

Games of Strategy to

ENTERTAIN YOUR BRAIN

July/August 2023 Newsletter

Want to keep your brain entertained and challenged, and have some fun too? Research studies have shown that strategy games can improve mental acuity, critical thinking and decision making skills. They can also improve observation, concentration, memory, logic and reasoning (source: memoryhealthmadeeasy.com).

Here are some games of strategy to consider for a friends or family game night.

▶ Games for Two or More Players:

Scrabble is a Mattel word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15x15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns, and be included in a standard dictionary or lexicon.

The board is marked with "premium" squares, which multiply the number of points awarded: eight "triple-word" squares, 17 "double-word" squares, 12 "triple-letter" squares, and 24 "double-letter" squares.



Rummikub is a tile-based game by Pressman Toy, combining elements of the card game rummy and mahjong. There are 106 tiles in the game, including 104 numbered tiles and two jokers. Players have 14 or 16 tiles initially and take turns putting down tiles from their racks into sets of at least three, drawing a tile if they cannot play. The first player to use all their tiles scores a positive score based on the total of the other players' hands, while the losers get negative scores. An important feature of the game is that players can work with the tiles that have already been played.

Risk by Hasbro is a strategy board game of diplomacy, conflict and conquest for two to six players. It is played on a board depicting a map of the world, divided into forty-two territories, which are grouped into six continents. Turns rotate among players who control armies of playing pieces with which they attempt to capture territories from other players, with results determined by dice rolls. The goal of the game is to occupy every territory on the board and, in doing so, eliminate the other players. The game can be lengthy, requiring several hours to multiple days to finish.



▶ Games for Kids of All Ages

UNO is the classic family card game by Mattel. Players take turns matching a card in their hand with the current card shown on top of the deck, either by color or number. Special action cards, like Skips, Reverses, Draw Twos, color-changing Wild and Draw Four Wild cards, deliver game-changing moments as they each perform a function to help you defeat your opponents. If you can't make a match, you must draw from the center pile. And when you're down to one card, don't forget to shout 'UNO!' The first player to get rid of all the cards in their hand wins.



Dominoes is a family of tile-based games played with gaming pieces, commonly known as dominoes. Each domino is a rectangular tile with a line dividing its face into two square ends. Each end is marked with a number of spots or is blank. The gaming pieces make up a domino set, sometimes called a deck or pack. The traditional domino set consists of 28 tiles, featuring all combinations of spot counts between zero and six. A domino set is a generic gaming device, similar to playing cards or dice, in that a variety of games can be played with a set.

Monopoly by Hasbro is a multi-player economics-themed board game. In the game, players roll two dice to move around the game board, buying and trading properties, and developing them with houses and hotels. Players collect rent from their opponents, with the goal being to drive them into bankruptcy. Money can also be gained or lost through Chance and Community Chest cards, and tax squares. Players receive a stipend every time they pass "Go," and can end up in jail, from which they cannot move until they have met one of three conditions.



▶ Just You? Games for One

Sudoku is a logic-based, combinatorial number-placement puzzle. It can be found in booklets or on a smart phone. In classic Sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

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

The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a single solution.

Wordle is a word game played online or on a smart phone. Each day has a new five-letter word. Players have six attempts to guess the word, with feedback given for each guess in the form of colored tiles indicating when letters match the daily word, and if the letters occupy the correct position in the daily word. All players attempt to guess the same word of the day.

W	O	R	D	S
R	E	A	C	H
C	R	A	T	E
C	R	A	N	E

APDA Missouri Chapter

16100 Chesterfield Parkway W, Ste 125 | Chesterfield, MO 63017

Hours: 9:00 a.m. - 4:00 p.m. Tuesday-Friday

636.778.3377

apdaparkinson.org/mo



[www.facebook.com/
APDAMissouri](https://www.facebook.com/APDAMissouri)



[apdamissouri](https://www.instagram.com/apdamissouri)



[YouTube.com/
APDAGreaterStLouisChapter](https://www.youtube.com/APDAGreaterStLouisChapter)