



BrainStormers

Join this active program for adults who want to improve their memory through games, exercise, making friends and having fun!

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| <input type="checkbox"/> Whole body fitness | <input type="checkbox"/> Educational opportunities |
| <input type="checkbox"/> Games & brain teasers | <input type="checkbox"/> Speakers |
| <input type="checkbox"/> Memory enhancing techniques | <input type="checkbox"/> Field trips |
| <input type="checkbox"/> Creative arts | <input type="checkbox"/> Stress reduction techniques |

Wednesdays 9:30 am – noon, 8 week session/\$100

Classes start Feb. 3rd, Peninsula Volunteers

Little House, The Roslyn G. Morris Activity Center

800 Middle Avenue, Menlo Park

For more information, call Shawn Evans at 650-322-0126

www.peninsulavolunteers.org