



**FOR IMMEDIATE RELEASE**  
**July 10th, 2017**

## **MEDIA RELEASE**

### **Strategies for improving Memory for Seniors**

**Victoria, BC:** This summer Silver Threads Service is offering a special 6-week Summer Brain Camp. 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. For those interested in learning about tools and strategies to help with memory loss, space is available at:

- Oak Bay United Church starting Tuesday, July 18<sup>th</sup>
- Saanich Silver Threads Services Starting Thursday, July 20<sup>th</sup>.

The Summer Brain Camp is perfect for those who are new to Memory PLUS to have the opportunity to try it on for size; and for those returning, an opportunity to keep building on their skills. It is also a chance to meet facilitator Toby Schnoor, Program Coordinator for Silver Threads Service. "Memory PLUS is enjoyable program is all about Laughter as the key ingredient", states Toby, "we provide a safe place to explore some of the difficulties associated with memory loss and have fun doing it!" Many of the participants' report that their memory and cognition skills improve with the regular practice of the lessons from the program.

The cost is \$40.00 (GST included) for the 6 weeks and each session includes tea, coffee and homemade snacks. Courses are offered:

**Date:** Tuesdays, July 18<sup>th</sup> to August 29<sup>th</sup>  
**Time:** 9:30am to 11:30am  
**Place:** Oak Bay United Church, 1355 Mitchell Street

**Date:** Thursdays, July 20<sup>th</sup> to August 31<sup>st</sup>  
**Time:** 9:30am to 11:30am  
**Place:** Silver Threads Service – Saanich Centre 286 Hampton Road

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107981037RR0001

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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.

For further information or to register call Toby Schnoor at Silver Threads Services - Saanich Centre.

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For information contact:

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