

## Early Stage Programs Southeastern Wisconsin

### Milwaukee County

#### Early Bird Club

A memory enhancement class designed specifically for individual's with mild memory loss. The focus of the program is maintaining and enhancing memory and brain functioning through use of a variety of different brain exercises.

**Who is eligible to attend?** Anyone who wants to participate in the program.

**What is the application process?** Completing a simple enrollment form and responding to two simple questions.

<p>Location: The Lutheran Home</p> <p>7500 West North Avenue Wauwatosa</p> <p>Contact: Jennifer Nowak 414-258-4192</p> <p><a href="http://www.lutheranlivingservices.org">www.lutheranlivingservices.org</a></p>	<p>Cost: \$37.00 per class</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> <li>• Monday through Thursday</li> <li>• 10:00 am – 2:00 pm</li> <li>• Lunch provided</li> </ul>
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#### Luther Manor Jump Start Mental Fitness Class

Jump Start is an educational and participatory class for people with early memory loss. Class members learn a proactive approach to brain health, strategies to “retain the brain”, memory enhancement techniques and make lasting connections to professionals.

**Who is eligible to attend?** Anyone interested in learning about brain health and staying mentally fit.

**What is the application process?** There is a class trial visit and four information gathering forms.

<p>Location: Luther Manor</p> <p>Independent Living – Sycamore Room South Terrace 4545 N. 92<sup>nd</sup> Street Milwaukee</p> <p>Contact: Dawn Adler R.T. 414-464-3888 Ext. 314</p> <p><a href="http://www.luthermanor.org">www.luthermanor.org</a></p>	<p>Cost: \$37.00 per class, \$33.00 per class for Luther Manor Residents</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> <li>• Monday and Wednesday</li> <li>• 10:00 am - 2:00 pm</li> <li>• Lunch provided</li> <li>• Transportation available</li> </ul>
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