



# Mind Your Memory

*Keeping the Aging Mind Sharp & Healthy  
with Cognitive Exercises*

Fridays

1<sup>st</sup> & 3<sup>rd</sup>

10:00 a.m. - 11:30 a.m.

Drop-In Fee  
\$3.00R/\$3.50NR

Join us for a fun and interactive time  
exercising our brain with activities and  
puzzles dedicated to improving  
brain health and function.