

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 I

Thursday ~ 1:30 - 4:00 pm
September 16 -
December 16, 2010 •

The Memory Academy II

Thursday ~ 9:00 - 11:30 am
September 16 -
December 16, 2010 •

Advanced Memory Academy

Tuesdays ~ 1:15 - 3:45 pm
September 7 -
December 14, 2010 •

Wednesdays ~ 1:30 - 4:00 pm
September 8 -
December 15, 2010 •

Fee for each class is \$39.00 •
(non-seniors can enroll for \$49.00)

Open Enrollment ~ Start Anytime!

REGISTRATION:

On-line: www.cvadult.org **By phone:** 510-886-1000

In person: 4430 Alma Avenue, Castro Valley

Great Students - Great Staff - Great Expectations!

Now what was I suppose to remember?!?

