



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

**TURTLE TIMES NEWSLETTER - JANUARY 2020**

**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!**



Lucy Hao – January 4<sup>th</sup> | Maryanne McKay – January 12<sup>th</sup> | Larry Robinson – January 22<sup>nd</sup>

**Upcoming Events**

**JANUARY 10<sup>TH</sup> – 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**

**JANUARY 17<sup>TH</sup> – 10:30am - 1:30pm**

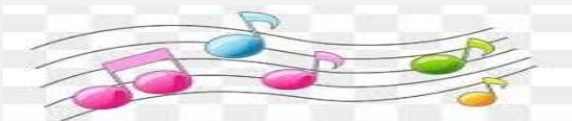
- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support

**Program: Not Advertised, but Perfectly Legal: Some Health Products to be Aware of w/Dr. Edward Ishigoro**

**JANUARY 24<sup>TH</sup> – 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**



**JANUARY 31<sup>ST</sup> – 10:30am - 1:30pm**

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



**Program: Picnic pictures and other events. Hosted by Alvin and Bill**  
**Free Popcorn!**