



DAILY AGENDA

DATE Mon. /Tues. 8/1/16 – 8/2/16 CLASS TOPIC Brain Plasticity

NUMBER OF PARTICIPANTS _____ VOLUNTEERS _____

9:00 - WELCOME, CHECK – IN, MORNING COFFEE

9:30 - MORNING ANNOUNCEMENTS – Today’s menu, daily weather report, upcoming events, On This Day in History, Pledge of Allegiance, Question of the Day, Word of the Day, etc.

News Flash – A New Look at Your Well-Being

10:00 - MORNING STRETCH – Hydration, Aromatherapy, Tapping, Gentle Stretching, Diaphragmatic Breathing, Balance, Brain Integration Exercises, etc.

10:30 - MORNING MENTAL WARM-UPS

Word Game – All Answers Begin With “TRI”

Brain Game – How’s the Weather? - Trivia

Math Challenge – Mind Your Math

Word Game – Word Mining - Overenthusiastically

11:30 - MOVING FOR MEMORY - CHAIR EXERCISE

12:00 - LUNCH

AFTERNOON STRETCH – Breathe, Stretch, Stand, Walk

12:30 - TOPIC AND ACTIVITY

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 CONCLUSION

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 brains!

