

# The Memory Academy & Advanced Memory Academy

Castro Valley Adult and Career Education  
Active Adults 55+

- ✓ *Fight forgetfulness with brain sprints and other challenging mental activities.*
- ✓ *Learn about the aging brain and how to adapt to changes that normally come with age.*
- ✓ *Strengthen your body with weight training, aerobics, balance, posture improvement, relaxation, and exercises that improve brain functioning.*
- ✓ *Challenge your mind and body to keep sharp and strong!*

## The Memory Academy II

Thursday ~ 1:30 pm - 4:00 pm  
September 22 -  
December 1 •

## Advanced Memory Academy

Tuesdays ~ 1:30 pm - 3:30 pm  
September 20 -  
November 29 •

Wednesdays ~ 1:30 - 3:30 pm  
September 21 -  
November 30 •

**Fee for each class is \$39.00 •**

(non-seniors can enroll for \$60.00)

### REGISTRATION:

**On-line:** [www.cvadult.org](http://www.cvadult.org) **By phone:** 510-886-1000  
**In person:** 4430 Alma Avenue, Castro Valley

Now what was  
I suppose to  
remember?!?



- ♦ *Great Students*
- ♦ *Great Staff*
- ♦ *Great Expectations!*