

## NOTICE OF MONTHLY MEETING — STROKE RECOVERY CANADA Thunder Bay Peer Support Chapter (Stroke Recovery Network)

We would like to invite you to our monthly series of talks and opportunities to connect with other Survivors and Care Partners! March:

### Taiji Demonstration Presented by: Master Peng

Join us for a very special opportunity to spend the afternoon with Master Peng of the Peng You Taiji Quan Association. Originally developed for self-defense, Taiji (TIE-CHEE) has evolved into a graceful form of exercise that is used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Regardless of abilities, everyone can participate while Master Peng leads us through some movements and introduces us to this wonderful ancient Chinese tradition.

And of course, it wouldn't be an afternoon without some light refreshments and great conversation with each other afterwards.

<b>Date:</b>	** <i>Thursday</i> , March 22nd**	<b>March 2018</b>						
		<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Time:</b>	1:30 p.m. to 3:00 p.m.					1	2	3
<b>Location:</b>	Thunder Bay 55+ Centre — 700 River Street (* <i>Auditorium</i> *)	4	5	6	7	8	9	10
<b>Info:</b>	Call Todd : 345-6595 ext. 105 <i>or</i> tkennedy@marchofdimes.ca	11	12	13	14	15	16	17
		18	19	20	21	22	23	24
		25	26	27	28	29	30	31

# Idea Sharing

*We would like to get your feedback* on some or all of these ideas. Feel free to give **Todd** a call to share your thoughts **345-6595 ext 105** or email at **[tkennedy@marchofdimes.ca](mailto:tkennedy@marchofdimes.ca)** or in person **at the March meeting**.

**Exercise** - VON Exercise Program - To learn more about the program and potential to perhaps partner with them. Perhaps invite them in to give a talk? Are there other exercise programs to highlight (eg Canada Games Complex)?

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**Art Programming?** - Explore existing Art Programs and Artists who deliver classes that are "stroke friendly" to participate in. Who would be interested in participating?

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**Music/Music Therapy Program** - To explore the potential to offer a Music Program. To be facilitated by a Music Therapist. Would you be interested?

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**Cooking Program** (extended) To continue to work with NWORSN, St. Joes, TBRHSC to deliver a community cooking program. Ideas for future food healthy eating topics?

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**Community Outings as a Group?** Would you be interested  
To explore community events and create opportunities to get together outside of the monthly meetings. Examples include:

- Attend a Magnus Theatre Production
- Summer Picnic at Chippewa Park
- City Bus Tour and lunch
- Christmas Luncheon
- Other?? \_\_\_\_\_

## Meetings – Topics

Looking for suggestions for topics and guest speakers for the 2018-19 season (beginning September through to May) \*\*Example – VON Exercise, Driver License reinstatement, Transit, financial planning, etc.

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