



VSRA TIMES

May 2025

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



Birthdays: 2 Cathy S, 13 John H, 14 Bill C,
21 Rolly B, 23 Vilailuxa P, 31 Debs T



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
2nd May with Lycia Rodrigues



Stroke Survivor Support Group
16th May with Lycia Rodrigues

12-12:30



BYO Lunch
Bring your own lunch and eat
with friends

12:30-1:30

May 2nd VSRA AGM

May 9th Self-Management 4
Bill and John will focus
on Care Partner
Relationships and
Action Plans



May 16th Music Enrichment
Sing and play along
with Shannon Perkins-
Carr MTA



May 23rd Antarctica and Beyond!
Maureen will tell us
about her and Robert's
amazing trip. Megan will
give a book review!



May 30th Bring and Buy Sale!
Bring your unwanted
items and pick up a
treasure or two!



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!



2025

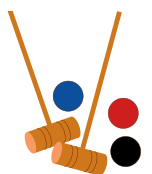
For most weeks in May, members are contributing to the afternoon program. Our AGM is on 2nd May and we will hear a summary of 2024/25 and the vision for next year. On the 9th, John and Bill will bring the next installment of the Self-Management Program and on 23rd Maureen will take us on a trip to the Antarctic! Then on the 30th, we'll all participate in the Bring and Buy Sale. Way to Go, VSRA!!!



You are invited:

As we know, physical exercise, playing games and getting outside are all good for our physical, mental and cognitive well-being. Lorne Oakes of the Victoria Bowls and Croquet Club recently reached out to the VSRA and told us of several stroke survivors enjoying the benefits of croquet. And guess which one of our members plays lawn bowls? Would you like to try these sports? If so, why not go to the Open House: April 26-27 Noon - 4pm. Victoria Bowls and Croquet Club: East side of Beacon Hill Park, 160 Nursery Rd (off Cook St & Park Blvd)

For more information, call Lorne 250 595 5996 or go to www.victorialbc.com



Ready for a Spring Clear Out?

Our Annual Bring and Buy Sale is on **30th May**.

BRING items that are in good condition but unwanted and **BUY** new found treasures.

All proceeds to VSRA Programming



**ANNUAL
BRING &
BUY
SALE**



Care Partners Support Group 2nd May, 2025

Lycia will facilitate conversations about the importance of Healthy Boundaries in Caregiving. She will encourage reflections around boundaries, and how we can provide love and care while maintaining personal integrity in the relationship.



Stroke Survivors Support Group 16th May 2025

Lycia will invite participants to consider what thoughts are on repeat in the mind. We will talk about the practice of mindfulness to help us be open and curious about our relation to thought and emotion. As you get more comfortable with discovering the nature of your emotions and thoughts, you can aim to strengthen the well-being bucket.

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!



APRIL'S AMAZING ASSOCIATES

Peter - for his ongoing work on the Dragon Boat Team

Spring Raffle Donors - The Old Farm Market, Cadboro Bay Rd, Starbucks, Oak Bay and Jen B

Our Board - for all their hard work