



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



October Birthdays: 2nd Gertrude, 8th Marcia,
15th Konrad, 19th Lynne, 20th Susan & Linda, 24th DJ



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
4th Oct Lycia Rodrigues, RCC



Stroke Survivor Support Group
18th Oct Lycia Rodrigues, RCC

12-12:30



BYO Lunch
Bring your own lunch and eat
with friends

12:30-1:30

Oct 4th



Fire Safety

Fire drill and a
presentation by
Lt Randall Carnell,
Saanich Fire Dept

Oct 11th



Thanksgiving

Lunch, Raffle and
Gratitude!

Oct 18th



Music Enrichment

Sing and play along with
Shannon Perkins-Carr

Oct 25th



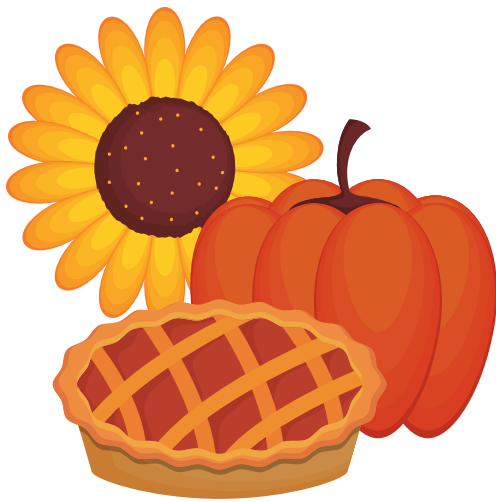
Clay Art - Session 1

Let's get creative with
Gillian Flower, Artist
**WEAR YOUR HALLOWEEN
COSTUME!!**

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!



Oct News 2024

On 11th Oct, we will share a Thanksgiving sandwich lunch. Please bring some extra cash to buy tickets in our annual Thanksgiving Raffle! Thank you to Save on Foods and Bolen Books for their kind donation of prizes.

This Fall, Lycia will be exploring the following questions in the Stroke Survivor Support Group

1. Changes in personality and mood after stroke are common: How are we coping?
2. Stress management strategies. How are we learning to acknowledge and validate emotions?
3. Building a mindfulness & self-compassion practice: How can we practice this daily?



Gillian Flower is an Art student at Camosun College. She also runs the Art Therapy program at the Victoria Brain Injury Service. She is coming to us twice this fall to lead us in a creative clay art project!

Did you know? A Harvard study has shown that GRATITUDE is linked with greater emotional and social well-being.



On Oct 25th wear your Halloween Costume – prizes for the best 3 costumes!



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!



SEPTEMBER'S SUPER SUPPORTERS

Marie, Alexis, Lycia and Mary Anna for all the preparation and planning that goes into the groups
Jola, Emilia, Don and Jennifer for kindness and welcome and friendship