



Keys to a Sharp Mind

Continuing Education at Laurel Lake Retirement Community

At Laurel Lake in Hudson, retirees are heading back to school in record numbers, attracted by an ever-expanding catalog of classes. Recently, eighty students gathered in the Laurel Lake Community Room for “The Supreme Court,” a dynamic history series taught by popular Northeast Ohio instructor Jerry Graham.

“This class was so timely,” said Laurel Lake resident Gerry Jones. “With the Supreme Court making headlines, it gives me a whole new framework for understanding how the court functions.”

The class is part of Laurel Lake’s *Keys to a Sharp Mind* program. Funded by a \$90,000 grant from the Reinberger Foundation, this pilot project is studying the benefits of intellectually, socially stimulating educational programs for active older adults. The program is a joint venture between Laurel Lake and nationally recognized clinical psychologist Paula Hartman-Stein, Ph.D., designed to promote cognitive fitness (“brain health”) using the unique advantages of a retirement community setting.

The grant has enabled Laurel Lake to greatly expand the number of lifelong learning opportunities available on its campus, and provide the university-level

instructors, extra computers and software needed to accommodate larger classes.

Studies have shown that for many people, brainpower begins to decline as we move into middle age. But a host of new research indicates that a program of regular stimulation can keep our brains healthier longer, which is key to a successful aging experience. *Keys to a Sharp Mind* raises the bar for lifestyle programming, taking a balanced, whole-person approach that will enable participants to learn, grow and function at optimal levels for the rest of their lives.

Challenging classes on a fascinating array of topics have been chosen by Laurel Lake residents, encompassing the arts, literature, computer and Internet skills, creative writing, American and international history and politics, health and sports medicine, and many other subjects. The classes are free and open to both Laurel Lake residents and area residents, with pre-registration required.

To request information or receive the latest “Keys to a Sharp Mind” course catalog, call 1-866-650-2100 or visit laurellake.org.

July Classes

These programs are free and open to the public, and will be held at Laurel Lake, 200 Laurel Lake Drive in Hudson. Space is limited and registration is required; call 1-866-650-2100.

BEST SELLERS

Instructor: Frances Ritsky-Kluter.
“The Year of Magical Thinking” by Joan Didion – July 11 at 1:00 PM.

MUSIC HISTORY

Instructor: Manuel J. Albacete, Executive Director of the Canton Museum of Art.
“Berlioz: Symphonie Fantastique” – July 17 at 1:00 PM.
“Puccini’s Tosca” – July 24 at 1:00 PM.

EXERCISE STRATEGIES FOR EVERYONE OVER 50

July 18 at 1:00 PM
 Instructor: Edward S. Potkanowicz, Ph.D., Assistant Professor of Exercise Physiology, Ohio University School of Recreation and Sport Sciences.
 A practical guide to fitness after age 50. Get the most current recommendations from the American College of Sports Medicine on physical activity for the “Over 50” crowd!