



Victoria Stroke Recovery Association

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

Contact: coordinatorvsra@gmail.com



May Birthdays: 7th Georgie; 8th Don I; 14th Bill C



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
17th with Heather Atkinson,
Counsellor

12-12:30



BYO Lunch
Bring your own lunch and eat
with friends

12:30-1:30

May 3rd



International Week

Let's share and
celebrate our cultural
backgrounds!

May 10th



Mindfulness

with Shannon Ellis,
Occupation Therapist

May 17th



Music Enrichment

Shannon Perkins-Carr,
MTA

May 24th



Scam Prevention

Const Berle Zwaan,
Saanich Police Dept

May 31st



Member Talk

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 W̱SÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!



May News 2024

“VSRA is an inclusive environment that makes you feel you are not alone. It feels like home”

Member quote

Members have often described the relief they feel coming each week because they don't have to explain about their challenges as the people here understand the struggle. So, to all the new members, we say welcome, be yourself and take the time you need to communicate and move about. We hope you soon feel at home with us!

This month we have a mix of interesting speakers and community sharing. On May 10th, Shannon Ellis, OT, will be coming back to do a more in depth mindfulness session and on May 24th we will have a presentation on Scam Prevention from the Saanich Police – something we all need to be aware of.

We will be celebrating our cultural heritage on 3rd May – so please bring along something to share – food, stories and/or show and tell. Then on May 31st we will have another member talk opportunity. And of course, it's music on the 17th!



NEW VSRA DIRECTOR Richard Brimmell is a retired geological engineer. He is a man of many skills including renovating houses, reading widely, ping pong, baking and cycling. He is a well-loved husband, father and friend. Richard had a stroke in Jan 2022 and brings with him this important perspective. As a hardworking person who attends to detail, Richard is a most welcome addition to the VSRA BOD.

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!



APRIL'S AMAZING ANGELS

There is a reason why volunteers aren't paid – it is because they are priceless! Thank you again to all our volunteers – we love you!

Thank you too to community supporters, Mike McArthur and Lani Morden who recently made generous donations. Your support touches our hearts.

THANK YOU