



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

TURTLE TIMES NEWSLETTER - OCTOBER 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!



Brenda Wong – October 3rd | Linda Waddell – October 20th | Paul Dadd – October 22nd

Upcoming Events

OCTOBER 4th – 10:30am - 1:30pm

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

Program: *Stroke Study Presentation – University of British Columbia*

OCTOBER 11th – 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**
Pumpkin pie & whipped cream. Gift Basket Raffle



OCTOBER 18th – 10:30am - 1:30pm

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

Program: *Presentation - Sandra Large*

OCTOBER 25th – 10:30am - 1:30pm

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



Halloween! Costume Prizes

Program: **SING-A-LONG w/Leslie**

