


NEWPORT STROKE SUPPORT CENTRE ACTIVITY SCHEDULE – JUNE 2020

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

WEEK 1

| | 1/6 MON | 2/6 TUES | 3/6 WED | 4/6 THURS | 5/6 FRI |
|--|----------------------|----------|---------|-----------|---------|
| | <u>CENTRE CLOSED</u> | | | | |

WEEK 2

| | 8/6 MON | 9/6 TUES | 10/6 WED | 11/6 THURS | 12/6 FRI |
|----|---|----------------------|----------------------|----------------------|----------------------|
| AM | <u>PUBLIC HOLIDAY</u> <u>CENTRE CLOSED</u> | <u>CENTRE CLOSED</u> | <u>Sip & See</u> | <u>Sip & See</u> | <u>CENTRE CLOSED</u> |
| PM |  | | <u>Sip & See</u> | <u>Sip & See</u> | |

WEEK 3

| | 15/6 MON | 16/6 TUES | 17/6 WED | 18/6 THURS | 19/6 FRI |
|----|----------------------|----------------------|----------------------|----------------------|----------------------|
| AM | <u>Sip & See</u> | <u>CENTRE CLOSED</u> | <u>Sip & See</u> | <u>Sip & See</u> | <u>CENTRE CLOSED</u> |
| PM | <u>Sip & See</u> | | <u>Sip & See</u> | <u>Sip & See</u> | |

WEEK 4

| | 22/6 MON | 23/6 TUES | 24/6 WED | 25/6 THURS | 26/6 FRI |
|----|----------------------|----------------------|----------------------|----------------------|----------------------|
| AM | <u>Sip & See</u> | <u>CENTRE CLOSED</u> | <u>Sip & See</u> | <u>Sip & See</u> | <u>CENTRE CLOSED</u> |
| PM | <u>Sip & See</u> | | <u>Sip & See</u> | <u>Sip & See</u> | |

WEEK 5

| | 29/6 MON | 30/6 TUES | 1/7 WED | 2/7 THURS | 3/7 FRI |
|----|---|----------------------|---|--|----------------------|
| AM | Sip & See By appointment – for new members to come in, meet with a coordinator and see what the centre is all about | <u>CENTRE CLOSED</u> | Sip & See By appointment – for new members to come in, meet with a coordinator and see what the centre is all about | Upper limb training Exercises for the upper limbs. 11:30pm -12:30pm | <u>CENTRE CLOSED</u> |
| PM | Woman's SS Group Social activity and recreation group for female stroke survivors 1:30pm-2:30pm | | AbleX Therapy games with handheld control device for upper limb training. 1:30pm-2:30pm | Men's group Blokes with Strokes social, education and recreation group 1:30pm -2:30pm | |

*****Please register your intention to attend the centre, as Covid-19 precautions are in place*****

Telephone: 0434 275 295 or [Email: Newport@strokeassociation.com.au](mailto:Newport@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