

Week 1

MEMORY BASICS

Memory....is a diary that we all carry around with us.

OSCAR WILDE

MONDAY

Your memory helps you to recall – the past and present. It is how you communicate with the world. You are about to begin a step by step program to enhance your memory fitness. Enjoy the experiences along this path.

TUESDAY

Everyone has memory lapses from time to time. They can be very frustrating, but also time consuming and perhaps embarrassing. Think about the times when you have forgotten something. How did you feel?

WEDNESDAY

It will often be your short-term memory that gives you the problem. Information that goes into your short-term memory stays for a brief time. Today you might not need the phone number you looked up yesterday.



THURSDAY

Only a small part of the information you want to recall goes into long term memory for more permanent storage. Your long term memory is capable of holding tremendous amounts of information.

FRIDAY

In the aging brain short term memory is fragile. Do you know someone who can recall a story from their past but cannot recall what they had for breakfast? Stress and poor lifestyle choices can also have a negative effect on remembering.

SATURDAY

**Today you are going to reach back into your long-term memory.
Go through each of the decades of your life.
Recall a memorable experience from each one of them.
Share one of your favorite stories.**

SUNDAY

**Go through some of your old photo albums.
Sit back, relax and enjoy a walk down memory lane.
Call someone who shared a happening with you and compare stories!**

