

✖ Just like other parts of our bodies – keeping the brain muscle moving is good for us in the long run. I just read a couple articles recently on how lifelong learning (classes, seminars, webinars, brain games and keeping up with the latest news) improves us physically and mentally.

The recent issue of Senior Real Estate Specialist newsletter talks about the benefits of living in communities where life-long learning is encouraged and supported. Studies show that mental stimulation protects the brain by decreasing formulation of plaque (related to the onset of Alzheimer's), supports new nerve cell growth and promotes better communication between nerve cells.

Centralia College is a great resource for 50+ Learners. They offer community oriented classes, and they will even give you a discount if your are 50 years of age or older. Check them out at <http://www.centralia.edu/>.


While living in Stillwaters Estates gives us the advantage of a great college in Centralia, you don't have to leave your home anymore to take advantage of college or other certificated programs. So much is online and available as E-learning. There is a lot of good education and brain game information on the AARP.ORG website as well.

Keep Learning for Physically Fit Brain Cells!

### **Quote of the Day:**

"You have got to get up every day with determination if you're going to go to bed with satisfaction." – George Lorimer

**Happenings this week:**


 **Friday, July 25th:** Music in the Park, 7 p.m., Recreation Park, Chehalis, free, Steve Stefanowicz and Cherry Cherry (tribute to Neil Diamond), (360) 748-0271

**Friday and Saturday, July 25th and 26th:** Planes, Trains & Automobiles, a celebration focusing on transportation, is coming to Chehalis Friday and Saturday. The following events are planned:

- Free flights for ages 8-17 will be 10 a.m.-4 p.m. Saturday at the Chehalis-Centralia Airport, located at 900 NW Airport Road.
- The public will be able to see and touch military vehicles all day Saturday at the Veterans Memorial Museum, 100 SW Veterans Way.
- Steam train rides will be available at the Chehalis-Centralia Railroad and Museum, 1101 SW Sylvenus St. Call the railroad at (360) 748-9593 for more information.
- A preshow cruise for the Chariots Club Car Show will be Friday night in downtown Chehalis, and the car show will be 10 a.m.-4 p.m. Saturday, also in downtown Chehalis.
- A pancake breakfast and hot dog lunch will be available Saturday at the Lewis County Historical Museum. Food will be available starting at 8 a.m., served by local elected officials.
- ARTrails window art displays will be downtown Chehalis businesses all weekend.
- Oregon Ralley Group rallycross racing will be 10 a.m.- 4:30 p.m. both Saturday and Sunday at the Port of Chehalis, 321 Maurin Road.

**Saturday, July 26:** Historic Fox Theatre Restorations will present “Field of Dreams” Saturday as the next film in its 2014 Movie Series. Showtimes are 2 and 7 p.m. at the Fox Theatre in downtown Centralia. As a special treat, Fred Beeks will be on hand to play the Fox Theatre organ before each screening. Admission for the movie is \$8 per person, \$7 for members and \$20 per family (three to four persons). Presale tickets are available at Book ‘n’ Brush in Chehalis and Debbie’s Boutique, Holley’s Place Frozen Yogurt, HUBBUB and Santa Lucia Coffee in Centralia. Holley’s Place and the new Fox Theatre concession stand supply movie snacks, including popcorn, nachos, hot dogs, pretzels, drinks and more.

**Also Saturday, July 26th:** A Community Shred and Share event sponsored by Washington State Employee’s Credit Union. Bring up to 3 file-size boxes of sensitive documents for shredding to WSECU’s location at 2015 NE Kresky Avenue in Chehalis. They are asking for donations of cleaning products and personal hygiene items which will be given to the Lewis County Shelter Program.

 **Weather:** Very pleasant today with temperatures in the high 70’s. After a week of rain and clouds this is very nice! Starting tomorrow temperatures edge back up into the 80’s and by Monday or Tuesday we will have 90 degree weather with no chance of rain for the following week. Enjoy this summer weather!