VSRA TIMES

Nov 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: 11 Dietrich G, 14 Jim S, 16 Sukhvir S, 22 Margaret B, 24 Noreen F, 27 Kathy R & Fran K, 29 Georgene F



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
6th Nov with Lycia Rodrigues



Stroke Survivor Support Group
20th Nov 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

Nov 6th **Alternative Medicine**



Practitioner Ken Ye will share what alternative medicine can offer

Nov 13th **Indoor Gardening**



Avid gardener, Jean Lawrence will lead us in a bulb planting workshop

Nov 20th **Nurse Next Door**



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

Nov 27th **Music Enrichment**



Sing and play along with Shannon Perkins-Carr MTA

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!

November 2026



Happy November! They say “knowledge is power”. This month we will be adding to our knowledge base. Alternative Medicine practitioner, Ken Lee, will share how he helps stroke survivors. Then Maya Gamboa from Nurse Next Door will discuss what help is available to support people to stay independent in their own home. There will be opportunity to ask questions at both these talks. And just to lighten things up, we will be potting up some bulbs to take home! Jean Lawrence will guide us in this activity and remind us of the health and mental health benefits of gardening! Music will round out our November afternoon sessions. Fa la la.....





Christmas is coming! Save the Date!



This year our Christmas Lunch and Silent Auction is on **Friday 11th December from 11:30am - 2:30pm** at the **Victoria Golf Club,** 1110 Beach Dr, Victoria BC V8S 2M9
Tickets go on sale on Nov 13th. More information soon!
Please remember to book your handyDART 250 727 7811.
Our last VSRA meeting of the year will be on 18th Dec.

Care Partners Support Group – Nov 6th, 2026
The Emotional Weight of Caregiving: Guilt, Grief & Self- Compassion

Caregiving can bring many emotions — including love, worry, frustration, sadness, guilt, and grief. Sometimes care-partners feel they “should” be more patient, more positive, or able to handle everything. In this session, we will create space to acknowledge the emotional weight of caregiving and explore how self-compassion can help us respond to ourselves with greater kindness rather than criticism.

Stroke Survivors Support Group – Nov 20th, 2026
Connection & Belonging: Relationships After Stroke

Relationships can change after a stroke. Communication, independence, roles, and social activities may all feel different, sometimes leading to isolation or a sense of being misunderstood. In this session, we will explore the importance of connection and belonging, and consider ways to communicate our needs, maintain meaningful relationships, and create opportunities for social connection while navigating life after stroke.

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 OCTOBER’S OUTSTANDING SUPPORTERS

Nicol - a visiting speech therapist from Chili has been volunteering with us for several months - THANK YOU!
Rolly, Sandy, Peter, John and Freddie, Debs and Roy for making our Thanksgiving Lunch great!
Rolly - for the joy you bring us with your decorations!
Marie - thank you for training in First Aid for us!