











February 2020

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

*Mondays held at Amica at Edgmont 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 If you are going to be absent on your usual day, please call us at 778-340-5803				Jan 31  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
3 10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games YSS – Amica Edgemont 10am – 1:00pm	4 10:00 Coffee & Conversation 10:15 iPad group 10:15 Nailcare/Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	5 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	6 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	7  Next Steps Walking Group Capilano Mall Foodcourt
10 10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games YSS – Amica Edgemont 10am – 1:00pm	11 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	12 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	13 10:00 Coffee & Conversation 10:00 Art Therapy 10:00 BCIT Nursing students 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy	14   Next Steps Walking Group Capilano Mall Foodcourt
17 <i>Family Day Holiday Centre is closed today.</i>	18 10:00 Coffee & Conversation 10:15 iPad group 10:15 Nailcare/Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	19 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	20 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	21  Next Steps Walking Group Capilano Mall Foodcourt
24 10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games YSS – Amica Edgemont 10am – 1:00pm	25 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	26 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	27 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	28  Next Steps Walking Group Capilano Mall Foodcourt



FEBRUARY

2020 Young Stroke Survivors' Program

Location: Amica at Edgemont

NSSRC 778-340-5803 (leave a message)

3225 Highland Blvd, NV, North Vancouver

	Feb 3	Feb 10	Feb 17	Feb 24
10:00-10:30	<i>Coffee and Catch up time ☺</i>	<i>Coffee and Catch up time ☺</i>	<i>Family Day Holiday Centre is closed today</i>	<i>Coffee and Catch up time ☺</i>
10:30-11:30	<i>Music with Sam</i>	<i>Music with Sam</i>		<i>Music with Sam</i>
11:30 - 12 noon	<i>Lunch & Mental Aerobics</i>	<i>Lunch & Mental Aerobics</i>		<i>Lunch & Mental Aerobics</i>
12:00-1:00	<i>Move with Angie</i>	<i>Yoga with Angie</i>		<i>Move with Angie</i>

**See NSSRC general Calendar for YSS programming available Weds at North Shore Neighborhood House N. Van*