



VSRA TIMES

April 2026

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: 5 Nancy L, 10 Lauralyn F,
14 Marie C, 24 Dale S



Morning Program

Afternoon Program

10-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP



Exercise Group

with Instructor Alexis Moores



Care Partner Support Group

Weekly with Mary Anna McKay

10th April with Lycia Rodrigues



Stroke Survivor Support Group

17th April with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

April 3rd



Good Friday

NO MEETING TODAY

April 10th



Personal Planning

Overview 2

with Debra Swain from

SHWI. Debra will finish

her presentation on this

important topic.

SPRING RAFFLE!



April 17th

Music Enrichment



Sing and play along with

Shannon Perkins-Carr

MTA

April 24th

What is a Personal



Trainer?

Jan Frampton is going to

educate us and give our

toes a workout!

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!

April 2026

Happy April! On April 10th, Debra Swain will present Part 2 of the Personal Planning workshop and she will give us the resources we need to work on this ourselves. And don't forget to bring some cash for our Spring Raffle - we have some lovely prizes and the funds raised will go towards more speakers and activities in our afternoon time slot. We'll also continue our focus on exercise with Personal Trainer Jan Frampton. Music is of course a regular feature and below is a note from Shannon that highlights why it is so helpful.



Spotlight on Music with Shannon Perkins-Carr

Music therapy involves the targeted use of music to work towards non-musical aims. For stroke survivors, singing can be a vital way back into verbal communication. The **benefits of group singing** are well-researched and documented, and include: **lower stress and anxiety levels** (thanks to less cortisol and more endorphins and oxytocin), **a stronger immune system** (increased levels of Immunoglobulin A), and **increased lung capacity** (I love starting with breathing exercises). It might look like we're just having fun in these sessions (and of course we are!) but I always plan sessions and activities with the aim of supporting participants on their rehabilitative journeys. **Thank you Shannon and thank you to Music Heals Canada who supports our program!**



Care Partners Support Group 10th April 2026

Stroke recovery is a unique and often non-linear journey, with periods of progress as well as setbacks. Changes can occur physically, cognitively, and emotionally, impacting energy, communication, memory, and mood. In this session, we will explore how these ups and downs are a normal part of healing and how to navigate them with greater understanding and self-compassion.



Stroke Survivors Support Group 17th April 2026

As we were unable to meet in March, we will revisit last month's theme: neuroplasticity as a powerful tool for building hope and agency. This session reframes recovery as an active "rewiring process" shaped by daily habits. We will explore the 10 Principles of Neuroplasticity, with a focus on repetition and meaningful activities.

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!



MARCH'S MARVELOUS MATES

A HUGE THANK YOU to the community supporters of the Spring Raffle. Once again The Old Farm Market, Starbucks and Gardenworks - all Oak Bay businesses - are generously donating to our cause. **THANK YOU!**