



"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**

www.oakvillestokers.com

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.

A Registered Community Charity since 1998

September 2013 Issue 8

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,
- 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.

Volunteer Information

Get Involved! Volunteer!

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



In Memory

Mary Frances Morkin

1928 - March 25, 2013

Wise, friendly, Mary.



William R. (Bill) McGaw

1929 - March 3, 2013

Co-founder, first treasurer.



Don Thomas Zahara

1937 - December 5, 2012

Volunteer, companion, friend.



We miss you all. Rest In Peace.

Out and about with Stokers

Pool Activities

Pub Lunch

Outings

Wii Games

Social Times

Crafts

And More



Bowling

Themed Fridays

Stretching Exercises

Card Games

Speakers



Very Special Donors



The Oakville Stokers gratefully acknowledges the financial support of *The Carmichael-Willis Fund* and the *Pauline and Don Smith Family Foundation* at the *Oakville Community Foundation*, a registered charitable public foundation serving the Oakville community.

The Oakville Stokers gratefully acknowledges *The May Court Club of Oakville* for funding the purchase of our TV and Wii gaming system.

