

Stronger Memory

Class Outline- Winter 2026

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 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!

1/13 Session 1- Game Day

1/20 Session 2- Brain Health Presentation (Sara)

1/27 Session 3 – You Be the Judge

2/3 Session 4- Teach Us Something New

2/10 Session 5- Creative Arts (Valentine's)

2/17 Session 6- Game Day: Big to Small

2/24 Session 7- Presentation with Natasha Frisk

3/3 Session 8- Movie Day (End of the Spear)

3/10 Session 9- Cooking Class

3/17 Session 10- Game Show

3/24 Session 11- Creative Writing

3/31 Session 12- Celebration Day!

IG Reading Club?

Outing?

Elsa Presentation?

History Presentation? Steven?