

Baltimore County Senior Centers – Brain Matters Programs – December

Thursday, 12/1, 1 p.m.	Liberty – Brain Disorders and the Environment
Friday, 12/2, 11 a.m.	Cockeysville – Getting Better with Age
Friday, 12/2, Noon	Rosedale – It's a Cerebral Celebration!
Mon, 12/5, 1 p.m.	Jacksonville – Cultivating Conversation through Cinema
Tuesday, 12/6, 10 a.m.	Edgemere – Technology to Enhance Your Life
Tuesday, 12/6, 10 a.m.	Parkville – Brain Basics: Genes at Work in the Brain
Tuesday, 12/6, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tuesday, 12/6, 10:30 a.m.	Woodlawn – Remembering Christmas through the Years
Wednesday, 12/7, 10 a.m.	Bykota – Family Feud
Wednesday, 12/7, 1 p.m.	Fleming – What's Good for Your Brain?
Thursday, 12/8, 11 a.m.	Cockeysville – Mind Health for Pets
Thursday, 12/8, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Women Only
Thursday, 12/8, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Men Only
Thursday, 12/8, 1 p.m.	Ateaze – TimeSlips Storytelling
Thursday, 12/8, 1 p.m.	Liberty – The Skillful Brain
Thursday, 12/8, 1 p.m.	Overlea – <i>The Brain with Dr. David Eagleman</i>
Friday, 12/9, 11 a.m.	Cockeysville – Hootanay: Folk Songs from the Past
Friday, 12/9, 1 p.m.	Essex – TimeSlips Storytelling
Monday, 12/12, 10 a.m.	Bykota – Trivia with Haley
Tuesday, 12/13, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tuesday, 12/13, 11 a.m.	Reisterstown – Beal Bank Brain Games
Tuesday, 12/13, 1 p.m.	Essex – TimeSlips Storytelling
Wednesday, 12/14, Noon	Woodlawn – Diabetes and Brain Health
Wednesday, 12/14, 1 p.m.	Essex – Brain Games with Essex Library
Thursday, 12/15, 11 a.m.	Victory Villa – Brain Games with Essex Library
Thursday, 12/15, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Women Only
Thursday, 12/15, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Men Only
Thursday, 12/15, 1 p.m.	Liberty – The Complexity of Alzheimer's
Thursday, 12/15, 1 p.m.	Reisterstown – The Story of Love: Memory Lane Love Music
Friday, 12/16, 10:15 a.m.	Seven Oaks – Building Your Cognitive Reserve
Friday, 12/16, 11 a.m.	Cockeysville – Strategies for Managing Stress with Daria Rovinski, R.N.

Friday, 12/16, 1 p.m.	Cockeysville – Brain Fitness with Robin Zahor, R.N.
Tuesday, 12/20, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tuesday, 12/20, 10:30 a.m.	Reisterstown – Your Pet’s Brain Health
Tuesday, 12/20, 11 a.m.	Edgemere – Brain Fitness with Robin Zahor, R.N.
Wednesday, 12/21, 10 a.m.	Bykota – Matching and Music
Wednesday, 12/21, 11 a.m.	Cockeysville – Ways to Fire Up Your Metabolism
Wednesday, 12/21, Noon	Overlea – Winter Solstice “Cele-brain-tion” Lunch and Trivia
Wednesday, 12/21, 12:45 p.m.	Catonsville – Reminiscing About the Holidays with Holiday Trivia
Thursday, 12/22, 12:45 p.m.	Ateaze – Brain Games with Baltimore County Public Library
Thursday, 12/22, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Women
Thursday, 12/22, 12:45 p.m.	Pikesville – Celebrate Our Brain Health Series - Men
Thursday, 12/22, 1 p.m.	Liberty – Mental Health Awareness
Friday, 12/23, 9:30 a.m.	Bykota – Family Feud
Friday, 12/23, 1 p.m.	Pikesville – Brain Fitness with Robin Zahor, R.N.
Thursday, 12/29, 12:45 p.m.	Pikesville – Celebrate Our Brain Health and Ourselves
Thursday, 12/29, 1 p.m.	Ateaze – TimeSlips Storytelling