



# VSRA TIMES

April 2024

## Victoria Stroke Recovery Association

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

[www.victoriastrokerecovery.org](http://www.victoriastrokerecovery.org)

Contact: [coordinatorvsra@gmail.com](mailto:coordinatorvsra@gmail.com)



April Birthdays: 5th Nancy L, 24th Dale S, 25th Emma L

### Morning Program



### Afternoon Program

10:30-11



#### Coffee Time

11-12



#### Communication Group

with Marie Shuman, RSLP



#### Exercise Group

with Alexis Moores, Instructor



#### Care Partner Support Group

Weekly with Mary Anna  
19th with Heather Atkinson,  
Counsellor

12-12:30 **BYO Lunch**



Bring your own lunch and eat  
with friends

12:30-1:30

Apr 5th



#### Cycling in Sardinia!

Lynne Young, Secretary  
VSRA Board

Apr 12th



#### Annual General Meeting

A time to reflect,  
celebrate and plan

Apr 19th



#### Music Enrichment

Shannon Perkins-Carr,  
MTA

Apr 26th



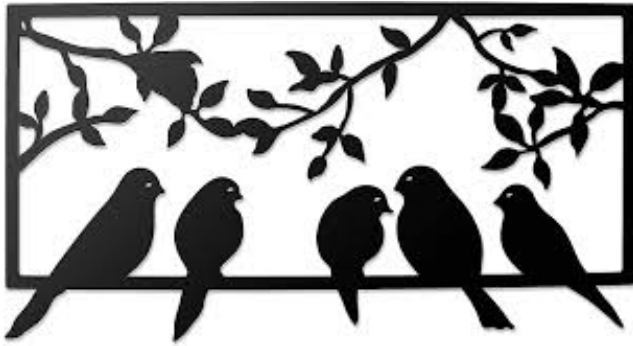
#### Get Excited!

Presentation from  
Recreation Therapist,  
Kathleen Agati

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!**



# April News 2024

Have you noticed the Spring flowers, blossoms and bird song?



We have an action packed month in April. On the 5th, Lynne, Secretary of the Board of Directors - who does so much behind the scenes for us - is going to talk about her cycling trip to Sardinia!

Our **Annual General Meeting** is on April 12th. This is a great opportunity to hear about the exciting things the Board have been doing as well as congratulating ourselves on a year well done. It is really important to have member feedback and involvement, so do plan to participate!

On April 19th Heather Atkinson, our care partner counsellor will be here - but don't forget that our usual care partner group meets each week and offers a chance to share and support each other. Also on 19th April, Shannon will be back with her guitar - so warm up those vocal cords!

And then on April 26th we have **Recreation Therapist** Kathleen Agati talking about how to access programs and follow your passions!



**Congratulations** to Alvin for being awarded the Forest Innovation Award for 2023 by the Forest Professionals of BC. This award recognizes the dedication, expertise and achievement of Alvin over his forestry career.

## TIME TALENT TREASURE

We are so grateful to our members who give us their time, exercise their talents and donate to our association. All these contributions help us to flourish!



## March's Marvelous Members

Mary Anna, Mary Morris, Alexis and to Pat and Bill for peer sharing!

**And a HUGE thank you to Starbucks (Oak Bay), The Old Farm Market, Mary Anna, Peppers and Gardenworks, for supporting our Spring Raffle by donating prizes.**

**THANK YOU**