

Updated: March 31, 2012

*Boosting Your Memory* is a memory enhancement program for adults, age 50 and over, who are interested in addressing their concerns around memory in relation to normal aging.

- Classes are held once a week for six weeks. Each class lasts about 2.5 hours.
- *Boosting Your Memory* is facilitated by Alberta Health Services Occupational Therapists and Community Health Nurses, with special presentations by Registered Dietitians.
- Referral is not required.

*For more information:*

*Occupational Therapy  
Services for Seniors  
Allied Health-Edmonton  
Zone*

**(780) 342 - 6826**

### BYM – Winter 2011/Spring 2012 classes

Location	Contact for Registration	Starting Date & Time
<b>Edmonton Seniors Centre</b> Edmonton General Hospital 3Y, 11111 Jasper Ave. Edmonton  Facilitators: Bonnie W and Sylvia K.	780-342-8625	<b>Tuesday</b> March 6 – April 03, 2012 10:00 – 12:30 p.m.
<b>SAGE</b> 15 Sir Winston Churchill Square 102A Avenue 100St Edmonton, AB  Facilitators: Lorraine D and Rosanna W	Rachel 780-701-9016 <b>Cancelled</b>	<b>Tuesday</b> March 6 – April 10, 2012 9:30 – 12:00 p.m. <b>Cancelled</b>
<b>St. Albert Senior Citizens' Club</b> 7 Tache Street St. Albert, AB  Facilitators: Julie W and Sylvia K	780-459-0433	<b>Tuesday</b> April 17 – May 22, 2012 1:00 – 3:30 p.m.
<b>Jewish Drop - in Centre</b> 10052 – 117 Street, Edmonton, AB  Facilitators: Bev T. and Sylvia K.	780-488-4241	<b>Wednesday</b> April 25 – May 30, 2012 9:00 – 11:30 a.m.

**BYM – Summer/Fall 2012 classes**

<b>Location</b>	<b>Contact for Registration</b>	<b>Starting Date &amp; Time</b>
<p><b>Strathcona Place Senior Citizens Centre</b>                      10831 University Ave.                      Edmonton, AB</p> <p>Facilitators: Karen Berger and Amy L.</p>	<p>Kerri                      780-342-6826</p>	<p><b>Wednesday</b>                      Aug.22 – Sept.26, 2012                      1:00 – 3:30 p.m.</p>
<p><b>Edmonton Seniors Centre</b>                      Edmonton General Hospital                      3Y, 11111Jasper Ave.                      Edmonton</p> <p>Facilitators: Bonnie W and Sylvia K.</p>	<p>Call 780-342-8625</p>	<p><b>Tuesday</b>                      Aug. 28 – Oct.02, 2012                      9:30 – 12:00 noon</p>

**BYM – Summer/Fall 2012 classes**

<b>Location</b>	<b>Contact for Registration</b>	<b>Starting Date &amp; Time</b>
<p><b>Westend Seniors Activity Centre</b>                      9626 – 176 Street                      Edmonton</p> <p>Facilitators: Sylvia K. and Sandi J.</p>	<p>780. 483 – 1209</p>	<p><b>Tuesday</b>                      Jan. 22 – Feb.26, 2013                      1:00 – 3:30 p.m.</p>

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