



VSRA TIMES

November 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



November Birthdays: 4th Eileen, 6th Manfred, 11th Dietrich,
14th Jim, 16 Sukhvir, 27th Kathy and Fran



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

1st & 29th Nov Lycia Rodrigues



Stroke Survivor Support Group

15th Nov Lycia Rodrigues, RCC

12-12:30



BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

Nov 1st



What is Cryoneurolysis?

Dr Michael Ruiz-Peters
Physiatrist, Rehabilitation
Physician

Nov 8th



Clay Art - Session 2

Let's paint our creations!
with Gillian Flower, Artist

Nov 15th



Music Enrichment

Sing and play along with
Shannon Perkins-Carr

Nov 22nd



Keeping Your Brain

Healthy with Kristen
Nikolejsin, OT

Nov 29th



Fire Safety

Fire Drill and Safety
talk with the
Saanich Fire Dept

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!

November 2024 News



At the VSRA, one aim is to offer a program that addresses the many aspects of having a stroke. This month we will have three educational speakers and an expressive art activity. These will not only deliver useful information but give opportunity to express emotions and exercise our speech, brain and fine and gross motor skills! Happy November!

Nov 1st Care Partner Support Group: Reminiscence Therapy



Please bring a personal old photo so you can recall and talk about special moments of your life experience. Reminiscing is known to promote well-being, self-expression and increase social participation.

Nov 15th Stroke Survivor Support Group: SMART approach to Stress Management.

SMART goals – Specific, Measurable, Achievable, Relevant and Time-bound – can help with stress. How is this working for you?



UPDATE

Thank you Susan for telling us about your work to win a donation from 100+Women Who Care, Victoria. The next meeting of 100+ Women will be on Nov 20th from 7 – 8pm at the Uplands Golf Club–sadly a schedule conflict for Susan.

www.100womenvictoria.com

Let's all plan to attend as a group in the Spring.

Christmas Luncheon with Raffle and Silent Auction

Friday December 6th from 11:30am to 2pm.

Royal Victoria Yacht Club, 3475 Ripon Rd, Uplands

We have gathered many awesome donations for our Raffle and Silent Auction. All profits from these two fundraisers will go straight back into our programing.



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!



NOVEMBER'S NOTEWORTHY NOBILITY

Save on Foods (Foul Bay) and Bolen Books for Thanksgiving prizes

Jennifer for fire safety donation

Thriftys (Hillside), Royal Scot Inn, James Bay Inn, Butchart Gardens, Craigdarroch Castle, Bill Cox, and Origin Bakery for donating prizes and auction items.

You All for welcoming new members!