



VSRA TIMES

December 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: 20th Richard S, 27th Maureen B



Morning Program

10-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP

Exercise Group



Dec 5th Victoria Korby-Fuchs

Dec 19th Alexis Moores



Care Partner Support Group

Weekly with Mary Anna McKay

5th Dec with Lycia Rodrigues



Stroke Survivor Support Group

19th Dec 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

Dec 5th



Neurolinguistic Programming

Member talk with our own John Passos

Dec 12th



Christmas Luncheon and Silent Auction

11:30am - 2:30pm

Victoria Golf Club,
1110 Beach Dr, Victoria

Dec 19th



Christmas Sing a Long

Get into the Christmas spirit with Shannon Perkins-Carr MTA

Jan 9th

Welcome Back!

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!

Christmas is coming!

December 2025

Our Christmas Luncheon and Fundraiser is on Friday 12th December from 11:30am – 2:30pm at the Victoria Golf Club, 1110 Beach Dr, Victoria BC V8S 2M9

Final ticket sales on Dec 5th \$10 Members and \$25 Non-Members

Please remember to book your handyDART 250 727 7811.

THANK YOU to those who donated to the Silent Auction – Proceeds from the Silent Auction and Raffle will go straight back into our program!

A BIG THANK YOU to our community partners who have generously donated to the Silent Auction and Raffle – Royal Scot Hotel, Butchart Gardens, Craigdarroch Castle, Munro's Books, Pharmasave (Oak Bay), Thrifty Foods (Hillside), Urban Grocer, Vessel Liquor Store.

Thank You!

The Times Colonist Christmas Fund and the Sovereign Order of St. John of Jerusalem, Knights Hospitaller (SOSJI) work together to raise funds to help people in need. This year they granted the VSRA \$5000 for our program! We are one of 36 local organizations supported by SOSJI. With a thousand years of history, the modern SOSJI is a Christian chivalric, ecumenical and international community which continues to live out its motto "For faith, for service to humanity" Read more: <https://www.sosjinternational.org/>



Care Partners Support Group 5th December 2025

We will be brainstorming new, low-stress traditions to enjoy during the holiday season. This session is designed to help caregivers navigate the unique emotional and logistical challenges of the season, adjust expectations, and adapt traditions.



Stroke Survivors Support Group 19th December 2025

Lycia will invite participants to discuss strategies for managing stress, avoiding overstimulation from crowds and noise, and setting realistic expectations for holiday events. We will also share ideas on how everyday holiday activities can be integrated into physical or occupational therapy goals.

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!



NOVEMBER'S NUMEROUS NICE-HELPERS
Debs, Bill and Peter for VGH Outreach
Christmas Committee – Noreen, Janine, Cait,
Debs, Mary Anna and Susan
UVIC Students for all their help
Mary Anna and Coffee Volunteers
Everyone for donating to the Silent Auction

FAME (Fitness and Mobility Exercise) is a community based exercise program for people who have had a stroke or other neurological conditions such as Parkinson's Disease, Multiple Sclerosis or traumatic brain injury. FAME is designed specifically and proven to improve fitness, walking and strength, and includes strength, fitness, agility and balance exercises. Suitable for people any time after a stroke who can stand for 5 minutes, walk for 10 meters (even with a walking aid), able to sit and stand from a chair on their own, are medically stable and can communicate with the instructor.

Available at:

Saanich Commonwealth Place, Instructor – Mateo Cocco

151261 Tues & Fri Jan 13 – Mar 13 1:15 – 2:15pm 18 classes for \$270

151262 Tues & Fri Apr 7 – Jun 19 1:15 – 2:15pm 22 classes for \$330

phone 250 475 7619 Registration starts 6am 3rd Dec

or register online at <https://www.saanich.ca/EN/main/parks-recreation-community/recreation/registered-activities-and-programs.html>

Henderson Recreation Centre: The Nook , Instructor – Alexis Moores

Tues & Thurs Jan 6 – Feb 26 10:30 – 11:30am 16 classes for \$200***

Tues & Thurs Mar 3 – Apr 23 10:30 – 11:30am 16 classes for \$200***

***To register for this class, you need to complete an Intake Package available at the entrance desk at Henderson and Oak Bay Rec Centers.

For more information, contact Andrea Pearson PH 250 370 7117 or email apearson@oakbay.ca

Do you live in the Westshore?

The Stroke Recovery Association of BC has re-started it's Langford Program. They meet weekly on

Wednesdays from 5:00pm – 7:00pm at

2826 Bryn Maur Road, Langford, BC

For more information call 1-888-313-3377 or register at

www.strokerecoverybc.ca

