November 2025

Brain Wellness Class

with Dawn Adler

November Topic:

5 Exercises Neurologists Recommend for Optimal Brain Health

Learn which physical movements create measurable cognitive gains

Thursday, November 13
10 AM in the Chapel

Morning Class

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

A WATERMAN VILLAGE ACTIVITIES DEPARTMENT EVENT