



Having fun

“The Oakville Stokers provides a therapeutic exercise program in conjunction with other recreational activities for stroke survivors.

Stroke survivors experience unique challenges with regard to community re-integration post-stroke.

This unique program addresses these challenges by reducing the social isolation of the stroke survivor as well as providing respite and support for the caregiver.”

... Sue Girling, Physiotherapist,
Halton Healthcare Services,
Oakville Hospital.



Pool Time

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 **one hour in the pool** 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 community initiative since 1995 and a registered charity since 1998

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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 other personal functions, and
- be responsible for 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 through



at

www.oakvillestokers.com

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



www.oakvillestokers.com



Out and about with Stokers

Pool Activities



Christmas Luncheon

Pub Lunch

Bowling

Theater Outing

Themed Fridays

Wii Games

Stretching Exercises

Social Times

Card Games

Crafts

Speakers

And More



Very Special Donors



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



The Oakville Stokers are grateful to the members of *The Rotary Club of Oakville Trafalgar* and *The Rotary Club of Oakville*, and to the teachers of *Fern Hill School, Oakville Campus*, for their wonderful and generous support as volunteers.

