



VSRA TIMES

September 2024

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



September Birthdays: 15 Wayne M



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 McKay

13th Sept Lycia Rodrigues, RCC



Stroke Survivor Support Group

New monthly group!

27th Sept Lycia Rodrigues, RCC

12-12:30



BYO Lunch

Bring your own lunch and eat with friends

12:30-1:30

Sept 13th

Welcome Back



A time to greet friends, old and new plus a special show by street entertainers, The Drop Zone!

Sept 20th

Ask a Neurologist



with Dr Mahsa Sadeghi. Dr Sadeghi will present the latest information on stroke recovery and prevention as well as answer your questions

Sept 27th

Music Enrichment



with Maestro Shannon Perkins-Carr, MTA

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!

Welcome!

September News 2024

Welcome to a new season at the Victoria Stroke Recovery Association. We hope everyone has had an enjoyable and relaxing the Summer. This term we have a varied program to look forward to – educational talks, entertainment, celebrations and projects to have fun with and exercise our minds and fine motor skills.

On Sept 20th, Dr Mahsa Sadeghi is coming to present on the latest developments in stroke recovery and the prevention of further strokes. This is also a unique opportunity to ask your questions to a neurologist. Please take a moment to think about what you would like to know. We encourage everyone to invite their family and friends and make a priority of staying for this presentation.



On Sept 27th, our new monthly Stroke Survivor Support Group kicks off and will be led by Lycia Rodrigues, Registered Clinical Counsellor. This is an opportunity to explore the emotional impact of your stroke and find positive ways of adapting to life after stroke.

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!



SUMMER'S SPECTACULAR SUPPORTERS

Don, Jennifer and Bill

THANK YOU FOR ORGANIZING THE AUGUST HILLSIDE COFFEE DROP IN

Our new and returning volunteers who have spent time training to be ready to participate in the program