



TURTLE TIMES

Victoria Stroke Recovery Association | 2964 Richmond Road, Victoria BC V8V 4V1
250-383-2623 | www.victoriastrokerecovery.org



Brenda Wong – October 3rd | Carole Ellis – October 30th

Upcoming Events – October 2022

Meeting Location: Knox Presbyterian Church, 2964 Richmond Rd., Victoria, BC, V8R 4V1

October 7th – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores



Program:
Thanksgiving Games & Pumpkin Pie

October 14th – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores

Program: Music with Supriya



October 21st – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores



Program: Presentation by Les Chan

Halloween – Prizes for Best Costumes!

October 28th – 10:30am - 1:30pm

No Program due to renovations.

VSRA is a non-profit association. It is a self-support group for stroke survivors, their families and their caregivers.

Thank you to all the volunteers and supporters who make the program possible!

There Is Life After Stroke!

Please be advised that all program participants (Members, caregivers, volunteers, and presenters) must be vaccinated for COVID-19.

VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.