







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 Labour Day	10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	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	10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	 Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
9	10	11	12	13
10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	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	10:00 Coffee & Conversation 10:00 Art Therapy 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	 Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
16	17	18	19	20
10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	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	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	10:00 Coffee & Conversation 10:00 Art Therapy 10:15 Self Care Presentation 11:00 Exercises 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music	 Next Steps Walking Group Meet 9:15 Capilano Mall Foodcourt
23	24	25	26	27
10:00 Coffee & Conversation 11:00 Exercises 12:00 LUNCH 12:30 Games/Mental Aerobics YSS – Edgemont Amica 10am – 1:00pm	10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises 12:30 LUNCH 1:00 Puzzles and Games	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	10:00 Coffee & Conversation 11:00 Exercises 11:00 Surefeet 12:10 Mental Aerobics 12:30 LUNCH 1:00 Music 	 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



September 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

	Sept 9	Sept 16	Sept 23	Sept 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>
10:30-11:30	<i>Music with Sam</i>	GBU's/ Check in	Music with Sam	BCIT Nursing Student Presentation & Discussion
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 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 Neighborhood House from 10am-2 pm