

January 2, 2026
Brain Wellness Class
with Dawn Adler

**5 Exercises Neurologists Recommend for
Optimal Brain Health**



**Learn which physical
movements create
measurable cognitive gains**



Friday, January 2
10 AM
Lakeside Game Room



**Sign up for the class in the Activities Binder at
The Grand Concierge Desk or you may call ext 508
to be added to the list.**