

The
Great Lecture Library
Excite Your Mind - Listen to Lectures

The Great Lecture Library - Resource for Brain Fitness

SUGGESTIONS FOR INDIVIDUALS and SENIOR GROUPS

1. Listen to a lecture of interest.
2. Listen to a lecture about a topic new to you.
3. Share something you learned with another person.
4. Look up additional information about the lecturer.
5. Listen to additional lectures on related topics or by that speaker.
6. Find a listening partner and discuss the program.
 - a. Give it as a gift to someone with similar interests.
7. Form a Great Lecture Library Club for the purpose of having regularly scheduled discussions. *

SUGGESTIONS FOR SENIOR RESIDENCES *

1. Make it a part of your activity program.
 - a. Provide appropriate settings and equipment for those with hearing problems.
 - b. Break it into segments so that you can use the lecture during the course of a week.
2. Involve volunteers who can help to summarize the highlights of each segment.
3. Provide ways that families can share in this experience.

* Contact Kathryn Kilpatrick if you would like to know more about her services as a consultant. She can help you create a brain fitness program for individuals, groups or senior residences.

www.memoryfitnessmatters.com
www.thegreatlecturelibrary.com

Brain Fitness For All Ages Newsletter

<http://www.connectionsincommunication.com/pages/static/NL2006Fall.pdf>