



VSRA TIMES

July 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 Pat D, Violet W & John S,
4 Freddie L, 11 Linda H, 24 Akiko 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

17th July with Lycia Rodrigues



Stroke Survivor Support Group

31st July with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

Jul 3rd Victoria Disability

Resource Centre



Executive Director,
Wendy Cox is going to
share resource ideas.

Jul 10th Summer Picnic



Gyro Park

11am - 1.30pm

Jul 17th Music Enrichment



Sing and play along with

Shannon Perkins-Carr MTA

Jul 24th Exercise for Everyone

with Alexis!



After lunch, Alexis will
lead a workout for us all!

Jul 31st Summer Birds of Victoria



with Ann Nightingale

from the Rocky Point Bird
Observatory

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!



Happy Summer everyone! Our July program is **July 2026** packed full of information and Summer fun! Wendy Cox from the Victoria Disability Resource Centre will share its many useful programs and services with us. Then we will celebrate with our Picnic and music. Later in the month, Alexis is going to give a workout for our whole group. Don't forget that she has four 30 minute workouts on our website <https://victoriastrokerecovery.org/exercise-with-alexis/> This is such an easy way to keep exercising over our break. At our last meeting, we have an opportunity to learn about our local birds - and perhaps even develop a new passion! Don't forget - **we don't meet in August** - so have a great Summer, everyone!



VSRA Summer Picnic

Gyro Park, Cadboro Bay
Friday, 10th July 2026 11am - 1.30pm
Change your handyDART booking by June 26th & sign up by July 3rd



Summer Coffee Group*

Fridays from 10am - 11.30am Food Court at Hillside Mall. Contact Bill

for more details

ph (250) 384-0346

directorvsrabill@gmail.com

***not an official VSRA event**

Supported by Thrifty Foods, Red Barn & Peppers



Mark Your Calendar!

We'll start back on **Friday**

11th Sept 2026, 10 am - 1.30pm



Care Partners Support Group - July 17, 2026 Control vs. Acceptance

Stroke recovery can feel unpredictable and uncertain. In this session, we will explore the balance between trying to control outcomes and learning to live with what we cannot control. Together, we will reflect on the idea that letting go is not giving up—it is about redirecting energy toward what matters most.



Stroke Survivors Support Group - July 31, 2026 Coping, Confidence & Regaining Control

It can be challenging to balance needing help with wanting independence—both are important. In this session, we will explore what is within your control and what may not be, and how this awareness can reduce stress and build confidence. We will also reflect on what it might be like to approach yourself with more patience and kindness throughout your recovery.

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!



JUNE'S JOLLY JOYOUS-SUPPORTERS

A HUGE THANK YOU to our volunteers - we couldn't run the program without you! We appreciate our coffee volunteers for their hard work and smiles, the UVIC students for their encouragement and energy, for Mary Anna for her insight and advice, for Keith and Karen for their commitment and passion and for the Board for their dedication and service. Thank you too to our amazing contractors - Marie, Alexis, Lycia and Shannon . You make the program AWESOME!