






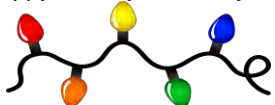



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 <i>Coffee &amp; Conversation</i> 11:00 <i>Exercises</i> 12:00 <b>LUNCH</b> 12:30 <i>Games/Mental Aerobics</i>  YSS – Edgemont Amica 10am – 1:00pm	10:00 <i>Coffee &amp; Conversation</i> 10:15 <i>iPad group</i> 11:00 <i>Mental Aerobics</i> 11:30 <i>Exercises</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Game</i>	10:00 <i>Coffee &amp; Conversation</i> 10:00 <i>Art Therapy</i> 10:45 <i>YSS Discussion Group</i> 11:30 <i>Exercises</i> 11:30 <i>YSS Music</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Games</i>	10:00 <i>Coffee &amp; Conversation</i> 10:00 <i>Art Therapy</i> 11:00 <i>Surefeet</i> 11:00 <i>Exercises</i> 12:10 <i>Mental Aerobics</i> 12:30 <b>LUNCH</b> 1:00 <i>Music</i>	  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
9	10	11	12	13
10:00 <i>Coffee &amp; Conversation</i> 11:00 <i>Exercises</i> 12:00 <b>LUNCH</b> 12:30 <i>Games/Mental Aerobics</i>  YSS – Edgemont Amica 10am – 1:00pm	10:00 <i>Coffee &amp; Conversation</i> 10:15 <i>iPad group</i> 10:30 <i>Nailcare/ Manicures</i> 11:00 <i>Mental Aerobics</i> 11:30 <i>Exercises</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Games</i>	10:00 <i>Coffee &amp; Conversation</i> 10:00 <i>Art Therapy</i> 10:45 <i>YSS Discussion Group</i> 11:30 <i>Exercises</i> 11:30 <i>YSS Music</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Games</i>	10:00 <i>Coffee &amp; Conversation</i> 10:00 <i>Art Therapy</i> 10:15 <i>BCIT Nursing Presentation</i> 11:00 <i>Surefeet/Exercises</i> 12:10 <i>Mental Aerobics</i> 12:30 <b>LUNCH</b> 1:00 <i>Music</i>	  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
16	17	18	19	20
10:00 <i>Coffee &amp; Conversation</i> 11:00 <i>Exercises</i> 12:00 <b>LUNCH</b> 12:30 <i>Games/Mental Aerobics</i>  YSS – Edgemont Amica 10am – 1:00pm	10:00 <i>Coffee &amp; Conversation</i> 10:15 <i>iPad group</i> 11:00 <i>Mental Aerobics</i> 11:30 <i>Exercises</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Games</i>	10:00 <i>Coffee &amp; Conversation</i> 10:00 <i>Art Therapy</i> 10:45 <i>YSS Discussion Group</i> 11:30 <i>Exercises</i> 11:30 <i>YSS Music</i> 12:30 <b>LUNCH</b> 1:00 <i>Puzzles and Games</i>	<p><b>Join us for the                      Christmas Luncheon</b></p>  <p><b>12 to 2:00 pm                      At the Holiday Inn</b>                      Talk to us about getting tickets</p>	  Next Steps Walking Group Christmas Party!! Meet 9:15 Capilano Mall Foodcourt  
23	24	25	26	27
<p><i>Please note: If you are going to be absent on your usual day, please call us at 778-340-5803</i></p> 		<p>The Center is closed from                      Dec 20<sup>th</sup> until Monday Jan 6<sup>th</sup></p> <p>Happy Holiday's to everyone!</p> 	<p>Next Steps Walking starts                      Friday Jan 10th</p> 	



**2019**

**Young Stroke Survivors' Monday Program**

**Location: Amica at Edgemont**

**NSSRC 778-340-778-340-5803 (leave a message)**

**3225 Highland Blvd, NV, North Vancouver**

	Dec 2	Dec 9	Dec 16
10:00-10:30	<i>Coffee and Catch up time ☺</i>	<i>Coffee and Catch up time ☺</i>	<i>Coffee and Catch up time ☺</i>
10:30-11:30	<b><i>Stress Resilience Training and Yoga Workshop</i></b>  <b><i>Maggie Reagh Yoga Therapy International</i></b>	<i>Sam Music</i>	<i>White Elephant Gift Game</i>
11:30 - 12 noon		<i>Lunch and Mental Aerobics</i>	<i>Lunch and Mental Aerobics</i>
12:00 - 1:00 pm		<i>Yoga with Carol</i>	<i>Exercise with Sue</i>

**\*Please note our YSS group also meet on Wednesdays at North Shore Neighbourhood House from 10am-2 pm**

**\*\* Christmas Luncheon for NSSRC at Holiday Inn Thursday Dec 19<sup>th</sup> at noon. Ask Sue about tickets.**

**\*\*\* Dec 16<sup>th</sup> bring a wrapped gift for our "gift game" can be anything new, second-hand, re-gift....**

**\*\*\*\* The Center is closed for the Holiday from Dec 20<sup>th</sup> until Monday Jan 6<sup>th</sup>**