



CLASS	TOPIC	DESCRIPTION
1	MIRROR, MIRROR	Meet your classmates and learn how we can build our attention to social cues, critical to staying connected.
2	SOCIAL PLAY	Learn why staying social is one of the best things we can do for our thinking and well-being.
3	GET THE BEAT	Have fun getting into rhythm while building your attention and reaction time together.
4	LINE GROOVES	Learn why activities like dancing are a great brain booster and have fun together with a dance-based workout.
5	SOUNDS LIKE...	Listen up! Boost critical listening skills together with some fun, brainy ways to boost your hearing acuity.
6	SOUNDS LIKE A STORY	Get the story! Work out key auditory skills that help you learn and recall conversations, TV shows, and other things we hear.
7	WHAT'S THAT SCENT?	Build olfactory perception together with a fun workout using different familiar scents.
8	HEALTHY SCENTS	Experience the science of aromatherapy and the different ways it can benefit cognition and well-being.
9	DAILY DRINKS	Drink up! Learn the importance of good hydration and try some tasty healthy drinks together.
10	SMOOTH SNACKING	Get up to speed on healthy snack habits and share some tasty snack options together.
11	POETRY IN MOTION	Stretch your mind with a poetry-based workout that fully engages everyone across body, mind and spirit.
12	POETRY CLASS	Get your creative juices flowing and work together to create a class poem.
13	GETTING MORE SLEEP	Hear how you can get a better night's sleep and try a simple relaxation strategy everyone can use to more ZZZZs.
14	RELAXING MASSAGE	Try a simple self-massage technique everyone can use to build more relaxation into their routine.
15	THINK POSITIVE!	Think positive! Work with your classmates to build more positivity and self-confidence.
16	LET'S CELEBRATE!	It's time to celebrate! Acknowledge and celebrate all you've accomplished so far with your class!