



# Victoria Stroke Recovery Association

## WEEKLY MEETINGS:

**Where:** Knox Presbyterian Church  
2964 Richmond Rd., Victoria

**When:** Fridays, 10:30am – 1:30pm

## MEMBERSHIP DETAILS:

**Annual Fee:** \$40.00 (January-December)

## WHO SHOULD ATTEND:

Annual membership fees include programs and activities designed for stroke survivors and their caregivers. To participate, you should be:

- ✓ Independently mobile
- ✓ Able to eat independently
- ✓ Able to attend to personal hygiene and toileting

Members wishing to participate who are not able to independently do these activities must be accompanied by a caregiver who can provide the needed assistance.

## PROGRAMMING:

Annual membership fee includes weekly programming for members who require a combination of speech or mobility therapy provided by certified professionals, plus:

- ✓ Entertainment
- ✓ Games
- ✓ Educational Talks and Presentations
- ✓ Outings and Luncheons (July lunches – extra)
- ✓ Annual Summer Picnic
- ✓ Annual Christmas Dinner (extra)

## FRIDAY SESSION SCHEDULE:

10:30am – 11:00am Coffee Social  
11:00am – 12:00pm Physical Therapy (2 levels to choose from)  
Speech Therapy (2 levels to choose from)  
Caregiver counselling (once a month)  
12:00pm – 12:30pm Lunch (bring your own)  
12:30pm – 1:30pm Social Programming

## FOR MORE INFORMATION CONTACT:

**Zoe Friesen**  
**VSRA Program Coordinator**  
**Phone: 250-383-2623 (message)**