



VSRA TIMES

July 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: July 2 Pat D and John S, 4 Freddie L, 24 Akiko

August 5 Lucia R, 7 Diane D, 18 Jim G, 22 Karle H



Morning Program

Afternoon Program

10:30-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP



Exercise Group

with Nicola Atree, Instructor
while Alexis walks in France!



Care Partner Support Group

Weekly with Mary Anna McKay

27th June with Lycia Rodrigues



Stroke Survivor Support Group

18th July with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:30

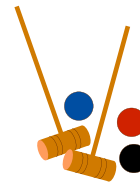


BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

July 4th



Croquet anyone?

Lorne Oakes, Victoria
Bowls and Croquet Club
will share about the
benefits of these sports

July 11th



Qi Gong

Anne Casey will lead this
class on breath work,
mindfulness, movement
& meditation

July 18th



Music Enrichment

Sing and play along with
Shannon Perkins-Carr
MTA

July 25th



Summer Picnic

at Giro Park,
Cadboro Bay,
11am - 1.30pm

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!

July 2025

July is a month to get moving! We start with a talk from Lorne Oakes of the Victoria Bowls and Croquet Club. If you want some insider info, ask Don who plays bowls at the club. On July 11th we have Anne Casey leading a Qi Gong class – so relax, breath and gently move! Anne teaches various classes around town so if you enjoy this one, you can sign up for others. Music rounds off our year at Knox and then we finish with our **Summer Picnic on 25th July at Giro Park, Cadboro Bay from 11 – 1:30pm**. Invite your family and friends for some fun, food and a time to celebrate our year together. Sign up and get your food order in!



Spotlight on UVic Volunteer, Kamal Narayana

At his convocation, neuroscience graduate Kamal, received the Lieutenant Governor's Silver Medal for his Master's thesis. His research focused on the role a specific gene and its protein, play on blood flow in the brain following an ischemic stroke. He hopes this research will have a positive impact on both the clinical practice and policy of stroke recovery. Kamal will continue his research as he starts his PhD next year. Kamal says that volunteering at the VSRA is a personal passion and has fueled his drive to understand stroke better. We look forward to him giving a talk to us in the Fall! Congratulations Kamal!



We will not be meeting in August. Have a great Summer Break and we'll see you back in Sept – start date to be confirmed



Care Partners Support Group June 27, 2025

Lycia will facilitate conversations about the essentials of contingency planning and the different situations where it can be very useful. We will work through selected case scenarios together, providing hands-on tips and guidance on how to create a contingency plan using the workbook by Family Caregivers of BC.



Stroke Survivors Support Group July 18th, 2025

Lycia will invite participants to explore the cycles of negative thinking patterns we all can get caught in, how to break these cycles, and self-care tactics to integrate into our life. In this session, we will discuss the importance of self-check-ins, self-compassion, routines, and intention setting.

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!



JUNE'S JOLLY-WONDERFUL JOYOUS-MEMBERS
Peter- for work on the 2026 Dragon Boat Team
Congrats on your graduation to UVic Volunteers:
Kamal; Anna; Kaelynn; Laura; Kylie; and Kassandra
For Board Members, Volunteers and Marie for
stepping in while Mary-Anne is away – thank you!