

## **Stronger Memory**

### **Class Outline- Winter 2025**

\*Subject to change\*

We encourage students to join in for all the sessions, but you can also come as you are able. You will get the most brain benefit from working on the weekly exercises and coming to class regularly. Anyone can join in at any time to start boosting their brain health.

Invite a friend to join in!

1/7 Session 1- Introduction to Stronger Memory, Launch Celebration

1/14 Session 2- Creative Art Activity

1/21 Session 3- Community Outing (Taste OVS)

1/28 Session 4- Travel Club

2/4 Session 5- Participant Led Project

2/11 Session 6- Chair One Fitness

2/18 Session 7- Community Outing (Wine and Design)

2/25 Session 8- Lego Serious Play with Andrew DeNicola

3/4 Session 9- Cooking Class

3/11 Session 10- Brain Health Presentation

3/18 Session 11- Brain Games

3/25 Session 12- Final Celebration