










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Please note: If you are going to be absent on your usual day, please call us at 778-340-5803	1 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	2 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	3 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Surefeet 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	 Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
7 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	8 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	9 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	10 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	11  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
14 Thanksgiving Holiday The center is closed 	15 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	16 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	17 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Surefeet 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	18  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
21 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	22 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	23 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	24 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music 	25  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
28 10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	29 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	30 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	31 10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music 	November 1 st  Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt





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

	Oct 7	Oct 14	Oct 21	Oct 28
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>		Music with Sam	Music with Sam
11:30 - 12 noon	<i>Lunch and Mental Aerobics</i>	<i>Thanksgiving Holiday the Center is closed</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 with Carol</i>	<i>Move with Susan</i>

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