



# VSRA TIMES

January 2026

## Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church  
2964 Richmond Rd, Victoria, BC V8R 4V1

Website: [www.victoriastrokerecovery.org](http://www.victoriastrokerecovery.org)

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

Contact: [coordinatorvsra@gmail.com](mailto:coordinatorvsra@gmail.com)



**Birthdays:** 1 Emilia F, Heidi L, 4 Lucy & Mary-Anne G, 10 Ann B, 12 Mary Anna, 21 Allison C, 22 Larry R, 23 Marie S, 24 Jola J, 29 Desiree S, 31 Kirk M

### 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

**9<sup>th</sup> Jan** with Lycia Rodrigues



#### Stroke Survivor Support Group

**23<sup>rd</sup> Jan** with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



#### BYO Lunch

Bring your own lunch and eat  
with friends

12:45-1:30

Jan 9th



#### Night and Day Jazz Trio

We're kicking off the  
year with some cool  
tunes!

Jan 16th



#### What is Social Prescribing?

with Emma Golding, Oak  
Bay Community  
Connector

Jan 23rd



#### Music Enrichment

Sing and play along with  
Shannon Perkins-Carr  
MTA

Jan 30th



#### 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!**

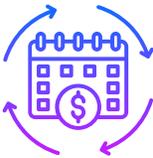


It won't be long before January is upon us – a new year, a fresh start and good things to look forward to at the VSRA!

I have noticed that when we have speakers about stroke recovery, there is a common theme – how exercise is helpful for physical and cognitive recovery, reducing risk factors, boosting mood as well as other general health benefits. So, this term I am aiming to have one afternoon session a month with a of physical exercise theme. We might have speakers from community resources that promote accessible exercise, be lead in creative seated routines or learn about programs and professionals that can help get us moving. In the meantime, I encourage you to pop outside – go for a walk, breathe in the crisp air...and if it's raining or walking is too difficult? Why not do a seated exercise workout with Alexis. Find 4 routines on our website under the Resources tab <https://victoriastrokerecovery.org/exercise-with-alexis/> Have FUN!

## It's Time to Renew Your Membership!

January is the time to renew your annual membership with the VSRA. Our yearly fee is \$50 – what a bargain! Every year we try and simplify the process. We'll give you more details on January 9th!



### Care Partners Support Group 9<sup>th</sup> January 2026

We will discuss the impact of emotional lability on the care partner's role. Lycia will share information to help caregivers understand that lability is a neurological condition, which can help them avoid misinterpreting emotional episodes. We will also discuss practical strategies and the importance of seeking support to manage this challenge.



### Stroke Survivors Support Group 23<sup>rd</sup> January 2026

We will discuss changes in emotions and personality following a stroke, focusing on emotional lability (also known as emotionalism). Emotional lability is a neurological condition that reduces the ability to control emotional expression. We will explore strategies for managing it, such as identifying triggers (fatigue, stress, crowded environments), taking short breaks to regain control, and using relaxation techniques

## 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!



**The Silent Auction** was a great success! We raised over \$2000!. **Thank you** to our Christmas Team and community donors (Royal Scot Hotel and Suites, Butchart Gardens, Craigdarroch Castle, James Bay Inn, Urban Grocer, Vessel Liquor Store, Island Hair Cutters, Ken's Leather Bags, Munro's Books and Il Terrazzo. And a big **Thank You** to the many members who donated fabulous items and bought them too! **Thank you** to the donors of our raffle prizes too: Thrifty Foods (Hillside), Munro's Books and Pharmasave (Oak Bay).