



# VSRA TIMES

March 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)



March Birthdays: 1st Andy J, 3rd Robert B,  
18th Eric N, 21st Don H



### 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  
Mar 15th with Heather  
Atkinson, Counsellor

12-12:30 **BYO Lunch**



Bring your own lunch and eat  
with friends

12:30-1:30

Mar 1st



#### Member Presentation

Alvin Yanchuk

Mar 8th



#### Exercise for Everyone!

with Emma Gibbs,  
Physiotherapist

Mar 15th



#### Music Enrichment

Shannon Perkins-Carr,  
MTA

Mar 22nd



#### Spring Fling!

Fun and games plus  
our Spring Raffle!

Mar 29th

**Good Friday - no group**

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!**

# March News

# 2024



## Happy Spring!

While it is still chilly out, the days are getting longer and daffodils are starting to pop up! It is so cheering to see the unfolding of Spring! It is cheering too to see our members connect in many ways. Now that we have the new directory (THANK YOU, MARIE), members are able to see who lives in their neighbourhood and can connect outside our Friday program. I've also witnessed some lovely care and support these past weeks as members go out of their way to do a kind turn to another. That's community and it is something to celebrate!

On March 1st we will have two member talks. These talks are a great opportunity to practice presentation skills as well as helping us get to know each other better. If you would like to do a presentation, please see Mary-Anne.

This month we will also be flexing our muscles in a whole group exercise session as well as singing along with Shannon on our music week. March 22nd is our Spring Fling! A time to have some fun and maybe win a prize! Come dressed up in Spring themed clothes, enjoy some games and buy a ticket for our Spring Raffle!

### 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!



### February's Fabulous Friends

John Scattergood  
Alvin Yanchuk  
Marie Shuman  
Steve Craik

**THANK YOU**