



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

TURTLE TIMES NEWSLETTER - SEPTEMBER 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!



Stephen Lamb – August 3rd | Barry Vogel – August 4th | Brenda Shanahan – August 5th | Debbie Cowick – September 2nd |
 Wayne Mew – September 15th | Willie Neufeld – September 19th | Don Brown – September 23rd

Upcoming Events

SEPTEMBER 6th – 10:30am - 1:30pm

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

Program: *B-I-N-G-O!*

SEPTEMBER 13th – 10:30am - 1:30pm

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

Program: *SUPRIYA*

SEPTEMBER 20th – 10:30am - 1:30pm

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

Program: *Janice Humka*
From Phillips Home Care Solutions

SEPTEMBER 27th – 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



Welcome Back!

We hope you had a great summer

