

# OAKVILLE STROKERS OAKVILLE STROKERS

*Together, we'll make waves. Together, we'll make waves.*



## Helping stroke survivors for 15 years

The Oakville Stokers is a community charity operated by committed and long serving volunteers in close cooperation with the Physiotherapy Department of the OTMH and the Town of Oakville, Recreation and Culture. The Oakville Stokers provides a program of recreation, socialization and light aquatic exercise for stroke survivors in the community of Oakville. The program is a therapeutic recreational program directed towards maintenance of mobility and enjoyment.

More than 50,000 strokes occur in Canada each year, and over 300,000 Canadians are living with effects of stroke every day. After a stroke everything changes, it can be a long road back to recovery. The Oakville Stokers makes a difference.

There are three 10-week sessions a year: a winter, a spring and a fall session. The home of The Oakville Stokers is the Glen Abbey Community Centre. Meetings are held on Fridays. Each Friday begins with socializing and light refreshments, followed by low impact stretching exercises and a one hour pool session with the help of volunteers. Participants then enjoy a group lunch, followed by card games, arts and crafts, and other leisure activities. The Oakville Stokers also present an Annual Christmas Luncheon and enjoy outings whenever possible such as bowling, a pub lunch and theatre shows. Currently there is a waiting list for new participants as space is limited. See us on YouTube at <http://www.youtube.com/watch?v=R-W5oJFFWis>

The Oakville Stokers program is made possible by the contribution of countless hours and the dedication of volunteers. Information on volunteering is available by calling Diana Berriman at the number given at the Halton Community Services Database <http://search.hipinfo.info/record/OAK3079>, or by going to Volunteer Halton Opportunities Database at <http://halton.cioc.ca/volunteer/details.asp?OPID=1345&Number=0>

Programing needs are met by charging participants a nominal fee for each session and by the kind donations of individuals and organizations. Donations are always welcome and can be made online at Canada Helps at [www.canadahelps.org](http://www.canadahelps.org)

# OAKVILLE STROKERS OAKVILLE STROKERS

*Together, we'll make waves. Together, we'll make waves.*