



"Since 1995, the Oakville Stokers program has succeeded in giving qualifying stroke survivors a new lease on life.

"It is a unique community program which is a credit to the town, hospital, local businesses and, most of all, caring volunteers.

"I recommend the Oakville Stokers program strongly to any adult on the road to recovery, regardless of age."

...Dr. Denise Stirling,
Neurologist, Oakville.



Oakville Stokers Making Waves for Recovery

The Oakville Stokers is a community initiative for stroke survivors.

Offered in close cooperation with the Town of Oakville, Department of Recreation and Culture, and the Physiotherapy and Occupational Therapy Department of the Oakville Trafalgar Memorial Hospital, Oakville Stokers helps participants revitalize their sense of independence, mobility and overall well-being.

It is especially meant for those who truly believe they can make waves in overcoming the aftermath of a stroke.

Sessions run for 10 weeks in the fall, winter and spring at the Glen Abbey Community Centre, the home of the Oakville Stokers.

Each weekly program begins with a **socializing and light refreshment time**, followed by **low impact stretching and exercises**, and a **One Hour Pool Session** with the help of volunteers. The Glen Abbey pool is reserved at this time.

Participants then enjoy a **group lunch**, followed by **card games, arts and crafts**, and **other leisure activities**. Emphasis is placed on fostering a warm, caring and cooperative environment. Above all, it is fun and rewarding for all.



A Registered Community Charity since 1998

February 2010

Enrolment Information

Who can participate:

Stroke survivors over 21 years of age who...

- Has obtained a physician's consent and,
- is able to look after basic self care needs alone, or with minimal assistance and,
- has the ability to provide their own transportation.

When:

There are three ten week terms:
Winter, Spring and Fall
Fridays from 9:30 am to 2:00 pm

Where:

Glen Abbey Community Centre, 1415
Third Line, Oakville, Ontario L6M 3G2

Fee:

There is a nominal fee for each 10 week session

Enrolment information:

Heather Thorpe
Registrar & Medical Liaison
905.847.6786

**Oakville Stokers is a registered charity
and welcomes donations.**

Tax receipts available.

Registration No. 873037840 RR0001



We Love Our Volunteers

The success of this worthwhile community initiative is clearly reliant on volunteers.

If you have a keen desire to help participants make waves in their stroke recovery program and,

you want to have fun and feel the reward that comes from helping stroke survivors get a new lease on life,

consider getting involved as a volunteer.

Volunteer information:

Anita Zapfe, Volunteers Rep.
905.465.1714
or
Jay Corder, Program Director
905.825.1415

Stokers' News

Congratulations Pam Arnold



The Rotary Club of Oakville West honoured our very own Pam Arnold in September 2009 with a Paul Harris Fellowship Award for her work with Oakville Stokers .

Robert "Bob" William McKay

September 17, 1923 - December 25, 2009



Bob McKay, proud former Argo, 47 and 50 Grey Cup Champions, passed away December 25, 2009. Bob will be missed by all of us at Stokers. Pictured above, Bob in pool (L) and swapping stories with pal Doug Hines.

Out and About with Stokers

Stokers, family, friends enjoyed 2009 **Christmas Lunch** of great food, festive music, and a fun slide show.

2010 Future Outings: Pub Lunch at Coach & Four & perhaps a luncheon with *Trots, Slots & Jackpots*, at Flamboro Downs.