



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

TURTLE TIMES NEWSLETTER - NOVEMBER 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



Jack Sutherland – November 10th | Rosemary Donald – November 23rd | Carol Ellis – November 30th

Upcoming Events

NOVEMBER 1st – 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!*

NOVEMBER 8th – 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
Remembrance Day

NOVEMBER 15th – 10:30am - 1:30pm

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



Program: *Bring and Buy Sale*

NOVEMBER 22nd – 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



COFFEE MORNING

NOVEMBER 29TH - 10:30 AM – 12:30 PM

HILLSIDE MALL FOOD COURT – TIM HORTONS



