

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

July 2022

* Mondays held at St. Stephen's 885 22nd St., West Vancouver

* Wednesdays held at Gloria Dei Lutheran Church 1110 Gladwin Drive, North Vancouver

MONDAY 885 22 nd St., West Vancouver	TUESDAY	WEDNESDAY 1110 Gladwin Drive, North Vancouver	THURSDAY	FRIDAY Cleveland Dam Capilano Road/Prospect Drive Parking lot
Have an amazing Summer!! After July/August NSSRC will reopen at North Shore Neighbourhood House on Tuesday September 6th	DATES TO REMEMBER: JULY 1 CANADA DAY	*There may be a few other events at 10:30 MW- as yet to be determined.	 If you are going to be absent on your usual day, please call us at 778-340-5803	CANADA HOLIDAY CENTRE IS CLOSED TODAY No Dam today. See below 
10:00 Coffee & Conversation 10:30 Mental Aerobics 11:30 Exercises	No Tuesday Programs In July or August	10:00 Coffee & Conversation 10:30 Mental Aerobics 11:30 Exercises	No Thursday Programs in July or August	Cleveland Dam, NVan Capilano Road/Prospect Drive Parking lot-(picnic tables in shade near public washrooms) 11:30-1:00
10:00 Coffee & Conversation 10:30 Mental Aerobics 11:30 Yoga		10:00 Coffee & Conversation 10:30 Mental Aerobics 11:30 Exercises		Cleveland Dam Capilano Road/Prospect Drive Parking lot 11:30-1:00
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August Cleveland Dam Friday August 5, 12

August St. Andrew's Coffee Shop 279 8th St E Trishaw Rides-August 19, 26, Sept 2,9