



TURTLE TIMES

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



Dianne Linegar – April 5th

Upcoming Events – April 2023

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

April 7th – NO PROGRAM



April 14th – 10:30am - 1:30pm

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

Program: Music with Supriya



April 21st – 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: Living the Moment w/Wendy Lum, UVic Speakers Bureau

April 28th – 10:30am - 1:30pm

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

Program: Games & BINGO



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.