

ReCharge: Brain Health and Wellness



*An Ovation Communities
Outreach Program*

Forgetting words? Misplacing things? Want to keep your mind sharp and active? You're not alone—support is here.

ReCharge offers engaging, research-based classes to strengthen memory, support brain and body wellness, and build meaningful connections. Enjoy practical strategies, creative activities, and a welcoming community—all while having fun.

INTERACTIVE CLASS OPTIONS

Classroom-Based Learning (In Person):

Mondays & Wednesdays,
10:00 am - 2:00 pm

Applied & Experiential Learning (In Person):

Thursdays, 10:00 am - 2:00 pm

Live Virtual Learning (Zoom):

Tuesdays, 10:00 am - 11:30 am
Thursdays, 2:30 pm - 4:00 pm

Social Club (In Person):

Fridays, 10:00 am - 2:00 pm

FOR MORE INFORMATION CONTACT:

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ADULT DAY SERVICES

 an ovation program