



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

TURTLE TIMES NEWSLETTER - DECEMBER 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!



No Birthdays this month!

Upcoming Events

CHRISTMAS LUNCH!



When: Friday, December 6th

Where: Gorge Vale Golf Club

1005 Craigflower Road

DECEMBER 13th – 10:30am - 1:30pm

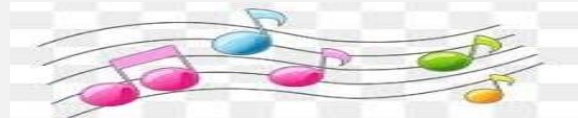
- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support w/Allison Reeves

Program: SUPRIYA

DECEMBER 20th – 10:30am - 1:30pm

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

Program: SING-A-LONG w/Leslie



Christmas Car

ols

NEXT SESSION WILL BE JANUARY 10, 2020

HAPPY NEW YEAR!



