

Education, Social & Leisure

Times	Monday		Tuesday	Wednesday		Thursday	Friday
9	Morning Glories HR	Begining Hort.		Morning Glories	BINGO CR1		
10							
11				iOS Class			
12							
1							
2			Journey to Wellness CR1			Journey to Wellness CR1	
3							
4							

Brain Fitness & Computer

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9		Speech & Comm CR2 & CR3		Speech & Comm CR2 & CR3	
10	Computer Class				
11	Neurobics				Neurobics
12					
1	Heart Math	Open Computer Lab	Open Comp Lab	Open Computer Lab	Heart Math
2					
3			Memory & Cognition		
4					

Computer Class [Mon & Fri, 10:00a - 10:45a]

Develop basic computer skills and familiarity with the keyboard, mouse and internet. Develop initial skills for using Microsoft Word and Excel for personal projects.

Heart Math [Mon & Fri, 1:00p - 2:00p]

Learn and practice strategies to turn your stress into resilience. Using software with our computers, participants will train through select exercises to learn stress reduction techniques.

iOS Class [Wed, 10:30a- 12:00p]

iOS users with vision impairments will learn gestures used for navigating the screen functionality within iOS apps. Participants will learn to download and update iOS apps and to work independently on any iOS application.

Journey to Wellness [Tues & Thurs, 2:00p - 3:30p]

Wellness refers to overall well-being and incorporates many aspects of a person's life. On this journey you will visit 8 dimensions with points of interest along the way. Identify personal goals, strengths and challenges; learn skills & identify resources to make positive change. Members participating will actively pursue wellness to improve their quality of life one step at a time.

Memory & Cognition [Wed, 2:00p - 3:30p]

Improve your memory, thinking skills, concentration and problem solving skills. Increase “brain power” with fun activities that furnish the building blocks to enhance your memory and cognition.

Neurobics [Mon & Fri, 11:00a]

Activities to increase alertness and improve memory and concentration. (Limited to 8 participants who must be able to use a mouse.)

Social Media Class [TBA]

Improve social media skills, make online profiles and maintain them follow The Center’s pages to stay informed on events.

Speech & Communication [Tue & Thu, 9:30a - 10:45a]

Address speech, language, comprehension and word recall difficulties with group discussions, games and fun activities. Provided by TU’s Communicative Disorders Clinic.

Beginning Horticulture [Mon & Wed, 10:30a – 12:00p]

Discover and explore The Center’s Horticulture haven. Bring plants into your life. Learn basic plant identification and how to care for them, along with simple gardening tips. Start new plants from cuttings, or sprout a seed or two.

BINGO [Wed, 10:00a - 11:00a]

Play BINGO with other Center Members, and win prizes too!

Computer Lab - Open [Tues, Wed & Thu, 1:00p - 3:00p]

Spend free time in the computer lab surfing the internet, checking e-mails, etc.

Morning Glories – [Mon & Wed, 9:00a - 10:30a]

With blessings from Mother Nature, begin your day in an outdoor classroom. Soak in the morning glory as you learn about and care for nature’s gift of plants, flowers, birds, and more.

Open Gardening [Wed, 2:30p – 4:00p]

For members enrolled in either horticulture class. Open gardening is a time to continue or finish a project, research information, care for plants, or water the gardens.