

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

May 2022

*Mondays held at St. Stephen's 885 22nd St., West Vancouver until further notice
 Tues- Thurs – North Shore Neighborhood House-2nd St. North Vancouver
 Wed –113 East 3rd Street- North Vancouver

MONDAY 885 22 nd St., West Vancouver	TUESDAY N.S. Neighborhood House	WEDNESDAY 113 East 3 rd Street	THURSDAY N.S. Neighborhood House	FRIDAY
2 10:00 Coffee & Conversation 10:45 Mental Aerobics 11:30 Exercises Susan F. 11:00 Surefeet online 3:00 YSS online	3 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Puzzles and Games	4 10:00 Coffee & Conversation 10:30 Mental Aerobics 11:30 Exercises-Susan F. 11:00 Surefeet online 2:00 Conversation group online	5 10:00 Coffee & Conversation 10:00 Art Therapy-Kali 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Music Therapy	6 
9 10:00 Coffee & Conversation 10:30 Music Therapy-Edwina 11:30 Yoga Angie 11:00 Surefeet online 3:00 YSS online	10 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Puzzles and Games	11 10:00 Coffee & Conversation 10:30 Music Therapy-Edwina 11:30 Exercises-Susan F. 11:00 Surefeet online 2:00 Conversation group online	12 10:00 Coffee & Conversation 10:00 Art Therapy-Kali 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Music Therapy	13  <p>If you are going to be absent on your usual day, please call us at 778-340-5803</p>
16 10:00 Coffee & Conversation 10:30 Counselling Therapy-C.R. 11:30 Yoga Angie 11:00 Surefeet online 3:00 YSS online	17 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Puzzles and Games	18 10:00 Coffee & Conversation 10:30 Music Therapy-Edwina 11:30 Exercises-Susan F. 11:00 Surefeet online 2:00 Conversation group online	19 10:00 Coffee & Conversation 10:00 Art Therapy-Kali 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Music Therapy	20 <p>Speech/Language Therapy available in person or online- see LaDonna, Yasmine or Kathryn if interested.</p>
23 Victoria Day NSSRC Center Is closed today 	24 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Puzzles and Games	25 10:00 Coffee & Conversation 10:30 Music Therapy-Edwina 11:30 Exercises-Susan F. 11:00 Surefeet online 2:00 Conversation group online	26 10:00 Coffee & Conversation 10:00 Art Therapy-Kali 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Music Therapy	27
30 10:00 Coffee & Conversation 10:30 Music 11:30 Exercises Susan F. 11:00 Surefeet online 3:00 pm YSS online	31 10:00 Coffee & Conversation 10:15 iPad group 11:00 Mental Aerobics 11:30 Exercises Sue D. 12:30 LUNCH 1:00 Puzzles and Games			<p>Strides for Strokes is back! Sat. June 11 at 9:30am John Lawson Park</p>