August 2019 Newsletter
Registration is required for all sessions.
Please call 727.249.1953 or email info@vohaphasia.org
www.vohaphasia.org

Upcoming Events:

• Monday, September 2\(^{nd}\)
  o NO PROGRAM!
  o Happy Labor Day!

  o NEW DAY AND LOCATION! We now meet at the **Mirror Lake** Library across
    the street from the Sunshine Center
    
    **Tuesdays from 10:30am – 12:30pm.**
    
    **Book Club** will meet at the **Library on Mondays from 10:30am – 12:30pm**

• August Max Adventures – **to be announced**
  o Stay tuned to find out about our next adventure!
  o www.vohaphasia.org/aphasia-programs/max-adventures

• **STARS Technology Program**
  o **STARS Individual Sessions** are offered **Wednesdays** in St. Pete
    and **Thursdays** in Dunedin!
  o Schedule your individual appointment with Jen (jen@vohaphasia.org)

• **Friends & Family Program: Hot Topics**
  o **HOT TOPICS:** Experts are invited each month on the 4th
    Wednesday at 10:00am at the Sunshine Center in St. Petersburg
  o **August 28\(^{th}\): Flavio Vivas** will be discussing home care aides and how
    to get someone to lighten the load at home.
  o **DUNEDIN Support Group:** **August 22\(^{nd}\)** at 1pm in the Hale Center Conference room
Look what we have been up to!

- **Movie Club**
  - We watched and discussed various short films!
  - We will be watching the movie “Hidden Figures” in August!
  - *Interested in joining our movie club? Now is the time! Call to register!*

- **Book Club**
  - Our group is reading the book “The Lost City of Z” by David Grann!
  - We will watch the movie once we finish the book!

- **Brain Activity at St. Pete**
  - We are learning about different parts of the brain, their functions, and how they relate to our individual strokes.

- **Exercise Group**
  - Our St. Pete members are making their very own exercise video!
  - We are having fun exercising our bodies and brain!

- **Max Adventure: Bowling!**
  - We had a great time bowling and laughing together!
  - Some of us used adaptations such as a ball ramp!

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**Good ‘Burger Awards!**

- We are a Good ‘Burger **Finalist**!
- This award is presented by the St. PetersBURG Chamber of Commerce.
- **Vote** for us to show we are making a **positive impact**!
- Voting for us **increases awareness for aphasia**!
- Please vote for us in the **"Community Conscious: Grassroots"** (small non-profit) category.
- Go to [www.stpete.com/good-burger](http://www.stpete.com/good-burger) and click the "VOTE" button.
- Voting ends **August 16th**!