

May 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Literacy Class 2:30 - 3:30pm</p> <p>Let's Talk! 3:30 - 4:30pm</p> <p>FBI 5:00 - 7:00pm Theme: "Processing Speed: How Fast Does Your Brain Work?"</p>	2	3	<p>4 *Individual Therapy available by appointment Monday-Friday. Call (714) 828-1760</p>	5
<p>7 Yoga 9:30 - 10:30am</p> <p>Cognitive Class 11:00am - 12:00pm</p> <p>Brain Angels 6:00 - 8:00pm</p>	<p>8 Literacy Class 2:30 - 3:30pm</p> <p>Let's Talk! 3:30 - 4:30pm</p> <p>FBI 5:00 - 7:00pm Theme: "Divided Attention: Is It Good For Us?"</p>	9	<p>10 Choir 6:00 - 7:30pm</p>	11	<p>12 B.R.A.I.N. Open House 10:00am - 2:00pm Location: B.R.A.I.N. parking lot and inside office</p>
<p>14 Yoga 9:30 - 10:30am</p> <p>Cognitive Class 11:00am - 12:00pm</p>	<p>15 Literacy Class 2:30 - 3:30pm</p> <p>Let's Talk! 3:30 - 4:30pm</p> <p>FBI 5:00 - 7:00pm Theme: "Games: Are Video Games Good For Us?"</p>	16	17	18	19
<p>21 NO Yoga Today</p> <p>Cognitive Class 11:00am - 12:00pm</p> <p>Brain Angels 6:00 - 8:00pm</p>	<p>22 Literacy Class 2:30 - 3:30pm</p> <p>Let's Talk! 3:30 - 4:30pm</p> <p>FBI 5:00 - 7:00pm Theme: "Socializing: The Key to Maintaining Brain Health"</p>	23	<p>24 Choir 6:00 - 7:30pm</p>	25	26
<p>28 Office CLOSED for Memorial Day</p>	<p>29 Literacy Class 2:30 - 3:30pm</p> <p>Let's Talk! 3:30 - 4:30pm</p> <p>FBI 5:00 - 7:00pm Theme: "The Benefits of Sleep"</p>	30	31	<p>F.B.I. Theme of the Month: Train Your Brain (From the book, <i>Brain Rules for Aging Well</i>, by Dr. John Medina)</p>	<p>B.R.A.I.N. 5656 Corporate Ave. Cypress, CA 90630 (714) 828-1760 www.thebrainsite.org</p>