

**SHEPPARTON STROKE SUPPORT CENTRE  
MONTHLY ACTIVITY SCHEDULE – January 2021**

**WEEK 1**

MON 4/1/2021	TUES 5/1	WED 6/1	THURS 7/1	FRI 8/1
<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break

**WEEK 2**

MON 11/1	TUES 12/1	WED 13/1	THURS 14/1	FRI 15/1
<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break	<b>Centre Closed</b> Festive Break

**WEEK 3**

	MON 18/1	TUES 19/1	WEDS 20/1	THURS 21/1	FRI 22/1
AM	<p><b><u>Monday Mindfulness</u></b> <b>11am - Queens Gardens</b> Catered for all abilities – Bookings essential. <b>Jess - 0448693298</b></p>	<p><b><u>Coffee Catch Ups</u></b> <b>11am - Billabong Nursery Outdoor Seating.</b> All welcome – Please confirm attendance as numbers capped at 10. <b>Jess - 0448693298</b></p>	<u><b>CENTRE CLOSED</b></u>	<p><b><u>Walk and Talk</u></b> <b>11am</b> <b>Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts.</b> Catered for all abilities – Bookings essential. <b>Jess - 0448693298</b></p>	<u><b>CENTRE CLOSED</b></u>
PM	<p><b><u>One on One Support</u></b> Venue and time catered to individual needs. By Appointment Only. <b>Jess - 0448693298</b></p>	<p><b><u>One on One Support</u></b> Venue and time catered to individual needs. By Appointment Only. <b>Jess - 0448693298</b></p>		<p><b><u>One on One Support</u></b> Venue and time catered to individual needs. By Appointment Only. <b>Jess - 0448693298</b></p>	

WEEK 4

	MON 25/1	TUES 26/1	WEDS 27/1	THURS 28/1	FRI 29/11
AM	<p><b>Monday Mindfulness 11am - Queens Gardens</b> Catered for all abilities – Bookings essential. <b>Jess - 0448693298</b></p>	<p><u>CENTRE CLOSED</u></p> <p><b>Australia Day</b></p>	<p><u>CENTRE CLOSED</u></p>	<p><b>Walk and Talk 11am</b> <b>Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts.</b> Catered for all abilities – Bookings essential. <b>Jess - 0448693298</b></p>	<p><u>CENTRE CLOSED</u></p>
PM	<p><b>One on One Support</b> Venue and time catered to individual needs. By Appointment Only. <b>Jess - 0448693298</b></p>			<p><b>One on One Support</b> Venue and time catered to individual needs. By Appointment Only. <b>Jess - 0448693298</b></p>	

**Jess Petreski – Shepparton Stroke Support Centre Coordinator: 0448693298**  
**Email: [shepparton@strokeassociation.com.au](mailto: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.