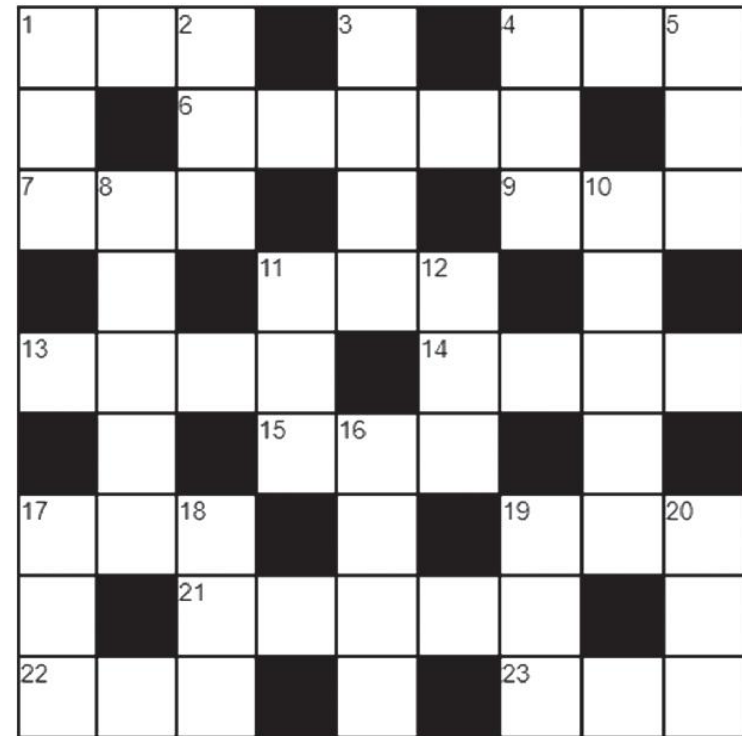
Across

- 1. Locale
- 3. Soup containers
- 6. Nectar gatherers
- 9. Fries or slaw
- 11. Household pest
- 12. Belonging to Ida
- 13. ___ of Evil
- 14. Morning riser
- 15. Lazily
- 17. Buck or doe
- 20. Sunrise direction
- 21. You do this with a book

Down

- 1. Long sandwich
- 2. Casual top
- 4. ___ Baba
- 5. Observe
- 7. Concluded
- 8. Cheeky
- 9. Don't sit
- 10. Tee off
- 15. "If ___ said it once..."
- 16. ___ Angeles
- 18. New Year's ___
- 19. Scarlet or Maroon

Level 2



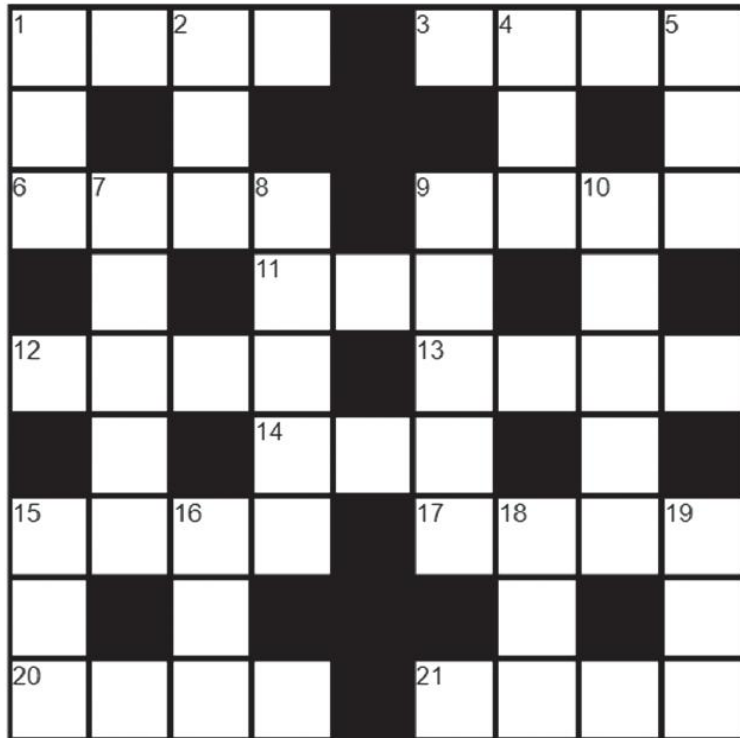
Across

- 1. Greek letter
- 4. Deuce
- 6. Sports team leader
- 7. Kickoff aid
- 9. Moray, e.g.
- 11. Quiet and timid
- 13. Roll call reply
- 14. Devours
- 15. It is
- 17. Pig pen
- 19. Sculpture or painting
- 21. Later on
- 22. Scottish Cap
- 23. Extra Sensory Perception

Down

- 1. Superlative suffix
- 2. A on cards
- 3. Soak in it
- 4. Twas ___ Night Before Christmas
- 5. Bird that hoots
- 8. Throw out forcibly
- 10. Go in
- 11. Complete collection
- 12. "Uh-huh"
- 16. A fan of
- 17. Calendar abbr.
- 18. Potato alternative
- 19. I am, you ___
- 20. Touch on the shoulder

Level 3



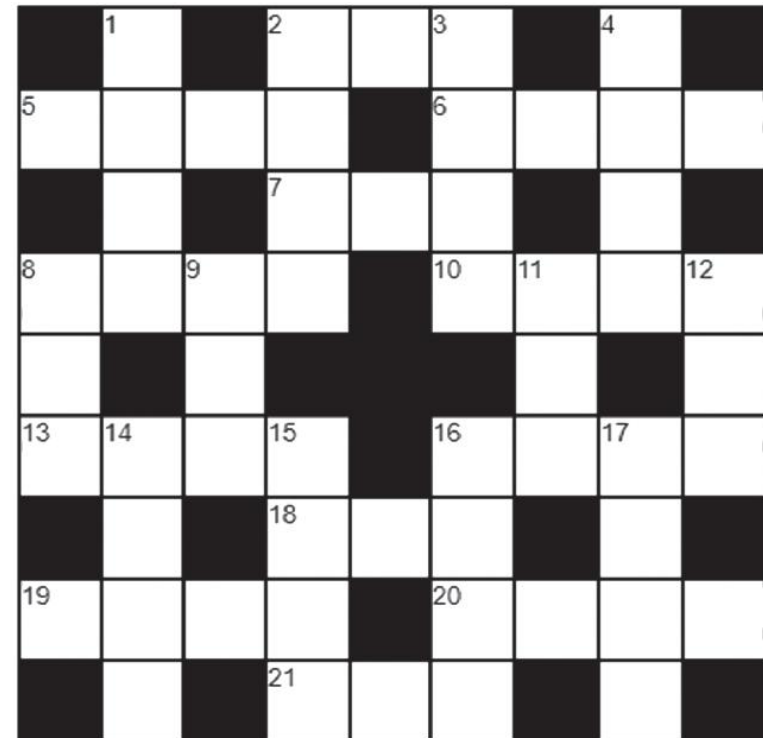
Across

- 1. Remote control button
- 3. Ocean motion
- 6. Hiker's route
- 9. Location
- 11. Furniture wood
- 12. Rouse
- 13. Desert like
- 14. A dwarf
- 15. Corp. VIP
- 17. Toy with a tail
- 20. Big klutzes
- 21. At this spot

Down

- 1. Soda drink
- 2. Small insect
- 4. Boxer Laila
- 5. The night before an event
- 7. Later on
- 8. Elephant groups
- 9. Strike sharply
- 10. "___ and Shout"
- 15. Expert
- 16. Sprite
- 18. I have (contraction)
- 19. Farm female

Level 4



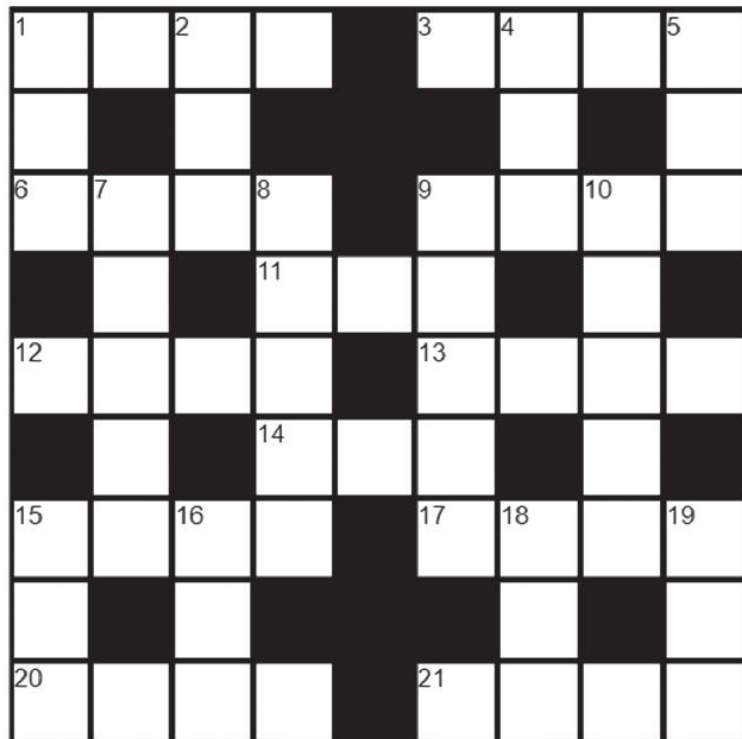
Across

- 2. Light brown
- 5. Let loose
- 6. Repulsive to look at
- 7. Unhappy
- 8. Praise highly
- 10. Level
- 13. Baby bed
- 16. Hit hard
- 18. Bread type
- 19. ___ mater
- 20. Red Sesame St puppet
- 21. Wrigley product

Down

- 1. Duet plus one
- 2. Midterm or final
- 3. In the buff
- 4. Take off
- 8. Muscle spasm
- 9. Half of bi-
- 11. Profess
- 12. Mesh fabric
- 14. Breadbasket item
- 15. Show off
- 16. Give the impression
- 19. Shirt parts

Level 5

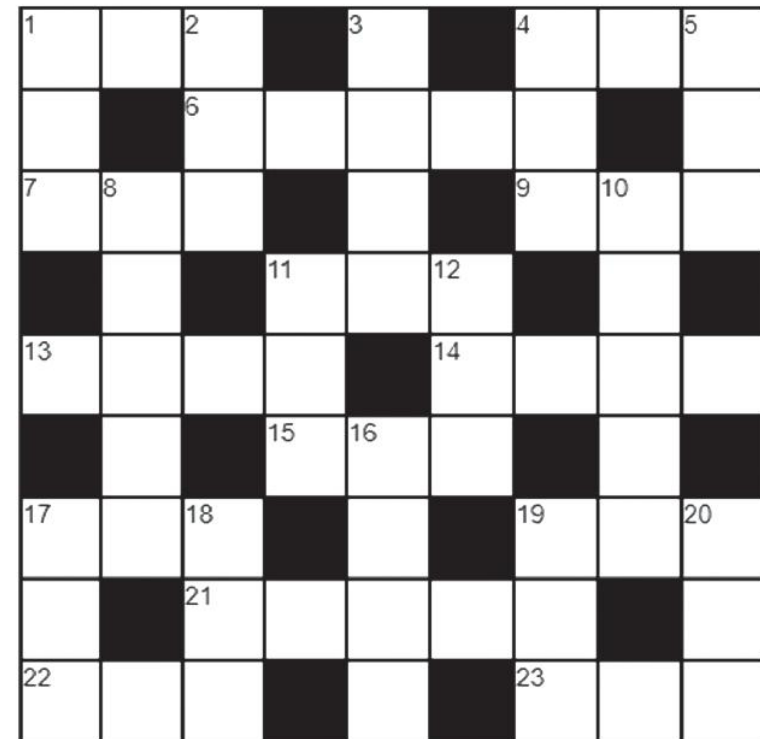
**Across**

1. Toothpaste container
3. Bouncy toy
6. Skewer
9. Innermost part
11. Kanga's kid
12. Capable
13. Repulsive to look at
14. Earth's atmosphere
15. Extend credit
17. Second hand sound
20. Stitched up
21. Scot's family

Down

1. Between las and dos
2. Constrictor snake
4. In the past
5. Tell a fib
7. Dining room furniture
8. Sandwich covering
9. Legal setting
10. Museum piece
15. Part of UCLA
16. Not used before
18. Ailing
19. Mattel doll

Level 6

**Across**

1. Clock numeral
4. Sculpture or painting
6. Amorous archer
7. Honest ___Lincoln
9. Furniture wood
11. Single number
13. Grows on the head
14. Sty cry
15. Small bread roll
17. Ruckus
19. Golf peg
21. Bicker
22. Young child
23. Tot's rest

Down

1. Going by way of
2. Drink cooler
3. Expanse
4. Lemon or lime suffix
5. Thomas nickname
8. Papa Smurf feature
10. Sudden thrust
11. Planet, e.g.
12. Indefinitely long time
16. Strongly encourage
17. Flight stat.
18. A grain
19. A dozen minus two
20. More than intuition

5	7	8	2	9	6	1	4	3
2	3	4	1	8	5	6	7	9
1	6	9	4	3	7	2	5	8
6	4	2	7	5	9	3	8	1
8	5	7	3	6	1	4	9	2
3	9	1	8	4	2	5	6	7
4	2	5	9	7	3	8	1	6
7	1	6	5	2	8	9	3	4
9	8	3	6	1	4	7	2	5

Level 1

1	6	4	5	2	8	3	7	9
5	9	2	4	3	7	8	6	1
3	8	7	6	9	1	5	2	4
6	2	5	3	1	9	7	4	8
4	3	1	7	8	6	9	5	2
8	7	9	2	4	5	6	1	3
2	4	6	8	7	3	1	9	5
9	5	3	1	6	2	4	8	7
7	1	8	9	5	4	2	3	6

Level 2

6	5	2	8	7	3	4	1	9
1	4	3	6	9	5	7	8	2
7	8	9	2	4	1	3	5	6
5	7	6	4	8	9	2	3	1
2	3	1	7	5	6	9	4	8
8	9	4	3	1	2	5	6	7
3	1	8	5	2	7	6	9	4
4	6	7	9	3	8	1	2	5
9	2	5	1	6	4	8	7	3

Level 3

4	7	2	6	1	8	3	9	5
3	9	1	2	5	4	7	8	6
8	5	6	3	7	9	2	4	1
2	4	3	5	8	7	6	1	9
6	8	5	1	9	3	4	7	2
7	1	9	4	2	6	8	5	3
9	6	8	7	3	5	1	2	4
1	3	7	9	4	2	5	6	8
5	2	4	8	6	1	9	3	7

Level 4

3	7	8	1	5	9	4	6	2
5	9	6	3	4	2	7	8	1
4	2	1	8	6	7	9	5	3
1	6	5	7	2	8	3	4	9
7	3	2	4	9	5	6	1	8
9	8	4	6	1	3	5	2	7
8	5	7	2	3	6	1	9	4
2	4	9	5	7	1	8	3	6
6	1	3	9	8	4	2	7	5

Level 5

7	1	4	9	2	5	3	8	6
6	9	2	3	8	7	5	1	4
5	8	3	1	4	6	2	9	7
3	2	7	6	9	4	8	5	1
1	4	6	8	5	3	7	2	9
9	5	8	7	1	2	6	4	3
4	6	9	2	7	8	1	3	5
8	3	1	5	6	9	4	7	2
2	7	5	4	3	1	9	6	8

Level 6

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

1 - Animals

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

2 - Vegetables

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

3 - In Work

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

4 - Mobile

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

5 - Super Heroes

- Superman
- Batman
- Spiderman
- The Flash
- Catwoman
- Hulk
- Thor
- Iron Man
- Wolverine
- Electra

1	S	I	T	E		3	C	A	N	5	S
	U		E					L			E
6	B	E	E	S		9	S	I	D	E	
		N		11	A	N	T		R		
12	I	D	A	S		13	A	X	I	S	
		E		14	S	U	N		V		
15	I	D	L	Y		17	D	E	E	R	
		V		O				V		E	
20	E	A	S	T		21	R	E	A	D	

Level 1

1	E	T	A		3	B		4	T	W	5	O
	S		6	C	O	A	C	H		W		
7	T	E	E			11	T		9	E	E	L
		J		11	S	H	Y		N			
13	H	E	R	E		14	E	A	T	S		
		C		15	T	I	S		E			
17	S	T	Y			18	N		19	A	R	T
		A		21	A	F	T	E	R		A	
22	T	A	M		O			23	E	S	P	

Level 2

1	P	L	A	Y		3	W	A	V	5	E
	O		N					L			V
6	P	A	T	H		9	S	I	T	E	
		F		11	E	L	M		W		
12	S	T	I	R		13	A	R	I	D	
		E		14	D	O	C		S		
15	P	R	E	S		17	K	I	T	E	
		R		L				V		W	
20	O	A	F	S		21	H	E	R	E	

Level 3

	1	T		2	T	A	3	N		4			
5	F	R	E	E		6	U	G	L	Y			
		I		7	S	A	D		E				
8	T	O	9	U	T		10	E	11	V	E	12	N
		I		N					O		E		
13	C	R	I	14	B		15	S	16	W	17	A	T
		O		R	Y	E		R					
19	A	L	M	A		20	E	L	M	O			
		L		21	G	U	M		S				

Level 4

1	T	U	B	E		3	B	A	L	5	L	
	I		O					G		I		
6	S	T	A	6	B		9	C	O	10	R	E
		A		11	R	O	O		E			
12	A	B	L	E		13	U	G	L	Y		
		L		14	A	I	R		I			
15	L	E	N	D		17	T	I	C	K		
		O		E				L		E		
20	S	E	W	N		21	C	L	A	N		

Level 5

1	V	I		3		4	A	R	5	T		
	I		6	C	U	P	I	D		O		
7	A	B	E		A		9	E	10	L	M	
		E		11	O	N	E		U			
13	H	A	I	R		14	O	I	N	K		
		R		15	B	U	N		G			
17	A	D	O		R		19	T	E	E		
		L		21	A	R	G	U	E	S		
22	T	O	T		E		23	N	A	P		

Level 6

Let's talk

Obligation-free call or face-to-face consultation

We aim to make every day tasks easier so that you can continue to focus on what matters most. If you are in the process of planning home care services, let our friendly team walk you through the steps.

Both private and government-funded options are available.

1800 225 474 (press 1, then 1)

Catholic Healthcare is a leading not-for-profit provider of home care, residential aged care, retirement living and healthcare in NSW, ACT and SE QLD.