

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

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

WEEK 1

	MON 2/11	TUES 3/11	WEDS 4/11	THURS 5/11	FRI 6/11
AM	<u>CENTRE CLOSED</u> 0477003039	<u>CENTRE CLOSED</u> 	<u>Walking group</u> Come and join our OT students for a chat and walk around the oval 11am – 12pm	<u>One on One</u> Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	<u>CENTRE CLOSED</u>
PM			<u>Woman's SS Group</u> Social activity and recreation group for female stroke survivors 12:30pm-1:30pm	<u>Men's group</u> BWS 2.0 - social, education and recreation group 1:30pm-2:30pm	

WEEK 2

	MON 09/11	TUES 10/11	WED 11/11	THURS 12/11	FRI 13/11
AM	<u>CENTRE CLOSED</u>	<u>Drysdale Men's group</u> DBWS – social, education and recreation group held in Drysdale 10:30am-11:30pm	<u>Walking group</u> Come and join our OT students for a chat and walk around the oval 11am – 12pm	<u>One on One</u> Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	<u>CENTRE CLOSED</u>
PM		<u>Men's group</u> Blokes with Strokes social, education and recreation group 1:30pm -2:30pm	<u>One on One</u> Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	<u>Women's Carer Group</u> Support group for female carers 1:30pm – 2:30pm	

WEEK 3

	MON 16/11	TUES 17/11	WED 18/11	THURS 19/11	FRI 20/11
AM	CENTRE CLOSED	One on One Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	Walking group Come and join our OT students for a chat and walk around the oval 11am – 12pm	One on One Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	CENTRE CLOSED
PM		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 12:30pm-1:30pm	Men's group BWS 2.0 - social, education and recreation group 1:30pm-2:30pm	

WEEK 11

	MON 23/11	TUES 24/11	WED 25/11	THURS 26/11	FRI 27/11
AM	CENTRE CLOSED	Drysdale Men's group DBWS – social, education and recreation group held in Drysdale 10:30am-11:30pm	Walking group Come and join our OT students for a chat and walk around the oval 11am – 12pm	One on One Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	CENTRE CLOSED
PM		Men's group Blokes with Strokes social, education and recreation group 1:30pm -2:30pm	One on One Meeting with coordinator to discuss life, support plan or just a chat By Appointment Only	Walking group Come and join our OT students for a chat and walk around the oval 1:30pm – 2:30pm	

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

Telephone: 03 4222 11630 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