






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

January 2020

*Mondays held at Amica at Edgemont North Vancouver for YSS

*Mondays held at Lions Gate Amica West Vancouver for OSS

Tues-Thurs held at North Shore Neighborhood House North Vancouver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 10:30 Nailcare/ Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Game	8 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	9 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	10  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
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 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 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	17  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
20 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	21 10:00 Coffee & Conversation 10:15 iPad group 10:30 Nailcare/ Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 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 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	24  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
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 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 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music 	31  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt



Please note: If you are going to be absent on your usual day, please call us at 778-340-5803



2020



Young Stroke Survivors' Monday Program

Location: Amica at Edgemont

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

3225 Highland Blvd, NV, North Vancouver

	Jan 6	Jan 13	Jan 20	Jan 27
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>	<i>Coffee and Catch up time ☺</i>
10:30-11:30	<i>Music with Sam</i>	Catch up and Check in Discussion time	<i>Music with Sam</i>	<i>Music with Sam</i>
11:30 - 12 noon	<i>Lunch and Mental Aerobics</i>	<i>Lunch and Mental Aerobics</i>	<i>Lunch and Mental Aerobics</i>	<i>Lunch and Mental Aerobics</i>
12:00 - 1:00 pm	<i>Move with Susan</i>	<i>Yoga</i>	<i>Move with Susan</i>	<i>Yoga</i>

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