



VSRA TIMES

October 2025

Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church

2964 Richmond Rd, Victoria, BC V8R 4V1

Website: www.victoriastrokerecovery.org

Phone: **778-350-8772 (VSRA)**

Contact: coordinatorvsra@gmail.com



Birthdays: 2 Gertrud S, 8 Marcia P & Roy T, 11 John F, 12 Rosarie A, 15 Konrad K, 19 Lynne Y, 20 Susan E & Linda W, 24 Dee Jay S



Morning Program

10-11



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

3rd Oct with Lycia Rodrigues



Stroke Survivor Support Group

17th Oct with Lycia Rodrigues,
Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

Afternoon Program

12:45-1:30

Oct 3rd



Member Round Table

An opportunity for
members to share
information & resources

Oct 10th



Thanksgiving Lunch

followed by a
gratitude activity

Oct 17th



Music Enrichment

Sing and play along with
Shannon Perkins-Carr
MTA

Oct 24th



Stroke Research

UVIC Student Volunteer,
Kamal Narayana will
share his passion for
stroke research

Oct 31st



Trick or Treat!

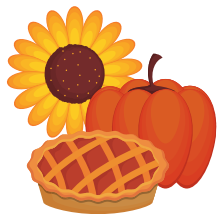
Halloween Fun & Games

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 W̱SÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!

**HAPPY
THANKS
GIVING**



October 2025

Happy Thanksgiving! This month we have the opportunity to share and learn from each other. On 3rd October members will be sharing about services they use then on Oct 24th Kamal will be presenting the research from his Masters program. He was so excited about his research that he wanted to volunteer here! We'll be celebrating Thanksgiving with turkey (or veggie) sandwiches and pumpkin pie and taking a moment to focus on gratitude. We'll lift our voices in song and round out the month with some fun on Halloween. Don't forget to wear costumes! There will be prizes!

Coffee Drop-In*
for Stroke Survivors
and Care Partners
Hillside Mall Food Court (Upper Level)
Tuesday 10am - 11:30am
30th September 2025
***we'll see how many people come and**
if they want to do it again.



Stay connected:
our new phone number:
778-350-8772 (VSRA)
look us up online:
www.victoriastrokerecovery.org



Christmas is coming!

Our Christmas Lunch is set for Dec 12th. We are hoping to do another Silent Auction. There are two ways you can help:

- 1.If you know a business or someone who would like to donate an item or a Gift Card, please contact them and ask! We'd like all donations by Nov 21st
- 2.Join the Christmas Team and help with decisions, Silent Auction and set-up



Care Partners Support Group Oct 3rd, 2025

Lycia will facilitate conversations about incorporating themes of self-compassion, particularly through Mindful Self-Compassion (MSC). We will discuss how this approach can help caregivers reduce burnout, depression, and anxiety by meeting our own struggles with kindness and understanding, rather than criticism.



Stroke Survivors Support Group Oct 17th, 2025

Lycia will invite participants to explore ideas from the book "The Little Prince". She will use the story's characters and symbolism to help participants work through emotions, set goals, and improve thinking and talking skills during their recovery journey.
<https://www.youtube.com/watch?v=APG1upS8LDw> to hear the story read aloud

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!



SEPTEMBER'S SUPERB SUPPORTERS
Eric for joining the Board of Directors
Everyone for welcoming new people
Marie, Susan and Students for starting the
Partner Program