



*"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

see us on 

<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 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.



*Together, we'll make waves.*

A Registered Community Charity since 1998

September 2011 Issue 5

## 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](http://www.canadahelps.org)

## We Love Our Volunteers

### Wanted ... Enthusiastic Volunteers!

Do you enjoy people?  
Do you like the water?  
Want to help stroke survivors?

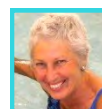


### To learn more call

Diana Berriman  
Volunteers Representative  
905.842.8791

or  
Pam Arnold  
Activities Coordinator  
905.827.3637

or  
Jay Corder  
Program Director  
905.825.1415



### In Memory

#### Peter Kimber McWilliams, Q.C.

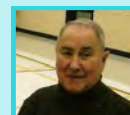
August 16, 1926 - May 31, 2011



Peter enjoyed Stokers as if each Friday was to be crafted later into a humorous tale. Miss you Peter. *Au revoir.*

#### Lubin Benedict Bisson

July 20, 1931 - July 2, 2011



Lubin was a long time Stroker. We will remember his booming voice and ever present smile. Rest in peace Lubin.

## Stokers' News

### Thank You...



[www.theocf.org](http://www.theocf.org)

OAKVILLE  
COMMUNITY  
FOUNDATION  
all for community.



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

Friday, November 4, 2011 is:

### Random Act of Kindness (RAK) Day

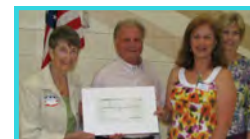
Spontaneously offer someone a "good turn", it's a good and fun thing to do! Watch for more from the Oakville Community Foundation.

### Thank You...



**American Women's Club of Oakville**  
Serving the Regions of Halton and Peel  
[www.awco.ca](http://www.awco.ca)

...for helping fund new coffee urns, card tables and chairs. The AWCO provides fellowship among American women and encourages service to the community, both civic and philanthropic.



### Out and About with Stokers

