



### Colorful Care Model

COGNITIVE  
STIMULATION

MANAGE STRESS

SOCIALIZATION AND  
SENSE OF PURPOSE

CREATIVE ARTS

HEART AND BRAIN  
HEALTHY DIETS

PHYSICAL WELLNESS  
AND EXERCISE



# Take CHARGE:

## Cognitive Habits to Age with Resilience and Grace Everyday!

**Take CHARGE** is for participants who are experiencing early memory loss, or have recently received a diagnosis such as Mild Cognitive Impairment, Alzheimer's Disease and related dementias, Parkinson's Disease, stroke, or traumatic brain injury.

**Get CHARGED Up!** Join us for a 6-week course to learn how to incorporate practices that support your cognitive health and take CHARGE of your daily life.

**Wednesdays,  
January 28–March 4, 2026**

10am–Noon

1015 Howard Street, Evanston

Space is limited.

Registration required: 847.492.1400

This course utilizes **Adult Day Services' Colorful Care Model** to teach coping skills, cognitive exercises, and compensatory strategies.

**Call 847.492.1400**



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

Adult Day Services 1015 Howard Street, Evanston IL | [cje.net/adsevanston](http://cje.net/adsevanston) | 773.508.1000

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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