

CONNECTIONS



MONTHLY SCHEDULE 2018

Key Areas for Brain Health

Cognitive - Warm up exercises and topic of the day

Social - Activities that promote interactions among members

Physical - Chair stretching, light cardio and strength building

Nutrition - Healthy food choices

Spiritual - Quiet time for reflection

Daily Agenda

10 a.m. - News & Discussion

10:15 a.m. - Brain Warm Up

10:30 a.m. - Topic of the Day

11:15 a.m. - Math with Lisa

Noon - Lunch Break

12:30 p.m. - Therapy Dog Lily

1 p.m. - Stretch & Strengthen

1:50 p.m. - Review & Reflect

January - New Year, New You

We will discuss our intention for 2018 and personal goals for a happy, healthy year!
(CLOSED 01/01/18 & 01/15/18)

February - Reminiscing & Memory

We will take a journey down memory lane... remembering the past and how it has shaped us. (CLOSED 02/19/18)

March - How Our Brain Works & "Neurobics"

We will explore the functions of the brain and mental exercises to keep it healthy.

April - Nutrition

Nutrition is a huge part of brain health! We will learn about making healthy food choices and how those choices support body and brain health.

May - Exercise & Mindfulness

Cardio, strength building, flexibility, and mindfulness are key parts of a healthy body! We will learn about incorporating these strategies into daily routines.
(CLOSED 05/28/18)

June - Brain Dominance, Learning Styles, & Senses

We will evaluate our own brain function and unique learning styles.

July - Optimism & Humor

We love to laugh! We will learn how positivity and laughter can improve health and build interpersonal connections.

August - Socialization

A strong social network is the number one way to extend longevity! We will explore our own relationships and how to strengthen and grow them.

September - Forgiveness

We will discuss how we have learned to let go of anger and live a joyful life!
(CLOSED 09/03/18)

October - Stress & Healthy Strategies

Stress may lessen after you retire but it doesn't disappear. We will learn tools to manage stress and ways to lower it.

November - Gratefulness & Thankfulness

This is the month where we will share things we are grateful for and how appreciation has a huge effect on health and relationships.

December - Review

We will review what we have learned over the year and reflect on how our brains, bodies and overall well-being have improved! (CLOSED 12/24/18)