









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

March 2020

*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 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| <p>2</p> <p>10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games</p> <p>YSS – 10am – 1:00pm</p> | <p>3</p> <p>10:00 Coffee & Conversation 10:15 iPad group 10:30 Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 SongShine/Puzzles</p> | <p>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</p> | <p>5</p> <p>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</p> | <p>6</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p> |
| <p>9</p> <p>10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games</p> <p>YSS – 10am – 1:00pm</p> | <p>10</p> <p>10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 SongShine/Puzzles</p> | <p>11</p> <p>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</p> | <p>12</p> <p>10:00 Coffee & Conversation 10:00 Art Therapy 10:00 BCIT Nurses Visit 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy</p> | <p>13</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p> |
| <p>16</p> <p>10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games</p> <p>YSS – 10am – 1:00pm</p> | <p>17</p> <p>10:00 Coffee & Conversation 10:15 iPad group 10:30 Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Songshine/Puzzles</p>  | <p>18</p> <p>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</p> | <p>19</p> <p>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 Children Visit</p> | <p>20</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p> |
| <p>23</p> <p>10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games</p> <p>YSS – 10am – 1:00pm</p> | <p>24</p> <p>10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Songshine/Puzzles</p> | <p>25</p> <p>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</p> | <p>26</p> <p>10:00 Coffee & Conversation 10:00 Art Therapy 10:00 BCIT Nursing Presentation 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music Therapy</p> | <p>27</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall! Foodcourt</p> |
| <p>30</p> <p>10:00 Coffee & Conversation 10:15 Brain Games 11:00 Exercises 12:00 LUNCH 12:30 Games</p> <p>YSS – 10am – 1:00pm</p> | <p>31</p> <p>10:00 Coffee & Conversation 10:15 iPad group 10:30 Manicures 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Songshine/Puzzles</p> |  | <p>April is Volunteer Appreciation Month! Stay tuned for details!</p>  |  <p>If you are going to be absent on your usual day, please call us at 778-340-5803</p> |



2020

Young Stroke Survivors' Program

Location: Amica at Edgemont NSSRC

778-340-5803 (leave a message)

3225 Highland Blvd, NV, North Vancouver

| | March 2 | March 9 | March 16 | March 23 | March 30 |
|-----------------|---|------------------------------------|------------------------------------|------------------------------------|---|
| 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> | <i>Coffee and Catch up time ☺</i> |
| 10:30-11:30 | <i>DABC talk on Disability Benefits</i> | <i>Music with Sam</i> | <i>Music with Sam</i> | <i>Music with Sam</i> | <i>Neurophysio Presentation with Brian Horswill</i> |
| 11:30 - 12 noon | <i>Lunch & Mental Aerobics</i> | <i>Lunch & Mental Aerobics</i> | <i>Lunch & Mental Aerobics</i> | <i>Lunch & Mental Aerobics</i> | <i>Lunch & Mental Aerobics</i> |
| 12:00-1:00 | <i>Yoga with Angie</i> | <i>Yoga with Angie</i> | <i>Yoga with Angie</i> | <i>Move with Susan</i> | <i>Move with Susan</i> |

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