

SHEPPARTON STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE – December 2020

WEEK 1

	MON 30/11	TUES 1/12	WEDS 2/12	THURS 3/12	FRI 4/12
AM	Monday Mindfulness 11am - Queens Gardens Catered for all abilities – Bookings essential. Jess - 0448693298	Coffee Catch Ups 11am - Billabong Nursery Outdoor Seating. All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298	<u>CENTRE CLOSED</u>	Walk and Talk 11am Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts. Catered for all abilities – Bookings essential. Jess - 0448693298	<u>CENTRE CLOSED</u>
PM	One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298	One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298		One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298	

WEEK 2

	MON 7/12	TUES 8/12	WED 9/12	THURS 10/12	FRI 11/12
AM	Monday Mindfulness 11am - Queens Gardens Catered for all abilities – Bookings essential. Jess - 0448693298	Coffee Catch Ups 11am - Billabong Nursery Outdoor Seating. All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298	<u>CENTRE CLOSED</u>	Walk and Talk 11am Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts. Catered for all abilities – Bookings essential. Jess - 0448693298	<u>CENTRE CLOSED</u>
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Week 3

	MON 14/12	TUES 15/12	WED 16/12	THURS 17/12	FRI 18/12
AM	<p><u>Monday Mindfulness</u> <u>11am - Queens Gardens</u> Catered for all abilities – Bookings essential. Jess - 0448693298</p>	<p><u>Coffee Catch Ups</u> <u>11am - Billabong Nursery</u> <u>Outdoor Seating.</u> All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>Out of Office</u></p> <p>Jess – Coordinator is attending Bendigo Support Centre Christmas Celebration.</p>	<p><u>CENTRE CLOSED</u></p>
PM	<p><u>One on One Support</u> Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>	<p><u>One on One Support</u> Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>			

WEEK 4

MON 21/12	TUES 22/12	WED 23/12	THURS 24/12	FRI 25/12
Centre Closed	Centre Closed	Centre Closed	Centre Closed	Centre Closed
Festive Break	Festive Break	Festive Break	Festive Break	Festive Break

WEEK 5

MON 28/12	TUES 29/12	WED 30/12	THURS 31/12	FRI 1/01/21
Centre Closed	Centre Closed	Centre Closed	Centre Closed	Centre Closed
Festive Break	Festive Break	Festive Break	Festive Break	Festive Break

Jess Petreski – Shepparton Stroke Support Centre Coordinator: 0448693298
Email: shepparton@strokeassociation.com.au

If you are interested in creating a group or have a specific skill you feel would benefit stroke recovery, please contact our Coordinator.