



VSRA TIMES

September 2023

Victoria Stroke Recovery Association

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



September Birthdays: Wayne M Sept 15th

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 Mary Anna, Mentor;
Sept 22 Heather Atkinson, RCC

12-12:30



BYO Lunch

12:30-1:30

Sept 8th:

Lado Strings
Borys & Julia



Sept 15th:

VSRA Board Presentation
Celebration of Life Slide Show

Sept 22nd:

Music
Enrichment with
Shannon Perkins Carr, MTA



Sept 29th:

Life Story Project

Michelle Jones,
RSLP (former
student volunteer)



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!