

January 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2 Literacy Class 2:30 - 3:30pm Let's Talk! 3:30 - 4:30pm FBI 5:00 - 7:00pm Theme: "Friends: Vitamins for the Brain"	3	4	5 Theme for 2018: "Brain Rules for Aging Well"	6
8 Yoga 10:00 - 11:00am Cognitive Class 11:00 -12:00pm Brain Angels Reunion Dinner 6:00 - 8:00pm	9 Literacy Class 2:30 - 3:30pm Let's Talk! 3:30 - 4:30pm FBI 5:00 - 7:00pm Theme: "More Interactions Lead to Healthy Bodies"	10	11 Choir 6:00 - 7:30pm	12	13
15 Martin Luther King Jr. Day Office is Closed.	16 Literacy Class 2:30 - 3:30pm Let's Talk! 3:30 - 4:30pm FBI 5:00 - 7:00pm Theme: "The Dangers of Isolation"	17	18	19	20 *Individual Therapy available by appointment Monday-Friday. Call (714) 828-1760
22 Yoga 10:00 -11:00am Cognitive Class 11:00am -12:00pm	23 Literacy Class 2:30 - 3:30pm Let's Talk! 3:30 - 4:30pm FBI 5:00 - 7:00pm Theme: "The Benefits of Video Chatting"	24	25 Choir 6:00 - 7:30pm	26	27
29 Yoga 10:00 -11:00am Cognitive Class 11:00am -12:00pm	30 Literacy Class 2:30 - 3:30pm Let's Talk! 3:30 - 4:30pm FBI 5:00 - 7:00pm Theme: "The Human Touch"	31			B.R.A.I.N. 5656 Corporate Ave. Cypress, CA 90630 (714) 828-1760 www.thebrainsite.org