

Take The  
**CATCHPHRASE CHALLENGE**

**A Fun Brain-Boosting Activity  
for Seniors and Caregivers**



**BROUGHT TO YOU BY NEIGHBORS WHO CARE**



## Ready to boost your brain and improve cognitive function?

This activity presents 50 well-known sayings and phrases from the past, making it an excellent way to enhance brain activity and cognitive function. It's an ideal pastime for caregivers looking after dementia patients and respite care volunteers seeking a fun activity.

You can enjoy this game at any time and place, be it during a tea break, while waiting at a red light, or when socializing with a group of friends or family.

It's easy! Read the beginning of the phrase out loud and see if your player(s) can complete it. Take a trip down memory lane and reflect on the meaning of each saying!

### Complete the Phrase...

1. A penny saved is a... penny earned.
2. All's fair in... love and war.
3. An apple a day... keeps the doctor away.
4. As busy as a... bee.
5. April showers bring... May flowers.
6. Birds of a feather... flock together.
7. The apple doesn't... fall far from the tree.
8. Blood is thicker... than water.
9. Curiosity killed... the cat.
10. Don't count your chickens... before they hatch.
11. Don't cry over... spilled milk.
12. Don't put all your eggs... in one basket.
13. Every cloud has a... silver lining.
14. Every dog has... its day.
15. Fool me once, shame on you; fool me twice... shame on me.
16. Good things come... to those who wait.
17. Actions speak... louder than words.
18. If the shoe fits... wear it.
19. If you can't stand the heat... get out of the kitchen.
20. If you want something done right... do it yourself.
21. It ain't over till... the fat lady sings.

22. When the going gets tough,... the tough get going.
23. It's raining cats... and dogs.
24. Where there's a will,... there's a way.
25. Laughter is... the best medicine.
26. A penny saved... is a penny earned.
27. A stitch in time... saves nine.
28. Money doesn't grow... on trees.
29. All is fair in... love and war.
30. No pain... no gain.
31. Out of sight... out of mind.
32. Practice makes... perfect.
33. Rome wasn't... built in a day.
34. Slow and steady... wins the race.
35. The early bird... catches the worm.
36. The grass is always greener... on the other side.
37. Actions speak... louder than words.
38. The squeaky wheel... gets the grease.
39. There's no smoke... without fire.
40. Time heals... all wounds.
41. You made your bed... now lie in it.
42. Every cloud has a... silver lining.
43. Two heads are... better than one.
44. When in Rome,... do as the Romans do.
45. Where there's smoke,... there's fire.
46. You can lead a horse to water,... but you can't make it drink.
47. You can't judge a book... by its cover.
48. If it ain't broke,... don't fix it.
49. You reap... what you sow.
50. Life is like a box of chocolates... you never know what you're going to get.