



Helping stroke survivors for 15 years

The Oakville Stokers is a community initiative operated by private citizens that provides a program of recreation, socialization and light aquatic exercise for stroke survivors in the community of Oakville.

The program is designed to help survivors overcome the aftermath of a stroke by revitalizing their sense of independence, mobility and overall well-being.

Started in 1995 by a small group of Oakville residents in collaboration with the Town of Oakville and the Physiotherapy Department of the Oakville-Trafalgar Memorial Hospital, the group grew quickly from just 9 stroke survivors and 14 volunteers in 1995, to about 30 participants and 45 volunteers today.

Currently, there is a waiting list for new participants as space is limited. The Oakville Stokers became a registered charity in 1998.

The Oakville Stokers program is made possible by the contribution of countless hours and the dedication of volunteers.

A huge thank you to all our volunteers.

Information on volunteering with the Oakville Stokers is available by contacting Jay Corder 905-825-1415, Diana Berriman 905-842-8791, or Pam Arnold 905-827-3637. The home of The Oakville Stokers is the Glen Abbey Community Centre.

To learn more about The Oakville Stokers, go to www.youtube.ca, type Oakville Stokers in search and click on Oakville Stokers – Making Waves.

