


**SHEPPARTON STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE – NOVEMBER 2020**

WEEK 1

	MON 2/11	TUES 3/11	WEDS 4/11	THURS 5/11	FRI 6/11
AM	<u>CENTRE CLOSED</u>	<u>CENTRE CLOSED</u> 	<u>CENTRE CLOSED</u>	<u>Walk and Talk</u> 10.30am <u>Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts.</u> Catered for all abilities – Bookings essential. Jess - 0448693298	<u>CENTRE CLOSED</u>
PM				<u>Meet and Greet</u> 1.30pm - Billabong Nursery <u>Outdoor Seating.</u> All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298	

WEEK 2

	MON 09/11	TUES 10/11	WED 11/11	THURS 12/11	FRI 13/11
AM	<u>Monday Mindfulness</u> 10.30am - Queens Gardens Catered for all abilities – Bookings essential. Jess - 0448693298	<u>Meet and Greet</u> 11am - Billabong Nursery <u>Outdoor Seating.</u> All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298	<u>CENTRE CLOSED</u> Remembrance Day 	<u>Walk and Talk</u> 10.30am <u>Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts.</u> Catered for all abilities – Bookings essential. Jess - 0448693298	<u>CENTRE CLOSED</u>
PM	<u>Meet and Greet</u> 1.30pm - Billabong Nursery <u>Outdoor Seating.</u> All welcome – Please confirm attendance as	<u>One on One Support</u> Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298		<u>One on One Support</u> Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298	

	numbers capped at 10. Jess - 044869329				
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Week 3

	MON 16/11	TUES 17/11	WED 18/11	THURS 19/11	FRI 20/11
AM	<p>Monday Mindfulness 10.30am - Queens Gardens Catered for all abilities – Bookings essential. Jess - 0448693298</p>	<p>Coffee Catch Ups 11am - Billabong Nursery Outdoor Seating. All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298</p>	<u>CENTRE CLOSED</u>	<p>Walk and Talk 10.30am Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts. Catered for all abilities – Bookings essential. Jess - 0448693298</p>	<u>CENTRE CLOSED</u>
PM	<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>	<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>		<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>	

Week 4

	MON 23/11	TUES 24/11	WED 25/11	THURS 26/11	FRI 27/11
AM	<p>Monday Mindfulness 10.30am - Queens Gardens Catered for all abilities – Bookings essential. Jess - 0448693298</p>	<p>Coffee Catch Ups 11am - Billabong Nursery Outdoor Seating. All welcome – Please confirm attendance as numbers capped at 10. Jess - 0448693298</p>	<u>CENTRE CLOSED</u>	<p>Walk and Talk 10.30am Victoria Park Lake Meeting Place - Carpark Opposite Tennis Courts. Catered for all abilities – Bookings essential. Jess - 0448693298</p>	<u>CENTRE CLOSED</u>
PM	<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>	<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>		<p>One on One Support Venue and time catered to individual needs. By Appointment Only. Jess - 0448693298</p>	

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.