



VSRA TIMES

December 2023

Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church
2964 Richmond Road, Victoria, BC 250 383-2623
www.victoriastrokerecovery.org



December Birthdays: 27th Maureen B



Morning Program

Afternoon Program

10:30-11



Coffee Time

12:30-1:30

Dec 1st



Occupational Therapy:

Maintaining Function
Holiday Tips
Karen Baker, OT

11-12



Communication Group

with Marie Shuman, RSLP

Dec 8th



Holiday Trivia and Fun

lead by student
volunteers



Exercise Group

with Alexis Moores, Instructor

Dec 15th



Christmas Lunch

Gorge Vale Golf Club
1005 Craigflower Rd
11:30am - 2pm



Care Partner Support Group

Weekly Mary Anna, Mentor;
Sept 22 Heather Atkinson, RCC

12-12:30



BYO Lunch

Jan 5th



Welcome Back!

Member Presentation
by Eric Nelson

VSRA is a non-profit association. it is a self-support group for stroke survivors and their care partners.
Thank you to all the volunteers and supporters who make the program possible!

VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!

December News



It's Beginning to Feel a Lot Like Christmas...

December is here and the holiday season is gearing up. Karen Baker, Occupational Therapist, is coming to share some tips on keeping things manageable at this busy time of year. We'll be playing games and then celebrating together on the 15th December at our Christmas Lunch. Shannon will be leading us in a sing-a-long. Buy your tickets now (\$30 per person) and don't forget to re-arrange your transport or HandyDart for the celebration at Gorge Vale Golf Club, 1005 Craigflower Rd from 11:30am - 2pm. Please speak to Mary-Anne if you have any questions.

We look forward to seeing you again on 5th January 2024! In the meantime, we wish you health, peace and joy this Holiday Season.



A big **THANK YOU** to Bolen Books, Thrifty Foods, Kelly Hall and Bristol Town Hair Fashion for their generous donations for our Christmas Raffle!

**Thrifty
Foods**

Chocolate Almond Bites – a healthy treat to serve or give as a gift!

by Emily Richards heartandstroke.ca

Ingredients

- 4 Medjool dates, pitted and chopped
- 1/4 cup (50 mL) water
- 1 cup (250 mL) canned no salt added black beans, drained and rinsed well
- 2 tbsp (25 mL) natural almond or peanut butter
- 3 tbsp (45 mL) unsweetened cocoa powder
- 1 oz (30 g) bittersweet 70% cocoa chocolate, melted
- 1/2 tsp (2 mL) vanilla extract
- 3 tbsp (45 mL) ground almonds

Directions

1. In a microwavable bowl combine dates and water; cover and microwave on High for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a mini ice cream scoop or tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds. Store in covered container in the refrigerator for up to a week.