

**BARWON STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE – JULY 2020**

*****Registration Essential for any activities*****

WEEK 1

	MON 6/7	TUES 7/7	WEDS 8/7	THURS 9/7	FRI 10/7
AM	Sip & See By appointment – for new & existing members to come in, meet with a coordinator and see what the centre is all about	Drysdale Men’s group via ZOOM DBWS – social, education and recreation group held remotely via ZOOM 10:30am-11:30pm	Recreational Group Assisted Cooking Join in or just come and enjoy! 10.00am	<u>CENTRE CLOSED</u>	<u>CENTRE CLOSED</u>
PM	<u>CENTRE CLOSED</u>	Men’s group Blokes with Strokes social, education and recreation group 1:30pm -2:30pm	Upper limb training Exercises for the upper limbs. 1:45pm - 2:45pm	Men’s group BWS 2.0 - social, education and recreation group 1:30pm-2:30pm	

WEEK 2

	MON 13/7	TUES 14/7	WED 15/7	THURS 16/7	FRI 17/7
AM	Sip & See By appointment – for new & existing members to come in, meet with a coordinator and see what the centre is all about	Skill development - Technology Navigating your computer, smart phone, or tablet 10:30am	Recreational Group Assisted Cooking Join in or just come and enjoy! 10.00am	<u>CENTRE CLOSED</u>	Colac Support Social & activity group held in at Colac Neighbourhood House 11:30am
PM	Upper limb training Exercises for the upper limbs. 1:45pm - 2:45pm	Young stroke support group via ZOOM Social activity group for younger members held remotely via ZOOM 1:00pm-2:00pm	Woman’s SS Group Social activity and recreation group for female stroke survivors 1:30pm-2:30pm		<u>CENTRE CLOSED</u>

WEEK 3

	MON 20/7	TUES 21/7	WED 22/7	THURS 23/7	FRI 24/7
AM	Sip & See By appointment – for new & existing members to come in, meet with a coordinator and see what the centre is all about	Drysdale Men’s group via ZOOM DBWS – social, education and recreation group held remotely via ZOOM 10:30am-11:30pm	Recreational Group Assisted Cooking Join in or just come and enjoy! 10.00am	CENTRE CLOSED	CENTRE CLOSED
PM	CENTRE CLOSED	Men’s group Blokes with Strokes social, education and recreation group 1:30pm -2:30pm	Upper limb training Exercises for the upper limbs. 10.30am	Men’s group BWS 2.0 - social, education and recreation group 1:30pm-2:30pm	

WEEK 7

	MON 27/7	TUES 28/7	WED 29/7	THURS 30/7	FRI 31/7
AM	Sip & See By appointment – for new & existing members to come in, meet with a coordinator and see what the centre is all about or talk about how we can better support you.	Skill development - Technology Navigating your computer, smart phone, or tablet 10:30am	Recreational Group Assisted Cooking Join in or just come and enjoy! 10.00am	CENTRE CLOSED	Colac Support Social & activity group held in at Colac Neighbourhood House 11:30am
PM		Young stroke support group via ZOOM Social activity group for younger members held remotely via ZOOM 1:00pm-2:00pm	Upper limb training Exercises for the upper limbs 1.30pm		CENTRE CLOSED

*****Please register your intention to attend the centre, as Covid-19 precautions are in place, NO REGISTRATION NO ENTRY*****

Telephone: 03 4222 7630 or [Email: barwon@strokeassociation.com.au](mailto:barwon@strokeassociation.com.au)

Our Activity Schedule is now easier to navigate, by identifying the category of groups available.

Green = Social support groups

Yellow = Skills development

Red = Assisted activities

If you are interested in creating a group or you have a specific skill you feel would benefit stroke recovery, please speak with the coordinator