

Memory Care Sudoku Puzzles

For Seniors and Caregivers

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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.

Thank You

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

I truly hope these samples bring 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.

These samples were created to promote positive experiences through clear, easy-to-follow puzzles that feel welcoming and manageable.

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.

Puzzle 1

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

Puzzle 2

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

Puzzle 3

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

Puzzle 4

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

Puzzle 5

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

Puzzle 6

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

Puzzle 7

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

Puzzle 8

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

Puzzle 9

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

Puzzle 10

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

Puzzle 11

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

Puzzle 12

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

Puzzle 13

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

Puzzle 14

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

Puzzle 15

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

Puzzle 16

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

Puzzle 17

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

Puzzle 18

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

Puzzle 19

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

Puzzle 20

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

Solution 1

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

Solution 2

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

Solution 3

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

Solution 4

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

Solution 5

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

Solution 6

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

Solution 7

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

Solution 8

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

Solution 9

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

Solution 10

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

Solution 11

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

Solution 12

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

Solution 13

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

Solution 14

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

Solution 15

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

Solution 16

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

Solution 17

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

Solution 18

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

Solution 19

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

Solution 20

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