

Oakville Stokers Making Waves for Recovery

see us on YouTube

<http://www.youtube.com/watch?v=R-W5oJFFWIs>

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 overall 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.

"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

Together, we'll make waves.

A Registered Community Charity since 1998

January 2011 Issue 4

Participant 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

Donate on-line at CanadaHelps.org
Giving made simple.
www.canadahelps.org

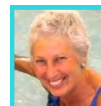
We Love Our Volunteers

Be a Volunteer



Volunteer information:

Diana Berriman
Volunteers Representative
905.842.8791
or
Jay Corder
Program Director
905.825.1415



Stokers' News

2010 Christmas Luncheon... Great!



Thank You...



OAKVILLE
COMMUNITY
FOUNDATION
all for community.

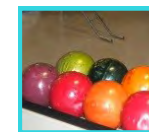
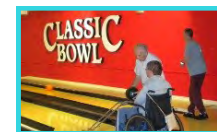
www.theocf.org



...for helping fund the Annual Christmas Luncheon. The Oakville Community Foundation is "All For Community" and provides funding each year to meet community needs.

Out and About with Stokers

Stokers enjoyed a vigorous outing of Bowling in October.



Spring line-up of events: Musical *Happy Days* at Stage West in April; Annual Pub Lunch at the *Couch & Four* in May.

