



Building Life After Stroke Together

B.L.A.S.T. 2015 Bus schedule

		Pick up		Drop off
#1	Delta	11:15 AM	MacDonalds - 1835 56 St. Tsawwassen	4:45 PM
#2	Surrey	12:00 PM	Gilford Rec Center 15105 - 105 Ave.	4:15 PM
#3	Vancouver	12:45 PM	MacDonalds 3695 Lougheed & Boundar	3:30 PM
#5	Horseshoe Bay	2:15 PM	Ferry Terminal	2:30 PM

Please Note:

This information is mailed out as early as possible and subject to change. If necessary you will be contacted by the number on your tags, so please ensure it is correct

Tags must be firmly secured to a smooth surface on all belongings. Let us know if you need more.

(It is okay to fold it over so that it sticks to itself)

Use one tag for yourself so everyone on the bus knows who you are and where to put you if you g

Keep up to date on TurtleTalk.ca

Menu items may be substituted if you let us know by March 15th

ie: if you don't like chicken, fish, or pork then it can be replaced with a vegetarian meal instead.

	B.L.A.S.T.	2015	Menu
	Friday	Dinner	cod poached in white wine sauce, salad, rice, dessert
#4	Saturday	Breakfast	Assorted Cereals Scrambled Eggs Bacon Hash Browns Toast. Oat
#8	Saturday	Lunch	Soup, Salad, Tuna Melt Dessert
#1	Saturday	Dinner	BBQ Chicken, Corn & Roast Potatoes , Dessert
#2	Sunday	Breakfast	Assorted Cereals Waffles Sausages Yogurt, Oatmeal
#1	Sunday	Lunch	Macaroni and Cheese, Salad, Dessert
#7	Saturday	Dinner	Roasted Herb Pork , Rice, Mixed Vegetables, Salad Dessert
#3	Monday	Breakfast	Assorted Cereals French Toast Bacon Fruit Salad, Oatmeal
	Monday	Lunch	Ham, Turkey, or Veggie Sandwich pre ordered