



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

**TURTLE TIMES NEWSLETTER - MAY 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!**



Bill Cox & Zoe Friesen – May 14<sup>th</sup>

**Upcoming Events**

<p><b>MAY 3<sup>rd</sup> – 10:30am - 1:30pm</b></p> <ul style="list-style-type: none"> <li>• Speech Therapy &amp; Language w/Susan Edwards</li> <li>• Adaptive Exercise w/Judy Avila &amp; Alexis Moores</li> <li>• Spouse &amp; Caregiver Support</li> </ul> <p><b>Program: <i>B-I-N-G-O!</i></b></p>	<p><b>MAY 10<sup>th</sup> – 10:30am - 1:30pm</b></p> <ul style="list-style-type: none"> <li>• Speech Therapy &amp; Language w/Susan Edwards</li> <li>• Adaptive Exercise w/Judy Avila &amp; Alexis Moores</li> <li>• Spouse &amp; Caregiver Support w/Allison Reeves</li> </ul> <p><b>Program: SUPRIYA</b>  <b>Mother's Day Lunch</b></p> 
<p><b>MAY 17<sup>th</sup> – 10:30am - 1:30pm</b></p> <ul style="list-style-type: none"> <li>• Speech Therapy &amp; Language w/Susan Edwards</li> <li>• Adaptive Exercise w/Judy Avila &amp; Alexis Moores</li> <li>• Spouse &amp; Caregiver Support</li> </ul> <p><b>Program: <i>Aging Gracefully</i> w/Dr. Denise Cloutier</b></p> <p><b><i>VICTORIA DAY!!</i></b></p>	<p><b>MAY 24<sup>th</sup> – 10:30am – 1:30pm</b></p> <ul style="list-style-type: none"> <li>• Speech Therapy &amp; Language w/Susan Edwards</li> <li>• Adaptive Exercise w/Judy Avila &amp; Alexis Moores</li> <li>• Spouse &amp; Caregiver Support</li> </ul> <p><b>Program: SING-A-LONG w/Leslie</b></p> 
<p><b>MAY 31<sup>st</sup> – 10:30am - 1:30pm</b></p> <ul style="list-style-type: none"> <li>• Speech Therapy &amp; Language w/Susan Edwards</li> <li>• Adaptive Exercise w/Judy Avila &amp; Alexis Moores</li> <li>• Spouse &amp; Caregiver Support</li> </ul>	<p><b>Program: <i>Fall Prevention</i> w/Hilary Acosta</b>  <b>(Physiotherapist @ NeuroMotion)</b></p>