



VSRA mini TIMES

August 2026

Victoria Stroke Recovery Association

2964 Richmond Rd, Victoria, BC V8R 4V1

Website: www.victoriastrokerecovery.org

Phone: **778-350-8772 (VSRA)** Contact: coordinatorvsra@gmail.com



Birthdays August: 6 Siobhan S, 8 Miko B, 13 David B,
20 Harvey F, 22 Karle H, 25 Carla W **September:** 5 Ron A



Summer Happenings....



Summer Coffee Group*

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

Contact Bill for more details

250-384-0346 or directorvsrabill@gmail.com

***not an official VSRA event**

A Stroke Ahead

Our dragon boat team will continue to practice every

Tuesday from 10 - 11.30am at

Victoria Canoe & Kayak Club (VCKC) 355 Gorge Rd W

Spectators and new paddlers welcome!

Contact Karen Wilson on 778-350-6566 or pearly6@shaw.ca



Watch the Birds...

If you enjoyed Ann Nightingale's talk about the birds of Victoria, why not get involved? Read about BC's birds and Victoria birding activities at **Birding BC's** website <https://birding.bc.ca/> **Nature Victoria** runs bird walks each Wednesday morning at the Swan Lake Christmas Hill Nature Sanctuary.

The Rocky Point Bird Observatory puts on regular walks and educational events too. **Friends of Uplands Park** has a bird walk on Sat 1st Aug at 10am - meet at the Cattle Point car park

If you want to watch birds on your own, you can get the **Merlin Bird ID** or **eBird Mobile** apps for your phone. And if all this sounds too complicated, just go out, look, listen and enjoy the birds around you!



Mark your Calendar...

We start again on **Friday, 11th Sept 2026**. 10am - 1.30pm. Be prepared for a **magical** start to the year!



Lycia Rodrigues, RCC runs our support groups and is also available for private counselling at <https://oceanos-counselling.com/>



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!