



VSRA TIMES

March 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 Maria S, Ingrid W & Vlad B, 10 Jen B,
18 Eric N & Robert B, 21 Don H & Sheila P



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

20th March with Lycia Rodrigues



Stroke Survivor Support Group

27th March with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

Mar 6th



A Stroke Ahead

Peter, Keith and Karen
will talk about how to
get involved in our
Dragon Boat Team!

Mar 13th



Personal Planning Overview 1

with Debra Swain from
SHWI. Find out more
about how to prepare
for the future

Mar 20th



Music Enrichment

Sing and play along with
Shannon Perkins-Carr
MTA

Mar 27th



Adapt Fitness

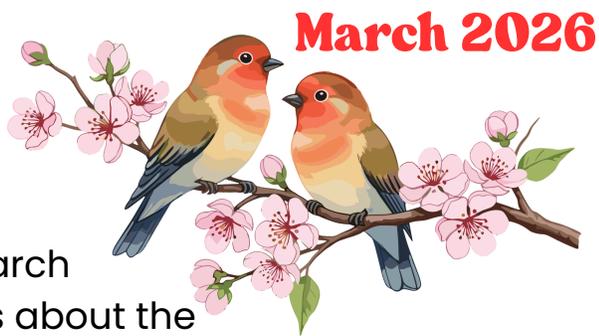
with Bronte Alveberg
and Rebecca Gaetz
Learn about this
accessible gym

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!

Spring is coming and with it a sense of anticipation for the new season. We have lots going on this month to assist you to plan helpful, healthy and fun things to do!



Our Dragon Boat initiative is ready to begin! On March 6th, Peter, and coaches Karen and Keith, will tell us about the program and how you can get involved - by paddling, by supporting the team, or by using the club space for a mid-week VSRA coffee meet-up!

From last year's survey, many were interested in learning about planning for the future. On March 13th, Debra Swain from the Seniors Health and Wellness institute will be presenting the first of a two part workshop on how to make plans while you are capable, should you need help managing areas of life such as health care, personal care, legal affairs, and financial affairs in the future.

Then on March 27th Adapt Fitness (formally MOVE Gym) will be giving us some tips on keeping our bodies moving as well as letting us know about the options for exercise programs they have available.

As always, we have our monthly music session with Shannon - let's join the birds and use our brains, lungs and hearts to sing out with joy!

Please note the changes in dates for the Care Partner and Stroke Survivor Support Groups this month.



Care Partners Support Group 20th March 2026

Communication difficulties (aphasia) and cognitive-driven personality changes can be the most isolating aspects of stroke recovery. In this session, we will share ideas and techniques for communicating with survivors who have speech difficulties or personality changes.



Stroke Survivors Support Group 27th March 2026

We will discuss Neuroplasticity as a powerful tool for building hope and agency. This session reframes recovery from a "medical treatment" into an active "rewiring process" that the survivor directly influences through daily habits. We will explore the 10 Principles of Neuroplasticity, prioritizing 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!



FEBRUARY'S FABULOUS FRIENDS

A big thank you to Tables 1 1/2, 3 and 5 for welcoming new members in February. We all know how hard it is to walk into a room full of strangers, so **THANK YOU** for making room at your tables, sharing stories and extending friendship!