

A Dynamic Daily Agenda

Take a peak at the curriculum.

9 AM - Therapeutic Programs

- Brain Integration Exercises
- Healthy Brain Habit—DEstress the Brain
- Brain Topic: Neurogenesis and Neuroplasticity
- Project-Based Learning: Rebus Puzzlers
- Thought Production: Small Group or Pairs

10:30 AM - Mental Agility Programs

- Word GRID—All Answers begin with “TRI”
- Brain Game—How’s the Weather?
- Math Challenge—Mind Your Math
- Verbal Fluency—Word Mining - Over-Enthusiastically

11:45 AM - Moving for Memory Exercise

12:30 PM - Lunch

1 PM - Cognitive Stimulation

- Topic Article—Brain Plasticity
- Three Letter Challenge—Board Activity
- Top Twelve Tech Terms—Board Activity
- Put it in Reserve—Group Activity

1:30 PM - Guided Relaxation

1:35 PM - Class Discussion and Peer Support