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Several Ways to 'Boost Your Brain'

There are several ways that we can boost our brain power. Try integrating the following tips into your everyday life:

- Pay attention and concentrate on what you want to remember.
- Find ways to decrease the stress in your life through exercise, meditation or spending time doing something you love.
- Use all of your senses: Sight, smell, touch, taste and hearing.
- Use both sides of your brain. One side is artistic and abstract the other is logical and methodical.
- Keep your mind active doing mind games, learning a new language or playing a game.
- Limit mindless TV watching. Focus on shows like Jeopardy, History or Discovery Channels.
- Take classes in your community. Stay involved and informed on what's going on in your area.
- Remain active in pursuits that are meaningful to you, whether it be gardening or exercise, or even joining a book club.

June Birthdays

Richard, Marilyn, Magdalena,
Aneryi, Yunuen, Ana,
and Carolina.



Fun times ahead!



Everything is coming up Douuts!



You're a grand ole flag



Happy Father's Day



June 22 is the day for our annual 'Mock Wedding'

