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Free Brain-Teasing Classes To Be Held At Susi Q: What To Know

There are a slew of fall classes taking place at the Laguna Beach Community and Susi Q Center. Click through to learn more.



Miranda Ceja, Patch Staff



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The Susi Q Center is hosting three classes this fall, and here's a run down on what residents can expect. (Shutterstock)

LAGUNA BEACH, CA — Are you looking to sharpen your mind and let loose creativity in Laguna Beach? The Susi Q Center is hosting three classes this fall, and here's a run down on what residents can expect.

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First, the Susi Q will be offering a two-part Brain Bootcamp designed to stimulate your brain and strengthen your memory. Ben Allen, Education Specialist at Alzheimer's Orange County, will lead the two free 90-minute Brain Bootcamp sessions in November.

The sessions will be filled with interactive memory enhancement strategies and healthy brain lifestyle tips.

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According to organizers, the course is not intended for people living with Alzheimer's disease or other forms of dementia.

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will no doubt enjoy a competitive advantage after learning new memory techniques and the use of visual images in this class,” Director of Programming and Communications Jo Ann Ekblad told Patch. “On a more serious note, participants may well feel comforted to learn the difference between normal age-related memory changes and symptoms of serious problems such as Alzheimer’s.”

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The two sessions are slotted for Nov. 7 and Nov. 14 from 2 p.m. to 3:30 p.m. at the Susi Q Center. [Residents who wish to participate in the free classes were asked to register in advance.](#)

In addition, the Susi Q will present Still Life Painting in Pastel: The Basics, led by instructor Gianne de Genevraye, an acclaimed international artist.

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The classes are non-competitive, Genevraye said, and are designed to emphasize the joy of making art, not on individual prowess.

The class is made up of three sessions, which take place on consecutive days: Tuesday, Nov. 7, Wednesday, Nov. 8 from 10 a.m. to noon and Thursday, Nov. 9 from 4 p.m. to 6 p.m.

[Residents were asked to register via Susi Q's website.](#)

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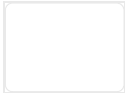
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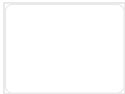
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