



“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, it is a maintenance program that helps revitalize one’s sense of independence, mobility and over all well-being.

The program is 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 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

August 2010

Enrolment Information

Who can participate:

Stroke survivors over 21 years of age who...

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

When:

There are three ten week sessions: 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:

Diana Berriman, Volunteers Rep.
905.842.8791

or

Jay Corder, Program Director
905.825.1415

In Memory

Patrick "Paddy" Kilmartin 1927 - 2010



"Paddy" passed away July 30, 2010. With his Irish brogue and infectious enthusiasm, Paddy made friends easily. He loved coming to Stokers and the Golf. We all miss you Paddy.

Stokers' News

Stokers Do Hawaii

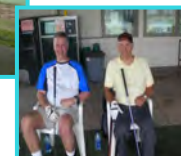
Hawaiian music, hula dancers and *Fruit Ball Challenge* in the pool, were all part of the fun on the last Friday before summer break.



Out and About with Stokers



During Stokers summer break, the charity group, *Golf for the Physically Challenged*, keep members of our Stokers group fit and active.



Fall and Winter line-up of events is taking shape: theater outing, Annual Christmas Luncheon, themed Fridays, Pub Lunch and more.

What Stokers Say

"Seeing the people every Friday and how they're doing. That's what I like about Stokers." ... Kent S

"Thank God its Friday." ... Andy A

"Stokers makes me feel good. It lifts my spirit." ... Jay C