



“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 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 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.

OAKVILLE STROKERS

Together, we'll make waves.

Participant Information

Who can participate

Stroke survivors over 21 years of age who...

- Have obtained a physician's consent,
- are capable of independent transfer, or require minimal assistance,
- are continent and independent with respect to their other personal functions, 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 call

Andrea Watt
Registrar
905.847.3571



Oakville Stokers is a registered charity and welcomes donations.

Tax receipts available.

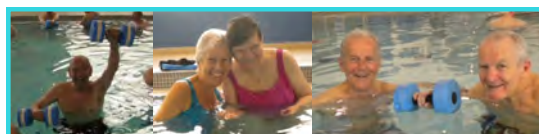
Registration No. 873037840 RR0001

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

Volunteer Information

**Wanted ...
Enthusiastic Volunteers!**

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



To learn more call

Diana Berriman
Program Director
905.842.8791



or

Anita Zapfe
Volunteer Representative
289.337.2603



www.volunteer.ca



www.volunteerhalton.ca

In Memory

Linett Gordon

June 30, 1938 - June 1, 2012



Linett enjoyed coming to Stokers. She particularly loved reminiscing with Olive about growing up as a youngster in Jamaica. We will all miss her sweet smile and gentle ways.

Out and about with Stokers

Christmas Luncheon



Stage West



Bowling



Themed Fridays



Cards & Games



Crafts

Pool Time

Pub Lunch

