Memory Care Sudoku Puzzles

For Seniors and Caregivers

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Thank You

Thank you for choosing Memory Care Sudoku Puzzles for Seniors and Caregivers.

I truly hope this book brings some peaceful moments, gentle encouragement and a sense of achievement along the way. These puzzles were designed to offer an enjoyable and rewarding activity that feels reassuring for the person using them.

If you are a caregiver, family member or support person, thank you for the patience, kindness and dedication you give each day.

This book was created to promote positive experiences through clear, easy-to-follow puzzles that feel welcoming and manageable.

If this book is helpful, please consider leaving a short review on Amazon. Your review can help other readers, families and caregivers discover a resource that may be meaningful for them too.

Thank you again for your support.

RC

About the Author

RC Schell is a pharmacist with more than 30 years of experience working with older adults. He creates accessible puzzle books designed to reduce visual strain and provide seniors and caregivers with enjoyable, stress-free activities.

How to Use This Book

This book is designed to support a calm routine that encourages comfort, confidence and small successes.

Use it at your own pace. One puzzle can be a short daily activity or a peaceful pause.

Pick one puzzle. Start with any page that feels appealing or inviting. There is no need to do the book in order.

Get comfortable. Use good lighting and a quiet space. Take your time and stop whenever you want.

Review the clues. The numbers already printed in the puzzle are the clues. They help guide where the missing numbers should go.

Use numbers 1 to 6. Each row across, each column down and each thick-lined box, which has 2 rows and 3 columns, should include the numbers 1 to 6 with no repeats.

Rule out numbers that do not fit. Look at the row, column and thick-lined box. Any number already used in those places cannot go in that square.

Write the number only when it fits. If only one number is left after checking the row, column and box, that is the answer for that square. If more than one number could fit, leave it and come back to it later.

Keep checking as you go. Every number you add becomes a new clue and can make the next square easier.

Finish with success. If a puzzle feels difficult, take a break, come back later or check the solutions.

Example:

Look at one column.

If the column already has **2, 3, 4, 5, and 6**, the missing number is **1**.

Before writing **1**, also check:

- the row
- the thick-lined box

If **1** does not repeat in those places, then it fits.

6	4	2			5
(1)	5		4	6	2
5		1	2	3	
3		4	6	5	
2	1	6	5		3
4	3			2	6

Caregiver Suggestions

Keep the experience relaxed and encouraging.

Offer help only when needed, read the numbers out loud if helpful and focus on the activity rather than the result.

Praise effort, patience and small progress more than speed.

One small success can help create a sense of ease and accomplishment.

Puzzle 1

1	4	2		5	3
3	6		1	2	
5	3	4	2		
		6	4	3	5
	5	1		6	2
6		3	5		1

Puzzle 2

3		4	2	6	5
	6	5	1	4	
5	4	3	6		
1			5	3	4
	5	1		2	6
6	3		4		1

Puzzle 3

1	4	6	3		5
2			6	1	4
6	5	1	4		
4			5	6	1
	6	2		4	3
	1	4	2	5	

Puzzle 4

2		4		3	5
6		3	1		4
	6	5	2	4	
4	3		5	1	
5	4	1	3		2
3	2			5	1

Puzzle 5

1	6		3	5	2
5	2	3	1		
2	3			4	1
4		6	2	3	
	4	2	5		6
	5	1		2	3

Puzzle 6

6	4	5	1		2
	2		5	6	4
5	6	2		1	
		4	2	5	6
4	5		3	2	
2		1		4	5

Puzzle 7

2	6	5		3	1
	1	4	6	5	
4		1	2	6	
	2	3	1		5
5	4	2			6
1			5	2	4

Puzzle 8

4	3	1		6	2
	5	6	1	4	
5	2	3			6
		4	2	3	5
6	4		3		1
3	1		6	5	

Puzzle 9

1	5	3	6	2	
	2		1	5	3
3		2	5		1
5	6			3	2
4	3	6		1	
		5	3	4	6

Puzzle 10

1	6	4	2	3	
3			1	4	6
	4	3		5	1
6	5		4	2	
		2	3	6	4
4	3	6			2

Puzzle 11

4	6	3		2	1
	2	5	3	6	
6	3	1	2		
		4	6	1	3
5	4			3	6
3		6	4		2

Puzzle 12

6	4	5	2	3	
	3		5	4	6
3	2			6	5
5		6	4	2	
1		2	3		4
	5	3		1	2

Puzzle 13

1	3	5	2	4	
6			3	5	1
2	1	6			4
4			1	6	2
	4	2		1	3
	6	1	4	2	

Puzzle 14

4	5	6	2		1
2			4	5	6
3	2		6	1	
	6	4	5		3
5		3		6	2
	1	2	3	4	

Puzzle 15

6	1	3	4	5	
5			6	3	1
2	5	4		1	
		1	2	4	5
	2	5	1		3
1	3			2	4

Puzzle 16

3	5	2	4	6	
		4	5	2	3
	1	5	6	3	
4		6	1		2
6	2			4	5
5	4		2		6

Puzzle 17

1	3	6	2	4	
		5	6	1	3
6	2		5	3	
4		3	1		6
	1	4		6	2
3	6		4		1

Puzzle 18

2	3		5		1
5	1		2	4	
6	5	3		1	2
	2	1		5	6
		2	6	3	5
3	6	5	1		

Puzzle 19

6	3	2	4	1	
1			3	2	6
2	1	6			3
	4		1	6	2
	6	3		5	1
5		1	6	3	

Puzzle 20

2	5	1		4	6
3	4		1	2	
	1	4	2	6	
6	2		4		1
4		5	6		2
1		2		3	4

Puzzle 21

5	6	3		2	1
	2	4	5		3
4	1	2	3		
6			1	4	2
3	4	6		1	
	5		6	3	4

Puzzle 22

6	5	1	4		
	2	4	5	6	1
5	3		6	1	
4	1			3	5
		3	1	5	6
1	6	5			2

Puzzle 23

6	3	4	5		
1			4	6	3
5	4	6		2	1
2		3	6	4	
3	6		2		4
	2	5		3	6

Puzzle 24

	2	4		6	1
1	6		4		3
2		1	6	4	
5		6	1	3	
6	5	3	2		4
4	1			5	6

Puzzle 25

6	2	4		3	5
	3	1	4	2	
2	6	3	5		
	1		3	6	2
1		6	2		3
3	4			5	1

Puzzle 26

3	5	4	2	6	
6			5	3	4
2	3	5		1	
		6	3	5	2
	4	3	6		5
5	6		1		3

Puzzle 27

3	2	4	5		1
5	6		4		3
1	4	2		3	
	3		1	4	2
4		3		1	6
2		6	3	5	

Puzzle 28

3	5	1	6	4	
4			5	3	1
2	4	6	1		
		5	4	2	6
	1	3		6	4
6	2			1	5

Puzzle 29

3	1	4	6		2
6			1	4	3
1	6		5		4
4		2	3	6	
	4	1	2	3	
	3	6		1	5

Puzzle 30

6	4	3	5	1	
2	5		4	3	
	6	5	2		1
1	2			5	3
5		6		2	4
4		2	3		5

Puzzle 31

3	1	5	4	2	
2			1	3	5
	3	2		4	1
5	4		3		2
	2	3	6		4
4		6	2	1	

Puzzle 32

2	6	3	1		5
	4		6	2	3
4	1	6		3	
		5	4	1	6
6	3	4	2		
1			3	6	4

Puzzle 33

4	6	1	2		
	2		4	6	1
2	3			5	6
1		6	3	2	
6	4	2	5		3
5		3		4	2

Puzzle 34

6	3	2			5
	4		2	3	6
2	1	6		5	3
3		4	6	1	
1	6	3	5		
4			3	6	1

Puzzle 35

2	5			6	1
6		1	2	3	
5		6	3		4
	2	4	5	1	
1	3	5	6		2
4	6			5	3

Puzzle 36

3	4	5	6		1
1			5	3	4
	2	1		4	5
4	5		1	6	
5	3	4	2		
		6	4	5	3

Puzzle 37

6	2		1	4	
1		3	6	2	
3	1	6	4		2
2	5			6	1
	3	2		1	6
	6	1	2		4

Puzzle 38

2	6			4	5
5		4	1	6	
3	5	2	6		
		6	2	5	3
6	2	5	4		1
1	4			2	6

Puzzle 39

4	6	1	2		3
	5	2	6		4
6		4		2	1
2	1			3	6
	2	6	3	4	
5		3	1	6	

Puzzle 40

6	4	5	2		3
3		2	4		5
1	2	6		3	
	5		1	2	6
5		1	3	4	
2	3			5	1

Puzzle 41

1	6	4	3	2	
2		5	4	1	
5	4			3	1
	1	6	2		4
6	2	1			3
	5		1	6	2

Puzzle 42

3	6	1	5		4
		5	1	6	3
2	3	4	6		
	1		3	4	2
1		3		5	6
6	5		4	3	

Puzzle 43

3	5	2	4		1
4	6		3		5
1	4	3		5	
		6	1	3	4
2		5	6	4	
	3	4		1	2

Puzzle 44

5	2	3	6	1	
6			2	3	5
	3	4	5		6
2	6			4	1
		2	1	6	3
3	1	6	4		

Puzzle 45

6	1	4	5		2
		2	4	6	1
	3	6	2	4	
2	4		3		6
4	2	1		5	
5			1	2	4

Puzzle 46

5	2	3	4		6
6	4		5	2	
	5	6		3	4
1	3		2	6	
3	1	5			2
		2	3	5	1

Puzzle 47

6	2	4	5		
5			4	6	2
4	1	5			6
2			1	4	5
	4	6	2	5	3
3	5	2		1	

Puzzle 48

6	1	4	3	2	
		5	4	1	6
	6	1		4	3
3	4		6		1
1	2	3	5		
4			1	3	2

Puzzle 49

3	5		4	1	2
4	2	1	6		
	4	3		5	6
	1	5		4	3
1	3	2	5		
5			3	2	1

Puzzle 50

3	5	6	1	2	
	4		6	5	3
1	6	3			2
5			3	1	6
	3	5		6	1
6		2	4	3	

Solution 1

1	4	2	6	5	3
3	6	5	1	2	4
5	3	4	2	1	6
2	1	6	4	3	5
4	5	1	3	6	2
6	2	3	5	4	1

Solution 2

3	1	4	2	6	5
2	6	5	1	4	3
5	4	3	6	1	2
1	2	6	5	3	4
4	5	1	3	2	6
6	3	2	4	5	1

Solution 3

1	4	6	3	2	5
2	3	5	6	1	4
6	5	1	4	3	2
4	2	3	5	6	1
5	6	2	1	4	3
3	1	4	2	5	6

Solution 4

2	1	4	6	3	5
6	5	3	1	2	4
1	6	5	2	4	3
4	3	2	5	1	6
5	4	1	3	6	2
3	2	6	4	5	1

Solution 5

1	6	4	3	5	2
5	2	3	1	6	4
2	3	5	6	4	1
4	1	6	2	3	5
3	4	2	5	1	6
6	5	1	4	2	3

Solution 6

6	4	5	1	3	2
1	2	3	5	6	4
5	6	2	4	1	3
3	1	4	2	5	6
4	5	6	3	2	1
2	3	1	6	4	5

Solution 7

2	6	5	4	3	1
3	1	4	6	5	2
4	5	1	2	6	3
6	2	3	1	4	5
5	4	2	3	1	6
1	3	6	5	2	4

Solution 8

4	3	1	5	6	2
2	5	6	1	4	3
5	2	3	4	1	6
1	6	4	2	3	5
6	4	5	3	2	1
3	1	2	6	5	4

Solution 9

1	5	3	6	2	4
6	2	4	1	5	3
3	4	2	5	6	1
5	6	1	4	3	2
4	3	6	2	1	5
2	1	5	3	4	6

Solution 10

1	6	4	2	3	5
3	2	5	1	4	6
2	4	3	6	5	1
6	5	1	4	2	3
5	1	2	3	6	4
4	3	6	5	1	2

Solution 11

4	6	3	5	2	1
1	2	5	3	6	4
6	3	1	2	4	5
2	5	4	6	1	3
5	4	2	1	3	6
3	1	6	4	5	2

Solution 12

6	4	5	2	3	1
2	3	1	5	4	6
3	2	4	1	6	5
5	1	6	4	2	3
1	6	2	3	5	4
4	5	3	6	1	2

Solution 13

1	3	5	2	4	6
6	2	4	3	5	1
2	1	6	5	3	4
4	5	3	1	6	2
5	4	2	6	1	3
3	6	1	4	2	5

Solution 14

4	5	6	2	3	1
2	3	1	4	5	6
3	2	5	6	1	4
1	6	4	5	2	3
5	4	3	1	6	2
6	1	2	3	4	5

Solution 15

6	1	3	4	5	2
5	4	2	6	3	1
2	5	4	3	1	6
3	6	1	2	4	5
4	2	5	1	6	3
1	3	6	5	2	4

Solution 16

3	5	2	4	6	1
1	6	4	5	2	3
2	1	5	6	3	4
4	3	6	1	5	2
6	2	1	3	4	5
5	4	3	2	1	6

Solution 17

1	3	6	2	4	5
2	4	5	6	1	3
6	2	1	5	3	4
4	5	3	1	2	6
5	1	4	3	6	2
3	6	2	4	5	1

Solution 18

2	3	4	5	6	1
5	1	6	2	4	3
6	5	3	4	1	2
4	2	1	3	5	6
1	4	2	6	3	5
3	6	5	1	2	4

Solution 19

6	3	2	4	1	5
1	5	4	3	2	6
2	1	6	5	4	3
3	4	5	1	6	2
4	6	3	2	5	1
5	2	1	6	3	4

Solution 20

2	5	1	3	4	6
3	4	6	1	2	5
5	1	4	2	6	3
6	2	3	4	5	1
4	3	5	6	1	2
1	6	2	5	3	4

Solution 21

5	6	3	4	2	1
1	2	4	5	6	3
4	1	2	3	5	6
6	3	5	1	4	2
3	4	6	2	1	5
2	5	1	6	3	4

Solution 22

6	5	1	4	2	3
3	2	4	5	6	1
5	3	2	6	1	4
4	1	6	2	3	5
2	4	3	1	5	6
1	6	5	3	4	2

Solution 23

6	3	4	5	1	2
1	5	2	4	6	3
5	4	6	3	2	1
2	1	3	6	4	5
3	6	1	2	5	4
4	2	5	1	3	6

Solution 24

3	2	4	5	6	1
1	6	5	4	2	3
2	3	1	6	4	5
5	4	6	1	3	2
6	5	3	2	1	4
4	1	2	3	5	6

Solution 25

6	2	4	1	3	5
5	3	1	4	2	6
2	6	3	5	1	4
4	1	5	3	6	2
1	5	6	2	4	3
3	4	2	6	5	1

Solution 26

3	5	4	2	6	1
6	2	1	5	3	4
2	3	5	4	1	6
4	1	6	3	5	2
1	4	3	6	2	5
5	6	2	1	4	3

Solution 27

3	2	4	5	6	1
5	6	1	4	2	3
1	4	2	6	3	5
6	3	5	1	4	2
4	5	3	2	1	6
2	1	6	3	5	4

Solution 28

3	5	1	6	4	2
4	6	2	5	3	1
2	4	6	1	5	3
1	3	5	4	2	6
5	1	3	2	6	4
6	2	4	3	1	5

Solution 29

3	1	4	6	5	2
6	2	5	1	4	3
1	6	3	5	2	4
4	5	2	3	6	1
5	4	1	2	3	6
2	3	6	4	1	5

Solution 30

6	4	3	5	1	2
2	5	1	4	3	6
3	6	5	2	4	1
1	2	4	6	5	3
5	3	6	1	2	4
4	1	2	3	6	5

Solution 31

3	1	5	4	2	6
2	6	4	1	3	5
6	3	2	5	4	1
5	4	1	3	6	2
1	2	3	6	5	4
4	5	6	2	1	3

Solution 32

2	6	3	1	4	5
5	4	1	6	2	3
4	1	6	5	3	2
3	2	5	4	1	6
6	3	4	2	5	1
1	5	2	3	6	4

Solution 33

4	6	1	2	3	5
3	2	5	4	6	1
2	3	4	1	5	6
1	5	6	3	2	4
6	4	2	5	1	3
5	1	3	6	4	2

Solution 34

6	3	2	1	4	5
5	4	1	2	3	6
2	1	6	4	5	3
3	5	4	6	1	2
1	6	3	5	2	4
4	2	5	3	6	1

Solution 35

2	5	3	4	6	1
6	4	1	2	3	5
5	1	6	3	2	4
3	2	4	5	1	6
1	3	5	6	4	2
4	6	2	1	5	3

Solution 36

3	4	5	6	2	1
1	6	2	5	3	4
6	2	1	3	4	5
4	5	3	1	6	2
5	3	4	2	1	6
2	1	6	4	5	3

Solution 37

6	2	5	1	4	3
1	4	3	6	2	5
3	1	6	4	5	2
2	5	4	3	6	1
4	3	2	5	1	6
5	6	1	2	3	4

Solution 38

2	6	1	3	4	5
5	3	4	1	6	2
3	5	2	6	1	4
4	1	6	2	5	3
6	2	5	4	3	1
1	4	3	5	2	6

Solution 39

4	6	1	2	5	3
3	5	2	6	1	4
6	3	4	5	2	1
2	1	5	4	3	6
1	2	6	3	4	5
5	4	3	1	6	2

Solution 40

6	4	5	2	1	3
3	1	2	4	6	5
1	2	6	5	3	4
4	5	3	1	2	6
5	6	1	3	4	2
2	3	4	6	5	1

Solution 41

1	6	4	3	2	5
2	3	5	4	1	6
5	4	2	6	3	1
3	1	6	2	5	4
6	2	1	5	4	3
4	5	3	1	6	2

Solution 42

3	6	1	5	2	4
4	2	5	1	6	3
2	3	4	6	1	5
5	1	6	3	4	2
1	4	3	2	5	6
6	5	2	4	3	1

Solution 43

3	5	2	4	6	1
4	6	1	3	2	5
1	4	3	2	5	6
5	2	6	1	3	4
2	1	5	6	4	3
6	3	4	5	1	2

Solution 44

5	2	3	6	1	4
6	4	1	2	3	5
1	3	4	5	2	6
2	6	5	3	4	1
4	5	2	1	6	3
3	1	6	4	5	2

Solution 45

6	1	4	5	3	2
3	5	2	4	6	1
1	3	6	2	4	5
2	4	5	3	1	6
4	2	1	6	5	3
5	6	3	1	2	4

Solution 46

5	2	3	4	1	6
6	4	1	5	2	3
2	5	6	1	3	4
1	3	4	2	6	5
3	1	5	6	4	2
4	6	2	3	5	1

Solution 47

6	2	4	5	3	1
5	3	1	4	6	2
4	1	5	3	2	6
2	6	3	1	4	5
1	4	6	2	5	3
3	5	2	6	1	4

Solution 48

6	1	4	3	2	5
2	3	5	4	1	6
5	6	1	2	4	3
3	4	2	6	5	1
1	2	3	5	6	4
4	5	6	1	3	2

Solution 49

3	5	6	4	1	2
4	2	1	6	3	5
2	4	3	1	5	6
6	1	5	2	4	3
1	3	2	5	6	4
5	6	4	3	2	1

Solution 50

3	5	6	1	2	4
2	4	1	6	5	3
1	6	3	5	4	2
5	2	4	3	1	6
4	3	5	2	6	1
6	1	2	4	3	5