



# VSRA TIMES

January 2025

## Victoria Stroke Recovery Association

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

[www.victoriastrokerecovery.org](http://www.victoriastrokerecovery.org)

Contact: [coordinatorvsra@gmail.com](mailto:coordinatorvsra@gmail.com)



**Birthdays:** 1 Emilia, 4 Lucy & Mary-Anne, 12 Mary Anna, 21 Allison  
22 Larry, 23 Marie, 24 Jola, 29 Desiree, 31 Kirk



### 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  
No meeting with Lycia in Jan



**Stroke Survivor Support Group**  
No meeting with Lycia in Jan

12-12:30



**BYO Lunch**  
Bring your own lunch and eat  
with friends

12:30-1:30

Jan 10th



#### Happy New Year!

We're starting the year  
with some toe tapping  
music by Ceilidh Briscoe  
and Terry Boyle

Jan 17th



#### Membership Renewal

It's time to update  
information and pay  
the annual dues

Jan 24th



#### Music Enrichment

Sing and play along  
with Shannon Perkins-  
Carr MTA

Jan 31st



#### Self-Management

Bill Cox and John  
Scattergood will  
introduce Self-  
Management Principles

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!**

# Happy New Year

Wishing everyone  
a Happy and Healthy 2025

January  
**2025**

## Ring in the changes.....

Susan Edwards, our President, is taking a leave of absence from January through March as she has a temporary position as Clinical Instructor with the Victoria campus of UBC's School of Audiology and Speech Science. Best Wishes, Susan! Richard Brimmel will be Acting President during this time - Thank you, Richard!

We are delighted to welcome Dr Noreen Frisch to the VSRA Board of Directors. Noreen is Professor Emerita and former Director of the UVic School of Nursing. In addition to an esteemed academic career, Noreen is a life long active person (Dragon Boat Paddling, Zumba, folk dancing) musician (Celtic harp) stalwart friend, and loving family person with 3 grandchildren. Welcome, Noreen!



**January is the time to renew your membership at the VSRA! We will be spending time on January 17th completing the renewal forms and taking the \$50 membership fee. Volunteers will be on hand to help and there will be some activities available for those who finish quickly!**



Lycia will be away in January due to an injury.

She sends hugs and



looks forward to returning in February.

## Christmas Lunch

**Thanks to all who made this event a success! It was enjoyed by all! The Silent Auction made over \$1200 and the Raffle \$373! This money goes straight back into the program! Well Done Folks and three cheers to Bill Cox!**

**Welcome to our new group of UVIC volunteers! Thank you, Marie for leading their training session. We look forward to working with them!**



## 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!



## DECEMBER'S DASHING DONORS

A big thank you to Community Supporter Craigdarroch Castle  
Shout out to Alvin and Bill for giving talks for the United Way!

**Susan continues her work for the VSRA - In February, she will again be vying for a grant from 100+ Women Who Care - Victoria. Good Luck!**