



Upcoming Events

Game Night

Play your way to a healthier brain!
Thursday, April 9th, 5:30-7:30pm
FREE, RSVP to 312-494-7769 or
events@marblesthebrainstore.com



98.7wfmt
Chicago's classical experience

Join us for the debut of *La Triviata: The WFMT Game Show* broadcast live in front of a studio audience from Marbles: The Brain Store! This new WFMT classical music trivia show will pit three teams against each other for a fun battle of classical brain power. How well do you think you know your music? Can you outwit our panel of contestants? Tune-in to WFMT 98.7fm on Thursday, April 16th at 5pm to find out and play along!

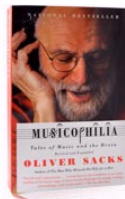
Seats are limited but Marbles will be raffling 5 tickets. Click [here](#) to learn how you can enter for a chance to win.



April 2009

Brain Tip

Need a boost to your workout? Music may augment the effect of exercise. Research reported in [Scientific American Mind](#) evaluated two groups of volunteers - one that completed a workout in silence and the other that listened to Vivaldi's Four Seasons. Both groups had an improved mood post-exercise, but the verbal skills of the group listening to music improved twice as much! Read more about the relationship between music and the brain in [Musicophilia: Tales of Music and the Brain](#).



In the News

Music has been touted to have far reaching benefits related to exercise, neurological conditions, overall wellness and concentration. From casually listening to music, to learning an instrument, to undergoing musical therapy, music has a profound influence on our brain.

- An article from **US News and World Reports** entitled [Music as Medicine for the Brain](#) delves into cases of doctors using music therapy as part of a treatment plan for Parkinson's and Alzheimer's.

Marbles Amateur Crossword Puzzle Tournament

Show your talents and compete in 3 rounds of unpublished crosswords from *The New York Times*.

Three reasons to come:

- The first amateur crossword tournament in Chicago
- All proceeds benefit the Rehabilitation Institute of Chicago
- All levels welcome
- Prizes for the winners!

Saturday, April 18th, 1pm
\$20 or \$15 by April 11th
RSVP to 312-494-7769 or
events@marblesthebrainstore.com

Brain Aerobics

Thursday, April 23rd, 5:30-7:30pm
\$5 ahead of time, \$7 on the day
RSVP to 312-494-7769 or
events@marblesthebrainstore.com

All events are held at:

Marbles: The Brain Store
55 E. Grand Ave
Chicago, IL 60611
(between Rush and Wabash)

Brain Teaser

Courtesy of GoMental

From the list below, which one does not belong and why? (Hint: Think about classical music)

?
Jupiter
Mercury
Paris
Prague

Click [here](#) for the answer.

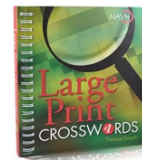
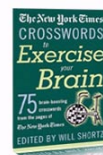
- Scientific American Mind describes Six Ways to Boost Brainpower in their February/March edition - check out Method 5 for another perspective on the benefit of music.
- The American Music Conference reports on the role of music therapy in maintaining language fluency during stroke rehabilitation.

For a fun way to work your musical skills and memory, check out Encore where you have to recall lyrics from different songs and sing them back to your teammates!



Some Brain Boosting Activities for April...

Get ready for the Marbles Crossword Puzzle Tournament this month with Conquering the NYT Crossword written by Amy Reynaldo, a local crossword expert who will be joining us at the tournament. If you already know how to solve the puzzles but are looking for some practice, try one of the crossword puzzles from our collection.



If you're looking for something more interactive, try Bananagrams - a fast-paced word game where you keep rearranging letters to form interlocking words.

