







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

November 2019

*Mondays held at Amica at Edgemont North Vancouver for YSS

*Mondays held at Maison West Vancouver for OSS

Tues-Thurs held at North Shore Neighborhood House North Vancouver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics</p> <p>YSS – Edgemont Amica 10am – 1:00pm</p>	<p>5</p> <p>10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Game</p>	<p>6</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>7</p> <p>10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Surefeet 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music</p>	<p>8</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p>
<p>11</p> <p>Remembrance Day Holiday Center is closed</p> 	<p>12</p> <p>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</p>	<p>13</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>14</p> <p>10:00 Coffee & Conversation 10:00 Art Therapy 10:15 BCIT Nursing Presentation 11:00 Surefeet/Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music</p>	<p>15</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p>
<p>18</p> <p>10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics</p> <p>YSS – Edgemont Amica 10am – 1:00pm</p>	<p>19</p> <p>10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games</p>	<p>20</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>21</p> <p>10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Surefeet 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music</p>	<p>22</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p>
<p>25</p> <p>10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics</p> <p>YSS – Edgemont Amica 10am – 1:00pm</p>	<p>26</p> <p>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</p>	<p>27</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>28</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</p> 	<p>29</p>  <p>Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt</p>



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




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

	Nov 4	Nov 11	Nov 18	Nov 25
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	<i>Music with Sam</i>		<i>Meditation with Tracy Dignum</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>
12:00 - 1:00 pm	<i>Yoga with Carol</i>		<i>Move with Susan</i>	<i>Yoga with Carol</i>

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