**WEEK 1**

**SHEPPARTON STROKE SUPPORT CENTRE**

**MONTHLY ACTIVITY SCHEDULE – January 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MON 4/1/2021** | **TUES 5/1** | **WED 6/1** | **THURS 7/1** | **FRI 8/1** |
| **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break |

**WEEK 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MON 11/1** | **TUES 12/1** | **WED 13/1** | **THURS 14/1** | **FRI 15/1** |
| **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break | **Centre Closed**Festive Break |

**WEEK 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MON 18/1** | **TUES 19/1** | **WEDS 20/1** | **THURS 21/1** | **FRI 22/1** |
| AM | **Monday Mindfulness** **11am - Queens Gardens** Catered for all abilities – Bookings essential.**Jess - 0448693298** | **Social Group Support Gathering****11am –** **Shepparton Library Meeting Room**All welcome – Please confirm attendance as numbers capped at 10.**Jess – 0448693298** | **CENTRE CLOSED** | **Walk and Talk 11am****Victoria Park Lake Meeting Place -Carpark Opposite Tennis Courts.** Catered for all abilities – Bookings essential.**Jess – 0448693298** | **CENTRE CLOSED** |
| 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 4**

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| --- | --- | --- | --- | --- | --- |
|  | **MON 25/1** | **TUES 26/1** | **WEDS 27/1** | **THURS 28/1** | **FRI 29/11** |
| AM | **Monday Mindfulness** **11am - Queens Gardens** Catered for all abilities – Bookings essential.**Jess - 0448693298** | **CENTRE CLOSED****Australia Day** | **CENTRE CLOSED** | **Walk and Talk 11am****Victoria Park Lake Meeting Place -Carpark Opposite Tennis Courts.** Catered for all abilities – Bookings essential.**Jess – 0448693298** | **CENTRE CLOSED** |
| 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** |

**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.