



VSRA TIMES

May 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: 2 Cathy S, 13 John H, 14 Bill C, 18 Hickman W,
21 Rolly B, 23 Amma P, 27 Gregg M, 31 Debs T



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

1st May with Lycia Rodrigues



Stroke Survivor Support Group

15th May with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

May 1st

VSRA AGM



Participate in this
important meeting!

May 8th

Chair Dancing



Tiffany from Embrace
Arts is returning for more
joyous exercise!

May 15th

Music Enrichment



Sing and play along with
Shannon Perkins-Carr
MTA

May 22nd

Nurse Next Door



Maya Gamboa will share
information on how to
stay independent at
home

May 29th

911 tips and more!



Andrew Mills, Advanced
Life Paramedic will be
sharing insights and tips

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!



The sun is shining, the flowers are blooming and the birds are singing...it must be time for the Annual General Meeting! Come along and support our organization. Your voice matters!

May 2026

Spread the word. Stroke Recovery BC has restarted it's Langford Program. Wednesdays, 1 -3 pm. Visit www.strokerecoverybc.ca for more info or to register online.



Spotlight on Exercise with Alexis Moores

Why Exercise after a Stroke?

Why do people keep going on about exercise? Because...

Regular exercise (doing a little more than your everyday activities) helps:

- improve mobility, balance, muscle strength and cardiovascular strength .
- improve walking, coordination, lower blood pressure, increase strength in affected limbs, lower the risk of stroke reoccurrence, & reduce depression.
- get those neurons reorganizing in your brain!
- make you feel better physically and mentally!

All these things help with living independently.

The cliché is true. **Use It or Lose It**, no matter how annoying it is to hear. **Alexis**



Care Partners Support Group – May 1, 2026

Making Sense of What Happened – Processing and Adjustment

Many caregivers describe stroke as a sudden rupture—life before and life after. In this session, we will explore the understanding that this is not about fixing anything. Instead, it is about acknowledging what has changed and reflecting on what that experience has been like for each of us.



Stroke Survivors Support Group – May 15, 2026

My Life Changed – Telling the Story

A stroke can divide life into “before” and “after.” This session is about your story—what happened, and what it has been like for you. Your story matters, even the parts that may feel difficult to express. Together, we will also begin to explore who you are now—not just what has changed

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!



APRIL'S AMAZING AMIGOS

April 19 - 25 was National Volunteer Week in Canada. A HUGE shout out to all our amazing volunteers - our “coffee crew”, student volunteers, Mary Anna in Care Partner's and of course our hard working BOARD. **THANK YOU SO MUCH**

