



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

## TURTLE TIMES NEWSLETTER - APRIL 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!**



No Birthdays This Month!

## Upcoming Events

**April 3<sup>rd</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: The Healthy Aging Brain & Alzheimer's Disease w/Dr. Jodie Gawryluk**

**EASTER BASKET RAFFLE!**

**April 10<sup>th</sup> – 10:30am - 1:30pm**

No Program – Good Friday



**April 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: SING-A-LONG w/Leslie**



**April 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: B-I-N-G-O!**