

Updated: April 30, 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
St. Albert Senior Citizens' Club 7 Tache Street St. Albert, AB Facilitators: Julie W and Sylvia K	780-459-0433 Cancelled	Tuesday April 17 – May 22, 2012 1:00 – 3:30 p.m. Cancelled
St. Albert Primary Care Network #2, 20 Sir Winston Churchill Ave., St. Albert Facilitators: Julie W. and Rosanna	780. 419 – 2214 Ext. 0	Thursday April 25 – May 31, 2012 9:30 – 12:00 noon
Jewish Drop - in Centre 10052 – 117 Street, Edmonton, AB Facilitators: Bev T. and Sylvia K.	780-488-4241 Cancelled	Wednesday April 25 – May 30, 2012 9:00 – 11:30 a.m. Cancelled
Jewish Drop - in Centre 10052 – 117 Street, Edmonton, AB Facilitators: Bev T. and Sylvia K.?	780-488-4241	Wednesday May 09 – June 13, 2012 9:00 – 11:30 a.m.

BYM – Summer/Fall 2012 classes

Location	Contact for Registration	Starting Date & Time
<p>SAGE 15 Sir Winston Churchill Square 102A Avenue 100St Edmonton, AB</p> <p>Facilitators: Rosanna W, Bev T. and Julie W.</p>	<p>Rachel 780-701-9016</p>	<p>Thursday July 05 – August 09, 2012 9:30 – 12:00 p.m.</p>
<p>Strathcona Place Senior Citizens Centre 10831 University Ave. Edmonton, AB</p> <p>Facilitators: Karen Berger and Amy L.</p>	<p>Kerri 780-342-6826</p>	<p>Wednesday Aug.22 – Sept.26, 2012 1:00 – 3:30 p.m.</p>
<p>Edmonton General Hospital 3Y, 11111Jasper Ave. Edmonton</p> <p>Facilitators: Bonnie W and Sylvia K.</p>	<p>Call 780-342-8625</p>	<p>Tuesday Aug. 28 – Oct. 2, 2012 9:30 – 12:00 noon</p>

BYM – Spring 2013 classes

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

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