

## September Newsletter

**Please Note:** The summer is over, and our meetings will now begin at **1:00 PM**.

On September 11, we're excited to welcome back, **Lisa Bayer**, Dementia Specialist from Always Best Care Senior Services, for **Part 2** of her engaging and informative dementia education series

In this session, Lisa will:

- Give an overview of our cognitive skills and how they work together.
- Take a closer look at the brain's anatomy, showing where each cognitive skill is located.
- Lead us through fun and interactive cognitive fitness **activities** to get our minds moving.
- Surprise us with optical illusions that test the way we see and think.
- Share games and mental exercises you can use at home to help improve memory and keep your brain sharp.

Whether you attended Part 1 or are joining for the first time, you'll walk away with useful tips, fascinating insights, and a few good laughs. Don't miss this opportunity to exercise your brain and learn new strategies for keeping your mind healthy!

### . October 9th Meeting

Get ready for an unforgettable afternoon of music with **Tommy Strazza!** 🎵

Tommy's performance spans the golden decades of music — from jazz standards like “*When the Saints Go Marching In*” to the smooth sounds of Sinatra, the early rock 'n' roll energy of Elvis, and the heartfelt grit of Johnny Cash. He'll also bring you the timeless hits of The Beatles, the fun and spirit of 1960s pop with favorites from The Monkees, Neil Diamond, and The Turtles, plus classic rock staples through the '70s. It's a lively mix of nostalgia and timeless tunes, perfect for audiences of all ages!

🍕 **Bonus Treat:** Members will also enjoy a delicious pizza lunch at the meeting.

### 🌟 Holiday Trip to Hunterdon Hills Playhouse! 🌟

Join us Friday, **December 5th** for a heartwarming holiday show filled with music, skits, costumes, and festive décor. 🚌 Trip Includes:

- Show admission
- Table-served entrée, dessert, coffee, tea & 1 complementary alcohol drink
- Tax & gratuity
- Round-trip bus transportation 🌟

Open to members & non-members! 🌟

**Seats are limited—reserve today!**