# VSRA TIMES

Dec 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**: 20 Richard S, 23 Skip C, 27 Maureen B



## 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
**4th Dec** with Lycia Rodrigues



**Stroke Survivor Support Group**
**18th Dec** 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**

**Dec 4th** **Living Your Best Life!**



Les Chan, brain tumor survivor and disability ambassador, is going to inspire us with his talk!

**Dec 11th** **VSRA Christmas Lunch and Silent Auction**



Victoria Golf Club
11:30am - 2:30pm

**Dec 18th** **Music Enrichment**



Christmas Music with Shannon Perkins-Carr MTA

**January 8th Welcome Back!**

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!**

# December 2026

First I want to say a big thank you to many people who are working very hard behind the scenes. Our bulb planting workshop was such fun so a **BIG THANK YOU** to Jean Lawrence for leading it and to the following nurseries who kindly donated bulbs: Gardenworks Oak Bay, Borden Mercantile, Elk Lake Garden Centre, Thrifty Foods Admirals Rd, Hilltop Greenhouses, Canadian Tire, Hillside and Jean too!

A BIG THANK YOU too to our Christmas Team, Debs, Janine, Cait, Susan, Noreen and Jackie for all their work - it is going to be a wonderful time! More thankyous below!

This month, we welcome back Les Chan - I know we will be inspired by his talk and then, we celebrate - at our Christmas Lunch on the 11th and with music on the 18th!



**Christmas Lunch and Silent Auction**
**Friday 11th December**
**11:30am - 2:30pm**
**Victoria Golf Club,**
**1110 Beach Dr**

**Our last meeting of the year will be on 18th Dec.** We start back on **January 8th** and in the following months, many of the topics you have suggested will be featured in our afternoon sessions.

**Wishing you all Happy Holidays!**

### Care Partners Support Group – Dec 4th, 2026

**Finding Moments of Rest & Joy During the Holiday Season**

The holiday season can bring warmth and connection, but it can also add stress, expectations, and extra responsibilities for care-partners. In this session, we will explore ways to make the holidays more manageable by letting go of unrealistic expectations, protecting our energy, and making room for rest and moments of joy. We will reflect on what truly matters and how to create a season that feels meaningful rather than overwhelming.

### Stroke Survivors Support Group – Dec 18th, 2026

**Reflecting on the Year: Resilience, Gratitude & Hope**

As the year comes to a close, we will take time to reflect on the journey we have travelled. Recovery is rarely a straight line, and progress can sometimes be difficult to recognize. In this session, we will explore what we have learned, the challenges we have faced, the strengths we have discovered, and the moments that mattered. We will end the year by considering what we want to carry forward with us — including resilience, gratitude, and hope for the year ahead.

**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 Debs for securing a grant from the Victoria Chinatown Lioness & Lions Club

**THANK YOU TO NOVEMBER'S NUMEROUS NICE FOLK!**

**HUGE thank you** to those who helped match the Victoria Foundation's $1000 grant - Susan, Georgene, Vlad, Janet, Nancy, Linda, Debs & Roy, Ron & Rosarie, Sukhvir, Carla, Cathy & Eric, Andrew & Catherine, Rob R, Jim, Jen & Don, Maureen & Bob, Mark & Jackie and Kirk!

**Shout out** to Peter and Bill for organizing the hockey night - and wow, A Stroke Ahead received $3542 from the 50/50! Amazing