

Updated: **October 31, 2011**

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 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.
- There is a registration fee of \$15.00 per person.

For more information:

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

(780) 342 - 6826

BYM - Fall classes 2011

Location	Contact for Registration	Starting Date & Time
<p>SAGE 15 Sir Winston Churchill Square Edmonton</p> <p>Facilitators: Rosanna and Lorraine</p>	<p>Rachel (780) 701-9016</p>	<p>Tuesday Aug 23 – Sept 27, 2011 1:30 – 3:30 p.m.</p>
<p>St. Albert Primary Care Network #2, 20 Sir Winston Churchill Ave., St. Albert</p> <p>Facilitators: Sylvia/Rosanna and Julie</p>	<p>780. 419 – 2214 Ext. 0</p>	<p>Thursday Sept 01 – Oct 06, 2011 9:30 – 11:30 a.m.</p>
<p>Westend Seniors Activity Centre 9626 – 176 Street Edmonton</p> <p>Facilitators: Sylvia/Sarah* and Sandi</p>	<p>780. 483 – 1209</p>	<p>Tuesday Sept.13 – Oct.18, 2011 10:00. – 12:00 noon</p>
<p>South East Edmonton Seniors Association (SEESA) 9350 – 82 Street, Edmonton</p> <p>Facilitators: Sarah/Amy* and Lisa</p>	<p>780 - 468 – 1985</p>	<p>Friday Sept.16 – Oct.21, 2011 10:00 – 12:00 noon</p>
<p>Riverbend Public Library 460 Riverbend Square Rabbit Hill Road & Terwillegar Drive, Edmonton</p>	<p>780. 944 – 5311 or To register online at www.epl.ca</p>	<p>Tuesday Sept. 20 – Oct. 25, 2011 2:00 – 4:00 p.m.</p>

Location	Contact for Registration	Starting Date & Time
Facilitators: Amy/Rosanna* and Julie/Lisa		
Centre in the Park #200, 501 Festival Ave Sherwood Park, AB Facilitators: Sue A. Wilson &	(780) 992-5824	Tuesday Sept 27 – Nov 01, 2011 1:30 – 3:30 p.m.
Central Lions Seniors Citizens Recreation Centre 11113 – 113 Street, Edmonton Facilitators: Sylvia/Sarah* and Bonnie/Bev	780. 496 – 7369	Thursday Sept.29 – Nov.03, 2011 2:00 – 4:00 p.m.
Whitemud Crossing Library 145 Whitemud Crossing Shopping Centre, Edmonton (Whitemud Freeway and 106 St.) Facilitators: Amy and Sandi	780 -342 – 6826	Tuesday Nov.01 – Dec.06, 2011 1:00 – 3:00 p.m.
Provident Place, Agrium Room 4944-53 St Redwater, AB Facilitators: Sue A. Wilson &	780-992-5824 Cancelled	Wednesday Nov 02 – Dec 07, 2011 1:30 – 3:30 p.m. Cancelled

BYM – Winter Classes 2012....

Location	Contact for Registration	Starting Date & Time
South East Edmonton Seniors Association (SEESA) 9350 – 82 Street Edmonton Facilitators: Sarah Shultis & Lisa	780 - 468 – 1985	Wednesday Jan 18 – Feb 22, 2012 9:30-12:00 noon
St. Albert Primary Care Network #2, 20 Sir Winston Churchill Ave., St. Albert Facilitators: Julie W. and Rosanna W.	780. 419 – 2214 Ext. 0	Thursday Jan.19 – Feb.23, 2012 9:30 – 12:00 noon
Northgate Health Centre Northgate Centre, 2020, 9949 – 137 Avenue, Room 207 Facilitators: Julie W. and Rosanna W.	Trudy 780- 377 - 4098	Tuesday Jan.31 – March 06, 2012 1:00 – 3:30 p.m.

Location	Contact for Registration	Starting Date & Time
<p>Edmonton Seniors Centre Edmonton General Hospital 3Y, 11111 Jasper Ave. Edmonton</p> <p>Facilitators: Bonnie W and Sylvia K</p>	<p>780-342-8625</p>	<p>Tuesday March 6 – April 03, 2012 10:00 – 12:30 p.m.</p>
<p>St. Albert Senior Citizens' Club 7 Tache Street St. Albert, AB</p> <p>Facilitators: Julie W and Sylvia K</p>	<p>780-459-0433</p>	<p>Tuesday April 17 – May 22, 2012 1:00 – 3:30 p.m.</p>