**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**

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|  | **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**](mailto:sienna@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.