Brain Fitness: Games & Activities to Strengthen Memory and Thinking Skills

Facilitated by Dr. Jillian Crocker, Tuesdays 10:00am

Course Description: Brain Fitness offers an engaging, research-informed look at a range of cognitive abilities. Each week focuses on a different cognitive domain, beginning with a brief educational overview followed by interactive group activities and small-group skill practice alongside doctoral students in psychology.

Week 1: Attention and Mental Speed
Explore how focus and processing speed change with age. Interactive exercises offer practice engaging both skills.

Week 2: Memory
Learn about the different types of memory and how each one supports daily life. The session introduces practical strategies for remembering everyday information.

Week 3: Language and Word-Finding
Explore how language and word retrieval change with age. Word games and puzzles focus on finding the right word at the right moment.

Week 4: Visual and Spatial Skills
Learn how the brain processes visual and spatial information. Activities center on finding your way in new places and keeping track of everyday items.

Week 5: Reasoning and Problem Solving
Discover how knowledge gained over a lifetime can support flexible thinking. Group challenges based on real-life tasks put planning skills into practice.

Week 6: Putting It All Together
Review the skills covered throughout the series and how they work together in daily life.

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