



FOR IMMEDIATE RELEASE
August 31st, 2016

MEDIA RELEASE

Strategies for living with Memory Loss

Victoria, BC: This fall Silver Threads Service is offering the 12-week Memory PLUS (Practice, Laughter and Useful Strategies) at the Victoria Centre across from the Royal Jubilee Hospital. The program is designed for seniors 55 and better to keep their minds engaged and sharp through conversation and connections. Starting Wednesday, September 21st and running from 9:30am to 11:30am registration is now open for those interested in learning about tools and strategies to help with memory loss.

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. Facilitator Maureen Brouwer who recently joined the staff team of Silver Threads Service is looking forward to leading the group. Maureen has experience as a facilitator and recreation assistant, extensive experience working with seniors and has been employed by the Mustard Seed, Dawson Heights, and a variety of Senior Housing complexes in Victoria. We are pleased to welcome her to our staff team and to grow our Memory PLUS Program, currently there are 6 programs running in Victoria.

Caregivers are welcome. The cost is \$75 for the 12 weeks and each session includes tea, coffee and homemade snacks. Information is as follows:

Date: Wednesdays, September 21st to December 7th

Time: 9:30am to 11:30am

Place: Victoria Silver Threads, 2340 Richmond Road

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all. Our vision is that Seniors in Greater Victoria are engaged and supported, enhancing their quality of life.

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Charitable registration no.
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For further information or to register call Toby Schnoor at Silver Threads Services - Saanich Centre 250 382-3151.

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