



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FRIDAY BRAIN GAMES

**CHALLENGE YOUR BRAIN WITH GAMES EVERY FRIDAY**  
**Fridays from 9:30 – 10:30 am**  
**NSYMCA Conference Room – FREE**

Calling all adults! Come and play familiar games, learn new games, make friends and challenge your brain power. You can bring games or just show up and play what's on the table.  
Free coffee and tea available while you play.

## Fun

When was the last time you played Rummikub or Scrabble? Ever heard of Set? Join us and have fun playing games while giving your brain a workout.

## Friendship

Bring your friends and make new friends as we socialize, improve cognitive function and play games.

## Keep Challenging Your Brain

- Board and card games
- Memory games
- Brain games



- Old games
- New games

**A part of the NSYMCA  
ADULT PROGRAMMING SERIES**

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