

alzheimer's association®

Spring/Summer/Fall 2010 Classes for People with Mild Memory Loss

Class Title	Location	Day	Time	Dates
<p>Memory Drumming</p> <p>Cost: \$5/1-hour class</p> <p>Sponsored by the Alzheimer's Association</p>	<p>Alzheimer's Association</p> <p>9370 Olive Blvd. St. Louis, MO 63132</p> <p>314-432-3422 1-800-272-3900</p>	<p>4th Monday of each month</p> <p>Open Jam Session (drop-ins welcomed)</p>	<p>5:30 – 6:30 p.m.</p>	<p>March 22 April 26 May 24 June 28 cancelled July 26 August 23</p>
<p>Brain Fitness Gym</p> <p>Instructor: Don Veenstra</p> <p>Cost: \$150 (\$15/2-hour class)</p> <p>Sponsored by Seniors and Company</p>	<p>Seniors and Company Adult Day Services</p> <p>115 Piper Hill Dr. St. Peters, MO 63376</p> <p>Contact: Laura Sullivan at 636-926-2121</p>	<p>Mondays</p>	<p>10:00 a.m. – 12:00 p.m.</p>	<p>March 8 March 22 April 5 April 19 May 3 May 17 June 7 June 21 July 5 July 19</p>
<p>Life Stories: Discussion and Art</p> <p>Instructor: Mary Jones</p> <p>Cost: \$120 (\$12/2-hour class)</p> <p>Sponsored by Cardinal Ritter Senior Services</p>	<p>Cardinal Ritter Adult Day Services</p> <p>7601 Watson Rd. St. Louis, MO 63119</p> <p>Contact: Deb Hill at (314) 962-7501</p>	<p>Thursdays</p>	<p>10:00 a.m. - Noon</p>	<p>May 6 May 13 May 20 May 27 June 3 June 10 June 17 June 24 July 1 July 8</p>
<p>Project Esteem – I</p> <p>Cost: \$50</p> <p>Sponsored by the Alzheimer's Association</p>	<p>Salem in Ladue United Methodist Church</p> <p>1200 S. Lindbergh Blvd St. Louis, MO 63131</p> <p>314-432-3422 1-800-272-3900</p>	<p>Thursdays</p>		

Class descriptions:

- **Memory Drummers** – A percussion group for people with mild memory loss. No skills, talent or past experience with drumming are required. This is an open jam session, so people are welcome to come when they can...and skip when they choose to. A fee of \$5 is charged for each session; 6 sessions for \$25. Those who can't afford to pay are asked to call ahead to learn of scholarship opportunities. This class offers a good opportunity to exercise the right hemisphere of the brain!
 - **Brain Fitness Gym** – Get the left hemisphere of the brain moving with exercises to keep you thinking. Activities are designed for people with memory loss and are challenging, but not frustrating. This is a fun class that, among other things, involves opportunities to learn and play games using the Nintendo Wii.
 - **Life Stories: Discussion and Art** – A discussion group for sharing stories from each students' own life and using collage art to visually bring to life students' stories and memories
 - **Project Esteem-I** – An education and support program for people with mild memory loss and their family members/friends. A chance to learn about the changes that are normal in the early stages of memory loss and how to cope with those changes. Registration is required (drop-ins are not permitted). Please call for eligibility information. Tuition is \$50. Scholarships are available. No one is turned away due to inability to pay.
- Classes other than Project Esteem are for people with mild memory loss. Project Esteem is for people with diagnosed dementia and their family/friends.
 - A registration discussion is part of the registration process. This ensures the program is a good match for each potential class member.
 - Professionals from the appropriate fields will teach each class.
 - Tuition is paid to the Alzheimer's Association except for the class offered at Seniors and Company.
 - **Registration:**
 - No registration needed for **Memory Drummers**. Please just drop-in. (But you can call Deb Bryer at 314-432-3422 or 1-800-272-3900 for information)
 - To register for **Project Esteem**, please call 314-432-3422 or 1-800-272-3900 for registration. Ask for Deb Bryer, Early Stage Coordinator.
 - To register for the class at **Seniors and Company**, please contact Laura Sullivan at 636-926-2121.
 - To register for the class at **Cardinal Ritter Senior Services**, please contact Deb Hill at 314-962-7501