









North Shore Stroke Recovery Centre
 225 East 2nd Street, North Vancouver, BC V7L 1C4
 778-340-5803

May 2019

*Mondays held at Amica at Edgemont North Vancouver for YSS

*Mondays held at Amica Lions Gate West Vancouver for OSS
 Tues-Thurs held at North Shore Neighborhood House North Vancouver

MONDAY Lions Gate Amica	TUESDAY N.S. Neighborhood House	WEDNESDAY N.S. Neighborhood House	THURSDAY N.S. Neighborhood House	FRIDAY Capilano Mall
 If you are going to be absent on your usual day, please call us at 778-340-5803		1 10:00 Coffee & Conversation 10:00 Art Therapy 10:45 YSS Discussion Group 11:30 Exercises 11:30 YSS Music 12:30 LUNCH 1:00 Puzzles and Games	2 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	3  Next Steps Walking Group Meet 9:15 Capilano Mall Food court
6 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	7 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 12:45 SongShine 1:00 Puzzles and Games	8 10:00 Coffee & Conversation 10:00 Art Therapy 10:15 Caregiver Group 10:45 YSS Discussion Group 11:30 Exercises 11:30 YSS Music 12:30 LUNCH 1:00 Puzzles and Games	9 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	10  Next Steps Walking Group Meet 9:15 Capilano Mall Food court
13 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS –Edgemont Amica 10am – 1:00pm	14 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 12:45 SongShine 1:00 Puzzles and Games	15 10:00 Coffee & Conversation 10:00 Art Therapy 10:45 YSS Discussion Group 11:30 Exercises 11:30 YSS Music 12:30 LUNCH 1:00 Puzzles and Games	16 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	17  Next Steps Walking Group Meet 9:15 Capilano Mall Food court
20 Victoria Day NSSRC Center Is closed today 	21 10:00 Coffee & Conversation 10:15 iPad group 10:30 Lipstick Project 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 12:45 SongShine 1:00 Puzzles and Games	22 10:00 Coffee & Conversation 10:00 Art Therapy 10:45 YSS Discussion Group 11:30 Exercises 11:30 YSS Music 12:30 LUNCH 1:00 Puzzles and Games	23 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	24  Next Steps Walking Group Capilano Mall! Food court
27 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	28 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 12:45 SongShine 1:00 Puzzles and Games	29 10:00 Coffee & Conversation 10:00 Art Therapy 10:45 YSS Discussion Group 11:30 Exercises 11:30 YSS Music 12:30 LUNCH 1:00 Puzzles and Games	30 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	31  Next Steps Walking Group Capilano Mall Food court