

Sample Agenda:

Class Topic: Brain Plasticity

9:30 - Therapeutic Programs

- Brain Integration Exercises
- Diaphragmatic Breathing
- Tapping and Stretching
- Aromatherapy
- Hydration

10:30 – Mental Agility Programs

- Word Game – All Answers Begin With “TRI”
- Brain Game – How’s the Weather?
- Math Challenge – Mind Your Math
- Verbal Fluency – Word Mining – Over-enthusiastically

11:30 –Moving for Memory Exercise

12:00 – Lunch

12:30 – Cognitive Stimulation

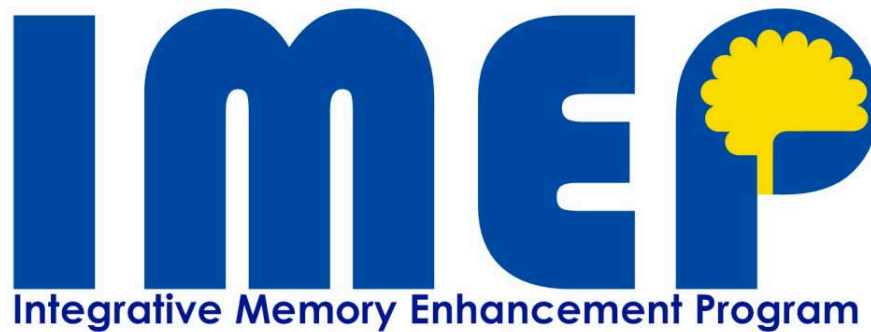
- Topic Article – Brain Plasticity
- Three Letter Challenge – Board Activity
- Top Twelve Tech Terms – Board Activity
- Put it in Reverse – Group Activity

1:30 – Guided Relaxation

2:00 – Class Discussion and Peer Support



The Integrative Memory Enhancement Program was developed by St. Johns County Council on Aging, Inc.
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Sample Topic Article: Brain Plasticity

Recent advances in neuroscience show that the brain has something called neuroplasticity. This is the ability of the brain to form not only new connections between existing neurons in the brain but also to generate new neurons throughout our lives.

For example, consider how people learn to speak again after a stroke, or walk again after an injury.

Creation of these new neural connections can be facilitated through increasing awareness, focusing attention, and repetitive practice. But what actually happens physically?

Neuroplasticity works through three main processes: myelination, synaptic connection, and neurogenesis.

Myelination protects the neuron and speeds up the transmission of information.

Synaptic connection occurs when existing neurons that have never communicated with each other before, literally start to connect with one another through the sending and receiving of chemicals called neurotransmitters.

Neurogenesis occurs when completely new neural cells begin to grow not only in our body, but also in our brain. Research has linked neurogenesis in our brains to learning new skills and exercising ones that we have ignored.

With so much to gain, let's get started growing our brain!



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