



# TURTLE TIMES

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



Casius St. George – June 5<sup>th</sup> | Gus Raptis – June 8<sup>th</sup> | Alvin Yanchuk – June 15<sup>th</sup>

## Upcoming Events – June 2023

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

### June 2<sup>nd</sup> – 10:30am - 1:30pm

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

**Program:** Aging Gracefully w/Dr. Denise Coultier

### June 8<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** Music with Supriya



### June 16<sup>th</sup> – 10:30am - 1:30pm

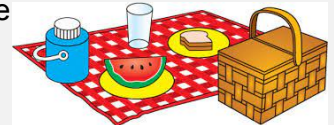
- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores
- Caregivers Group w/Heather Atkinson (11:00am – 12:00pm)



**Program:** Father's Day!

### June 23<sup>rd</sup> – 10:30am - 1:30pm

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



**Program:** Canada Day! Indoor Picnic w/Games and Prizes, Hot Dogs and Treats!

**NO PROGRAM ON JUNE 30<sup>TH</sup> – SEE YOU ON SEPTEMBER 8<sup>TH</sup>**

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.