



VSRA TIMES

November 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: 11 Dietrich S, 14 Jim S, 16 Sukhvir S, 19 Anne d V,
22 Margaret B, 24 Noreen F, 27 Kathy R & Fran K



Morning Program

10-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP



Exercise Group

with Alexis Morres, Instructor



Care Partner Support Group

Weekly with Mary Anna McKay

7th Nov with Lycia Rodrigues



Stroke Survivor Support Group

21st Nov 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

Nov 7th



Travel Planning

With Nicole Davey
(Linda's daughter)

Nov 14th



OT Tips

Shannon Ellis,
Occupational Therapist
is going to talk on home
modifications and
scooters.

Nov 21st



Music Enrichment

Sing and play along with
Shannon Perkins-Carr
MTA

Nov 28th



FAME

Stanley Hung, UBC, will
tell us more about the
Fitness And Mobility
Exercise program for
stroke survivors



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!



VSRA Hockey Night!

November 2025

Come to a Victoria Royals Hockey Game with your VSRA friends.

Date and Time: 28th November 2025, 7pm

Where: Save on Foods Arena, 1925 Blanshard St, Victoria

Cost: \$20 (cash only)

Please sign up with Peter by Nov 14th



Lest we Forget

Christmas is coming! Save the Date!



This year our Christmas Luncheon and Fundraiser will be held on Friday 12th December from 11:30am - 2:30pm at the Victoria Golf Club, 1110 Beach Dr, Victoria BC V8S 2M9

Tickets will be on sale soon. Members \$40** and Non-Members \$50
**If cost is prohibitive, please see Mary-Anne or a Board Member - we want everyone to come!

Please remember to book your handyDART 250 727 7811.
Our last VSRA meeting of the year will be on 19th Dec.



We are getting excited about our Silent Auction. We hope each table can contribute something to the auction. Perhaps your table can make up a basket of goodies or each person can give some money towards a gift card to a restaurant or store. Perhaps you have a connection to a business that is willing to donate something, or maybe you have created something beautiful that we can donate to be auctioned off. If you need help with ideas, please ask Mary-Anne. It would be great to have all auction items in by November 28th.



Care Partners Support Group 7th November 2025

Lycia will explore the concept of ambiguous loss, facilitating conversations about the shift from being a spouse to becoming a caregiver. This session will delve into the feelings associated with losing a partner in shared decisions, activities, and emotional support. Our focus will be on sharing experiences rather than "fixing" problems.



Stroke Survivors Support Group 21st November 2025

Lycia will invite participants to discuss how we are all working through changes to living situations, social roles, and relationships. A stroke can cause overwhelming feelings of grief, loss, anger, and anxiety. This group session will help us to normalize these emotions and learn healthy coping mechanisms.

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!



OCTOBER'S OURSTANDING SUPPORTER

Rolly for her generous and beautiful decor
Ron and Rosarie for ideas and contacts
Debs, Don, Dee Jay, Mary Anna for sharing resources