ALLE *Learning*™
Better Brain Health Through Lifelong Learning

**2025 Monthly Subscription- Bringing the Past into the Present**
Three Classes Per Month
Two Lifelong Learning & One Well-Being and Happiness
$90.00 per month

Preserving and celebrating elements of the past, such as traditions, languages, and cultural practices, is essential for maintaining a sense of identity and heritage. Bringing the past to the present can help preserve traditions and foster a sense of remembrance and continuity across generations.

**Learning & Discovery**, **Well-Being & Happiness**

| January | February | March | April |
|---|---|---|---|
| Unusual Historical Influencers | Cultural Preservation | Balancing Tradition and Innovation | Learning from the Past |
| • Influential Broadway Musicals<br>• The WPA & Famous Artists & Writers<br>• **Sweet Dreams** | • Natural Art in the National Parks<br>• Vintage Music- Popular Today<br>• **Gratitude in Bloom: Cultivating Positivity for a Brighter Life** | • Tradition Meets Technology<br>• The Disappearing Greeting Card<br>• **The Energizing Force of Physical Movement** | • The Silk Road- Kublai & Genghis Khan<br>• The Mosaic of America's Culture<br>• **Things to Know About Your Brain** |
| May | June | July | August |
| Ancient Craftsmanship | Culinary Heritage | What's in a Name? | Architecture & Urban Planning |
| • The First People Tell Their Story<br>• Weaving, Pottery & Wood<br>• **Eco-Friendly Living** | • Famous Chefs<br>• America's Culinary Heritage<br>• **Food for Our Heart and Soul** | • Countries, Cities & Famous Places<br>• From Zeus to Starbucks: Legendary Names<br>• **Mastering Stress, Building Resilience** | • Architectural Wonders That Never Age<br>• Amazing Structures<br>• **Art & Creativity for Cognitive Resilience** |
| September | October | November | December |
| Storytelling & Oral Histories | Lessons From Historical Figures | Historic Preservation in Modern America | Nostalgia & Sentiment |
| • Literature- Famous Writers Set the Stage<br>• Memorable Characters<br>• **Hydration & Brain Performance** | • The History of Harvest<br>• Harvest Stars<br>• **Nature's Impact on Your Well-Being** | • Telling America's Story- Historic Structures<br>• The Library of Congress<br>• **The Influence of Hobbies** | • Vintage Holiday Advertising<br>• Holiday Foods- Cultural Heritage<br>• **Social Connections & Brain Health** |

Friday, September 5, 2025