

2023-ALLE Learning
Better Brain Health through Lifelong Learning™

| January | February | March | April |
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| America's Influencers in the 20th Century | What's in a Name? | Just for the Health of it! | The Bright Lights of Cities |
| <ul style="list-style-type: none"> Will Rogers Eleanor Roosevelt Norman Rockwell | <ul style="list-style-type: none"> Telling the American Story Places with Name Changes Name That Place From Space | <ul style="list-style-type: none"> Artists and Their Food Food for the Heart & Brain The World's First Foodies | <ul style="list-style-type: none"> The History of Cities Art & Architecture In Public Spaces Meet Me In St. Louis; Music, Movies & Literature |
| <ul style="list-style-type: none"> Optimism and Our Brain | <ul style="list-style-type: none"> Defining Positivity One Letter at a Time | <ul style="list-style-type: none"> Ten Things to Know About Your Brain | <ul style="list-style-type: none"> Seasonal Changes Are Good For Our Brain |
| May | June | July | August |
| Protecting America's Natural Resources | Secrets of a Desert | Celebrating America | Secrets of the Earth |
| <ul style="list-style-type: none"> Theodore Roosevelt & The US Forest Service National Parks State by State National Parks; Art, Music & Literature | <ul style="list-style-type: none"> The Sonoran Desert & Its People Asia, Africa, and South American Deserts Australia's Ten Deserts | <ul style="list-style-type: none"> America's Music American Originals American Achievement (Inventions & Innovation) | <ul style="list-style-type: none"> Secret Places in the U.S. Our Oceans in the 21st Century Earth's Biggest Mysteries |
| <ul style="list-style-type: none"> Creativity and Better Brain Health | <ul style="list-style-type: none"> Making Deposits for Better Brain Health | <ul style="list-style-type: none"> It's Good To Be Curious | <ul style="list-style-type: none"> Technology and Our Brain-Good & Bad |
| September | October | November | December |
| Music, Art & Literature for the Seasons | Understanding the Past to Learn About the Present | Capturing America's Culture Through Literature | The Winter Season |
| <ul style="list-style-type: none"> Fall & Winter Spring & Summer Art & Literature for the Seasons | <ul style="list-style-type: none"> Ghost Towns & Oral Histories Art History: Artists & the Past Literature: Our Changing View of the Past | <ul style="list-style-type: none"> 19th C. Twain, Whitman & Alcott 20th C. Fitzgerald, Hemingway, Steinbeck 20th Century Seuss, Sendak, Wilder | <ul style="list-style-type: none"> Ten Ways to Celebrate Winter On This Day-Historical Winter Events A Bit of Holiday Magic |
| <ul style="list-style-type: none"> Music and Your Brain | <ul style="list-style-type: none"> What We Learned about the Brain in the 21st Century | <ul style="list-style-type: none"> Better Brain Health Through Grace & Gratitude | <ul style="list-style-type: none"> The Blue Zones & Better Brain Health |