



FOR IMMEDIATE RELEASE
July 3rd, 2014

MEDIA RELEASE

Summer Camp for the Senior brain!

Victoria, BC. Memory PLUS (Practice Laughter and Useful Strategies) is a program designed for seniors 55 and better to keep their minds engaged and sharp through conversation and connections. This summer Silver Threads Service is offering a four week summer session, perfect for those who are new to try it on for size and for those returning an opportunity to keep building on their skills. Just like summer camp the last class will be an outing to a local park. Caregivers are welcome.

Sessions will be offered starting July 15th at the following times and locations:

Tuesday	St. George's Church	1:00-3:00pm
Thursday	St. Luke's Church	9:30 – 11:30
	Silver Threads Service Saanich Centre	1:00 – 3:00pm
Friday	Silver Threads Service Saanich Centre	1:00 – 3:00pm

Memory PLUS attendee, Ruth Simkin says "I have been attending Memory Plus sessions for several years now and over time; it has become my favourite afternoon of the week. I am not really a "group person" so it is somewhat of a surprise to me how much I enjoy meeting every Tuesday afternoon for a few hours. Many of the people in the group have become my personal friends and I always look forward to attending." The Memory PLUS Program is designed on the premise that whatever your age you can always improve your cognitive function through daily activities, lifestyle and good health practices. Memory loss is not an inevitable result of aging.

Silver Threads Service is a registered charitable organization serving the community since 1956. Our vision is to connect seniors to their communities by providing programs and services that build social connections including improving the health and well-being of those at risk.

For further information or to register call Lisa Coulson at Silver Threads Services - Saanich Centre (250) 382-3151 or visit 286 Hampton Road, Victoria, BC.

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For information contact:

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