



VSRA TIMES

December 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



December Birthdays: 27th Maureen B



Morning 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
29th Nov Lycia Rodrigues RCC



Stroke Survivor Support Group
13th Dec Lycia Rodrigues, RCC

12-12:30



BYO Lunch
Bring your own lunch and eat
with friends

Afternoon Program

12:30-1:30

Dec 6th



Christmas Luncheon

11:30am - 2pm
Royal Victoria Yacht Club
Come and celebrate
with us! Get your tickets
by Nov 29th

Dec 13th



AVOIDING Frailty

Dr Patrick McGowan,
University of Victoria
Understand frailty and
what we can do to slow
down and/or reverse its
progression

Dec 20th



Christmas Music

Shannon Perkins-Carr
will lead us in some
festive songs

Jan 10th Welcome Back!

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!

December 2024 News

We Wish you a Merry Christmas.....

We are kicking off December with our Christmas Luncheon on Friday, 6th December from 11:30am to 2pm at the Royal Victoria Yacht Club, 3475 Ripon Rd, Uplands. Get your tickets by 29th Nov (\$30 members, \$45 non-members). We're having a Silent Auction and Raffle and all profits will go straight back into our programming.



A **HUGE THANK YOU** to our community supporters who have donated some awesome items to our Silent Auction and Raffle: Thrifty Foods, Munros, Bolen Books, Royal Scot Hotel and Suites, James Bay Inn, Butchard Gardens, Bill Cox, Tim Hortons, Starbucks, Hair by Kelly Hall, Origin Bakery and Il Terrazzo.

On Dec 13th, **Dr Patrick McGowan** (School of Public Health and Social Policy, UVic, Institute on Aging and Lifelong Health, Self-Management) is coming to present to us on **Avoiding Frailty**. He will help us understand what frailty is, what the research has shown, and tell us about a program that can help. We encourage you to stay for this presentation and invite your friends.

Stroke Survivor Support Group: December 13th

Fostering Well-Being: Lycia will guide members attending her support group through reflective questions and practices of self-compassion. This activity will help participants to remember the small, still voice within to support their overall quality of life and well-being.



We're finishing the year with a joyful Christmas sing-a-long with Shannon Perkins-Carr. We look forward to seeing you again on Friday, **10th January, 2025**. Membership Renewals are due on this day too. In the meantime, we wish you health, joy and peace this Holiday Season.

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 NUMEROUS NICE FOLKS!

Bill Cox – for going over and above
The Christmas Luncheon Team – Bill, Lynne and Richard
Jola – for caring friendship
Mary Anna – ongoing support
Susan – passion and commitment to VSRA