



# TURTLE TIMES

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



Lucy Hao – January 4<sup>th</sup> | Mary-Anna McKay – January 12<sup>th</sup> – Larry Robinson – January 22<sup>nd</sup>

## Upcoming Events – January 2023

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

### January 6<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** New Year Bingo!

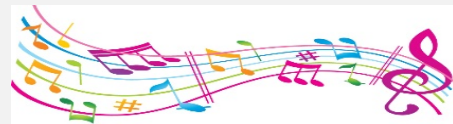
**Welcome to 2023!**



### January 13<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** Music with Supriya



### January 20<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:** TBA

### January 27<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** Training Your Brain by Jordan Parker of the Victoria Brain Injury Society



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.