



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

TURTLE TIMES NEWSLETTER - FEBRUARY 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!



Cathy Crossman – February 15th | Karol Sanderson – February 20th | Gary Rankin – February 23rd | Dee Morris – February 25th | Angus MacDonald – February 26th

Upcoming Events

FEBRUARY 7th – 10:30am - 1:30pm

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

Program: Hawaiian Day
 w/Pizza Lunch & Special Guests –
 Hula for Health

FEBRUARY 14th – 10:30am - 1:30pm

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

Program: SING-A-LONG
 w/ Leslie Pite
Valentines Basket Raffle



FEBRUARY 21st – 10:30am - 1:30pm

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

Program: SUPRIYA

FEBRUARY 28th – 10:30am – 1:30pm

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

Program: Getting Stronger – You Are Never Too Old
 w/Dr. David Docherty

