

Saturday, January 17, 2026

Brain Wellness Class

with Dawn Adler

**“13 Fast, Easy, and Free
Memory Strategies”**

Tips to help you remember things
needed in everyday life and improve
general memory.



Saturday, January 17

10 AM

in the Chapel

**Saturday
Class**

Sign up for the class in the Activities Binder at
the Lodge or you may call ext 354 to be added to
the list.