



Home Care Assistance Sonoma County  
Presents

## The Mind Fit Series: Activities to Boost Brain Health

Co-Sponsored By  
**Healdsburg Senior Center, Petaluma Senior Center,  
Sonoma Hills Retirement Living & Vintage House Sonoma**

*We're pleased to announce this complimentary series, offered in six weekly sessions at each of the four locations below. Led by brain fitness experts, the Mind Fit Series shares proactive ways that older adults can enhance cognitive functioning including fun group activities based on the Cognitive Therapeutics Method™, a science-based program developed by Home Care Assistance. Space is limited to 20 participants. To register, please call the location of your choice. For more information about the series, please call Home Care Assistance Sonoma County at 707-843-3468.*

**Session 1:** Social Reminiscence, Current Events, Chair Stretches, Mindful Nutrition

**Session 2:** Family Feud, Pictionary, Advice Column

**Session 3:** Trivia, Name that Tune, Logo Identification, Geographical Recall

**Session 4:** Writing, Scrambled Sentences, Word Bingo, Alphabet Soup

**Session 5:** Take Away, Letter Counting, Design Recreation

**Session 6:** Magnify, Entangled Figures, Visual Puzzles

### **Healdsburg Senior Center, 707-431-3324**

133 Matheson Street, Healdsburg

Mondays, 10:00–11:30 AM, June 8, 15, 22, 29 and July 6 & 13, 2015

### **Petaluma Senior Center, 707-778-4399**

211 Novak Drive, Petaluma

Wednesdays, 11:00 AM–12:30pm, June 10, 17, 24 and July 1, 8 & 15, 2015

### **Sonoma Hills Retirement Living, 707-939-7856**

405 West MacArthur Street, Sonoma

Mondays, 1:00–2:30pm, June 8, 15, 22, 29 and July 6 & 13, 2015

### **Vintage House, 707-996-0311**

264 First Street, Sonoma

Fridays, 10:00–11:30 AM, August 21, 28 and September 4, 11, 18 & 25, 2015