



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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Northbrook, IL 60062
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FOR IMMEDIATE RELEASE

NSYMCA Partners with Homewatch Caregivers to relaunch in-person "Brain Games" for Seniors

**Open and Free to the community, In-person Brain Games runs every
Tuesday and Thursday at the NSYMCA**

Northbrook, IL – February 2025– The North Suburban YMCA (NSYMCA) in partnership with Homewatch Caregivers, a trusted leader in caregiving services, is excited to announce the relaunch of its in-person program called "Brain Games." The program is designed to help people identifying themselves as adult seniors boost their cognitive skills and foster meaningful social connections.

"Brain Games" started as an in-person program at the Y in 2015, but has remained virtual since the pandemic. With the support of Homewatch Caregivers, the program is expanding and is available again in person every Tuesday and Thursday from 12:00 PM to 1:00 PM at the North Suburban YMCA, located at 2705 Techy Road, Northbrook, IL 60062. The Y will continue to host a virtual option on Mondays, Wednesdays and Fridays, as well.

Participants in "Brain Games" at the Y will engage in a variety of interactive activities, including puzzles, memory challenges, problem-solving tasks, and other stimulating exercises designed to enhance cognitive function. Some popular games include Set, Rumikub, Word on the Street, Apples to Apples, Bananagrams, Taboo, Simon and more. These sessions are meant to not only enhance cognitive function but to also provide an opportunity to build friendships and create a sense of community among participants.

"We are thrilled to collaborate with Homewatch Caregivers to bring this much-needed program back in person to our senior community," says Karen Brownlee, Adult Program Coordinator at the NSYMCA. "Charitable programs like this one aren't possible without help and support from partners, and we are so grateful to Homewatch Caregivers," continues Brownlee.

The partnership with Homewatch Caregivers underscores a shared commitment to supporting the health and wellness of people identifying as adult seniors. Homewatch Caregivers brings its expertise in senior care to ensure that the program is thoughtfully designed to meet the needs of its participants.

"At Homewatch Caregivers, we believe in empowering seniors to live their best lives," said Marina Frugoli, Marketing and Sales Associate at Homewatch Caregivers. "We are so proud to support the NSYMCA in building programs that promote brain health and social interaction, two critical components of healthy aging."

"Brain Games" is a free drop-in program open to all seniors in the community - no need to register. Whether you're looking to sharpen your cognitive skills, meet new friends, or simply enjoy an engaging hour of activities, "Brain Games" offers something for everyone.

For more information, please contact Karen Brownlee at kbrownlee@nsymca.com at the North Suburban YMCA at 847-272-7250 or visit our website at www.nsymca.org.

About the [North Suburban YMCA](#):

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at www.nsymca.org.

About [Homewatch Caregivers](#):

Homewatch Caregivers offers professional caregiving services that empower individuals to live independently and with dignity. With a focus on compassionate care and personalized support, Homewatch Caregivers is a trusted partner in senior wellness.



(Right to left) Karen Brownlee, Adult Program Coordinator at the NSYMCA and Marina Frugoli, Marketing & Sales Associate at Homewatch Caregivers prepare their room for Brain Games at the NSYMCA located at 2705 Techny Road, Northbrook.



The North Suburban YMCA in partnership with Homewatch Caregivers is relaunching their in-person "Brain Games" for people identifying as adult seniors every Tuesday and Thursday from 12pm-1pm.