



*"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 reintegration 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.



## Oakville Stokers Making Waves for Recovery

[www.oakvillestokers.com](http://www.oakvillestokers.com)

The Oakville Stokers is a community initiative for stroke survivors.

Offered in close cooperation with the Town of Oakville's Glen Abbey Community Centre, 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.

OAKVILLE STROKERS  
Together, we'll make waves.

A community initiative since 1995 and a registered charity since 1998



## 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

**Andrew Westcott**

Registrar

289.834.3933



**Oakville Stokers is a registered charity**

Donate on-line through



at

[www.oakvillestokers.com](http://www.oakvillestokers.com)

## Volunteer Information

### Get Involved! Volunteer!



### To learn more call

**Donna Chamberlain**

Volunteer Coordinator

905.845.5741



### Mid-Summer Cruise

Stokers enjoy an annual cruise up Oakville's Sixteen Mile Creek aboard a **CharterAbility** vessel, followed by a BBQ and lots of summer gossip.



Oakville's **CharterAbility** provides accessible boating for persons with disabilities.



[www.charterability.com](http://www.charterability.com)

### Community Award

Stokers was awarded the **Walter Mulkewich Community Development Award** in 2016 by Volunteer Halton, Community Development Halton. Presented to a community group that has come together to enhance the common good.



## Out and about with Stokers

### Pool Activities

### Pub Lunch

### Theatre Outing

### Crafts

### Card Games

### And More



### Christmas Luncheon

### Bowling

### Stretching Exercises

### Mid-Summer Cruise

### Social Times

### Speakers



### Very Special Donors

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

The Oakville Stokers are also grateful to the many individuals and friends for their generous and ongoing financial support, and to the teachers of **Fern Hill School, Oakville Campus**, for their faithful support as pool volunteers.

