



VSRA TIMES

Oct 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 Gertrud S, 8 Marcia P & Roy T, 11 John F, 12 Rosarie A, 15 Konrad K, 20 Susan E & Linda W, 24 Dee Jay S, 27 Katie S



Morning 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 **2nd Oct** with Lycia Rodrigues



Stroke Survivor Support Group **16th Oct** with Lycia Rodrigues, Registered Clinical Counsellor

12-12:45



BYO Lunch Bring your own lunch and eat with friends

Afternoon Program

12:45-1:30

Oct 2nd **Living Your Best Life!**



Les Chan is going to inspire us with his talk!

Oct 9th **Thanksgiving Lunch** (donations of \$5 to 10 appreciated). **Fall craft Thanksgiving Raffle**



Oct 16th **Music Enrichment** Sing and play along with Shannon Perkins-Carr MTA



Oct 23rd **Balance!** with Melissa Hadfield, physiotherapist of Pivotal Movement Rehab



Oct 30th **Life is a Journey...** Alvin will share his stroke story and his latest adventure!



WEAR HALLOWEEN COSTUMES!!

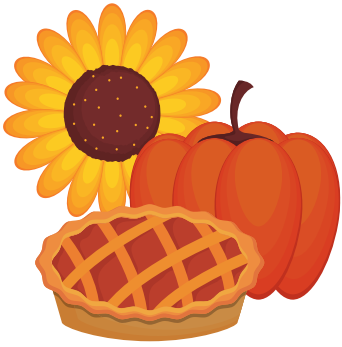
VSRA is a non-profit association. It is a self-support group for stroke survivors and their care partners.

Thank you to all the volunteers and supporters who make the program possible!

VSRA acknowledges with respect the Lekwungen and W̱SÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!

October 2026



Happy Fall! As someone who grew up in the Southern Hemisphere where Thanksgiving and Halloween weren't "a thing", I particularly love this time of year. A time to enjoy the colour and glory of Autumn leaves, a time to pause and be thankful – for family, friends, food, recovery, hope....and all the small things we take for granted. And of course a time to have some Halloween fun too. This month at the VSRA we are going to celebrate the season, learn some balancing tips and share stories of the stroke recovery journey – **from surviving to thriving!**

A Stroke Ahead



Our team will be participating in Gorge Fest on, Saturday 26th of September at the Fairway Gorge Paddling Club, 2940 Jutland Road. Come out and cheer us on! First race is at 9am and the best viewing area is near the Selkirk Trestle. Further information from Karen Wilson, Coach 778-350 6566 or pearly6@shaw.ca



Please save your 100 – 500mls jars for our Thanksgiving activity. Please give them to Mary-Anne on Oct 2 or 9

Thanksgiving Raffle

**Oct 9th
Tickets \$2
or 3 for \$5**



Don't forget to wear your Halloween Costume on Friday 30th Oct. Prizes for the best costume!



Care Partners Support Group – Oct 2nd, 2026

When Roles Change: Navigating Identity, Partnership & Expectations

A stroke can change the roles and routines within a relationship. Partners may find themselves navigating new responsibilities, expectations, and ways of relating to one another. In this session, we will explore the emotional impact of these changes and consider how couples and families can adapt while maintaining connection, dignity, and a sense of partnership. We will also reflect on the difference between supporting someone and taking over for them.



Stroke Survivors Support Group – Oct 16th, 2026

Living With Change: Acceptance, Adaptation & Moving Forward

Stroke can bring changes that we did not choose and cannot always control. Acceptance does not mean giving up or being happy with what has happened; it can mean acknowledging reality while discovering new ways of living with it. In this session, we will explore the difference between acceptance and resignation, and how flexibility and adaptation can help us move forward while still honouring what has been lost.

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!



THANK YOU TO SEPTEMBER'S SUPER SUPPORTERS

- Marie, Alexis, Lycia and Shannon for their work preparing for this term's groups.
- the new UVIC volunteers for their time
- The Board for all their behind-the-scenes work
- MaryAnna and Ron for their leadership
- Coffee Volunteers for their work and care