



## Our Brain Health Initiative

On July 1, 2017, the City of Sterling Heights began a yearlong community initiative to enhance Brain Health. The Senior Center and the Library will be highlighting programs each month that offer benefits to the brain. Just look for the above brain builder icon in the Senior News, the City Magazine, and the library's Adult Programming Calendar to find out which events are part of the Exercise Your Brain initiative.

## BrainHQ, a New Tool

Residents can improve their mental fitness by using a computer program called BrainHQ. This fun program offers short 2-minute-or-less segments, adapting speed and delivery to your performance. With over 840 levels, BrainHQ training is organized around six core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence, and Navigation. To use BrainHQ, all you need is your library card number and PIN to participate. Go to [www.shpl.net](http://www.shpl.net) to access the BrainHQ program.

## Win Gift Cards

Participating in our initiative will not only help your brain, it could ease your wallet! Attend any of the library or senior center programs seen to the right to earn a raffle ticket for a \$25 gift card from a local business. The raffle will take place in early January.



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[www.sterling-heights.net](http://www.sterling-heights.net)

# Healthy Brain, Healthy Life

If you have watched a news program on TV or read a periodical in the last year, you more than likely have heard about how keeping your brain fit can slow down the aging process and improve quality of life. Although seniors seem to be more aware of its importance, brain health is something that should be a focus across each person's lifespan.

## LIBRARY PROGRAMS

### Looking Stuff Up - Nov. 2 at 7pm

The internet has a lot of information, but not all of it accurate or helpful. Learn to find quality answers you can trust. Call 586-446-2640 to register.

### History of Playing Cards - Nov. 9 at 6:30pm

Learn several intriguing facts about the history of playing cards in this engaging presentation. Call 586-446-2640 to register.

### Trivia Night - Dec. 6 at 7pm

Several teams will compete for honor, glory, and prizes! Snacks and beverages will be available. Call 586-446-2640 to register.

### Investing for Beginners - Dec. 7 at 7pm

Set your brain to work on your finances. Learn how to develop a diversified, long-term program with as little as \$100 a month. Call 586-446-2640 to register.

## SENIOR CENTER EVENTS

### Brain Healthy Living - Nov. 1 at 10:30am

Learn tips and techniques to keep your brain sharp and active. Find out exercises to keep your brain fit and discover how nutrition fits in.

### Healthy Holiday Eating - Nov. 8 at 11am

A healthy body makes for a healthy brain! Learn how to prepare nutritious, yet satisfying, meals for the holidays.

### Santa's Little Helpers - Nov. 22 to Dec. 22

Come to the Senior Center to pick up a puzzle pack. Once you have completed it, turn it into Santa's Workshop (AKA the Senior Center Desk) by the end of the day on December 22. Each completed puzzle will earn you a ticket for a prize drawing!

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