

TBH BRAIN FAIR 1.0

Sample Event Timetable and Workshop Logistics

Event Timetable

1:00-2:00p Keynote Lecture: Total Brain Health: How to Get It, How to Keep It! (Dr. Green)

2:00-4:00p Concurrent workshops (small gym)

Concurrent Workshops

NOTE: All stations will need some kind of signage

BODY

1. Juggling

Needs: Large open space in corner of room.
Small table for Jen's equipment.

Staff: 1 volunteer to assist Jen and maintain numbers to maximum of 10 per lesson.

2. Nintendo Wii Station

Needs: Nintendo Wii console and monitor
Chairs (*at least two*); open space for standing

Staff: 1 staff volunteer

3. Chair Yoga

Needs: Open space with mats or chairs, preferably in a corner of the room.

Staff: No additional staff needed.

4. Brain Healthy Eating with Nutritionist

Needs: Long table and one chair for nutritionist.
Large trash can to place next to the table.

Staff: No additional staff needed.

5. Brain Health and Wellness Information

Needs: Long table and two chairs
Literature on Alcohol abuse, medications, brain health and memory wellness. Blood pressure screening.

Staff: Nurse for blood pressure screening, Pharmacist for medication information, 1 volunteer to man this activity.

MIND

6. Word Scramble

Needs: Large white board or flip chart on easel (*please make sure it is very stable!*). White board markers. Suggested words (*we can use more than one over the course of the event*): OMNIVOROUS CEREBELLUM RATIONALIZATION

Staff: 1 volunteer to man this activity.

7. Cartooning

Needs: Long table with up to 5 chairs for participants and one for the artist (can possibly accommodate two more chairs on the sides of the table).

Staff: 1 volunteer to assist Arnie.

8. Brain Games

Needs: 2-3 small card tables with 4 chairs each.

Memory Arts will provide the following games: Boggle, Bananagrams, Zip It (2). (*we may reduce this to two game tables for space*).

Staff: 1 volunteer to man this activity, should be familiar with the rules of the games.

9. 7 Words of Wisdom

Needs: Long table and two - three chairs.

Index cards, pencils or pens (Memory Arts to provide)
Samples (*Memory Arts to provide*)

Staff: 1 volunteer to man this activity, should be familiar with the activity.

SPIRIT

10. Aromatherapy and Hand Massage

Needs: Long table and two chairs.

Staff: 1 volunteer to assist Sandy.

11. Volunteer Activity

(*Suggested: Decorating paper bags for Thanksgiving Food Pantry distributions; cards to military stationed overseas, cards to hospitalized children*)

Needs: Long table and two chairs.
Craft supplies for activity.

Staff: 1 volunteer to man this activity, should be familiar with the activity.

(*Crosses over with Yoga, Words of Wisdom*)