



Victoria Stroke Recovery Association
 2964 Richmond Rd.
 Victoria, BC, V8R 4V1
 Phone: 250-383-2623

TURTLE TIMES NEWSLETTER - JUNE 2019

Meeting Location: Knox Presbyterian Church, 2964 Richmond Rd., Victoria, BC, V8R 4V1

VSRA is a non-profit Association. It is a self-support group for stroke survivors, their families and caregivers. Appreciative thanks to our volunteers. You contribute to the success of VSRA and the well-being of its members.

There Is Life After Stroke!



Gus Raptis – June 8th | Jim Muir & Alvin Yanchuk – June 12th | Julie Archdekin – June 17th | Betty Robinson – June 25th | Barb Oliver – June 30th

Upcoming Events

JUNE 7th – 10:30am - 1:30pm

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support w/Allison Reeves

Program: SUPRIYA

JUNE 14th – 10:30am - 1:30pm

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support



Program: *Relaxation & Mindfulness*
w/Sandra Large

Father's Day Lunch!

JUNE 21st – 10:30am - 1:30pm

ANNUAL PICNIC!



SEE POSTER FOR DETAILS

JUNE 28th – 10:30am – 1:30pm

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support



Program: SING-A-LONG w/Leslie



CANADA DAY - Free Coffee

Happy Summer!

The weekly program will return on September 5th

