

## BARWON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – MARCH 2020

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

### WEEK 1

	MON 2/3	TUES 3/3	WED 4/3	THURS 5/3	FRI 6/3
AM	<b>Skills and Recreation</b> Cards club, play a casual game of cards while enhancing your memory and fine motor skills 10:30am-12:30pm	<b>Skill development - Technology</b> Navigating your computer, smart phone, or tablet 10:30am	<b>Sip &amp; See</b> By appointment – for new members to come in, meet with a coordinator and see what the centre is all about  <b>Recreational Group</b> Assisted Cooking Join in or just come and enjoy! 10.00am	<b>Upper limb training</b> Exercises for the upper limbs. 10:30am-11:30am	<b>Colac Support</b> Social group held in Colac 10:00am  <b>Skill development - Cooking Club</b> Learn a new skill or just observe and enjoy 11:00am-1:00pm
PM	<b>Music appreciation</b> Choir – with One Voice at Wesley Uniting Church 5:30pm	<b>Men's group</b> Blokes with Strokes social, education and recreation group 1:30pm -3:00pm	<b>Skill development - Public Transport Training</b> By appointment - advice and assistance with Geelong Public Transport 1:30pm	<b>Carer's Group</b> Support group for carers of stroke survivors 1:30pm	<b>Social lunch Group</b> Enjoy something small made in the cooking group, or bring your own lunch 12:30pm

### WEEK 2

	MON 9/3	TUES 10/3	WED 11/3	THURS 12/3	FRI 13/3
AM	<b>LABOUR DAY PUBLIC HOLIDAY</b>  <b>CENTRE CLOSED</b>	<b>Skill development - Technology</b> Navigating your computer, smart phone, or tablet 10:30am	<b>Recreational Group</b> Assisted Cooking Join in or just come and enjoy! 10.00am	<b>Upper limb training</b> Exercises for the upper limbs. 10:30am-11:30am	<b>Skill development - Arts</b> Intro to Arts Group refine fine motor skills and have fun 10:30am-12:00pm
PM		<b>Guest Speaker - Caleb Rixon, Genyus</b> Cal will be talking about his journey and about his new venture with La Trobe University RSVP REQUIRED 12:30pm	<b>Geelong Communication group</b> Work on your speech and communication skills through conversation 1:30pm	<b>Men's group</b> BWS 2.0 - social, education and recreation group 1:30pm-3:00pm	<b>Social lunch Group</b> Bring your lunch and socialise with other members 12:30pm <b>Sip &amp; See</b> By appointment – for new members to come in, meet with a coordinator and see what the centre is all about

WEEK 3

	MON 16/3	TUES 17/3	WED 18/3	THURS 19/3	FRI 20/3
AM		<p style="text-align: center;"><b><u>CENTRE CLOSED DUE TO PAINTING</u></b></p> <p>Thanks to Bunnings who has donated paint and their time, the centre will receive a fresh coat of paint. Due to this the centre will be closed. Individual groups will be contacted separately about activities running outside the centre</p>			<p><b><u>Colac Support</u></b> Social group held in Colac 10:00am</p>
PM	<p><b><u>Music appreciation</u></b> Choir – with One Voice at Wesley Uniting Church 5:30pm</p>				

WEEK 4

	MON 23/3	TUES 24/3	WED 25/3	THURS 26/3	FRI 27/3
AM	<p><b><u>Skills and Recreation</u></b> Cards club, play a casual game of cards while enhancing your memory and fine motor skills 10:30am-12:30pm</p>	<p><b><u>Drysdale Men's group</u></b> DBWS – social, education and recreation group held in Drysdale 10:30am-12:00pm</p>	<p><b><u>Sip &amp; See</u></b> By appointment – for new members to come in, meet with a coordinator and see what the centre is all about</p>	<p><b><u>Upper limb training</u></b> Exercises for the upper limbs. 10:30am-11:30am</p>	<p><b><u>Skill development - Arts</u></b> Intro to Arts Group refine fine motor skills and have fun 10:30am-12:00pm</p>
		<p><b><u>Skill development - Technology</u></b> Navigating your computer, smart phone, or tablet 10:30am</p>	<p><b><u>Recreational Group</u></b> Assisted Cooking Join in or just come and enjoy! 10.00am</p>		
PM	<p><b><u>Music appreciation</u></b> Choir – with One Voice at Wesley Uniting Church 5:30pm</p>	<p><b><u>Young stroke support group</u></b> Social activity and recreation group for younger members 12:30pm-2:00pm</p>	<p><b><u>Geelong aphasia support group</u></b> Specialised communication group for persons with Aphasia 2:00pm-3:30pm</p>	<p><b><u>Men's group</u></b> BWS 2.0 - social, education and recreation group 1:30pm-3:00pm</p>	<p><b><u>Social lunch Group</u></b> Bring your lunch and socialise with other members 12:30pm</p>

WEEK 5

	MON 30/3	TUES 31/3	WED 1/4	THURS 2/4	FRI 3/4
AM	<p><b><u>Skills and Recreation</u></b> Cards club, play a casual game of cards while enhancing your memory and fine motor skills 10:30am-12:30pm</p>	<p><b><u>Skill development - Technology</u></b> Navigating your computer, smart phone, or tablet 10:30am</p>	<p><b><u>Sip &amp; See</u></b> By appointment – for new members to come in, meet with a coordinator and see what the centre is all about</p>	<p><b><u>Upper limb training</u></b> Exercises for the upper limbs. 10:30am-11:30am</p>	<p><b><u>Colac Support</u></b> Social group held in Colac 10:00am</p>
			<p><b><u>Recreational Group</u></b> Assisted Cooking Join in or just come and enjoy! 10.00am</p>		<p><b><u>Skill development - Cooking Club</u></b> Learn a new skill or just observe and enjoy 11:00am-1:00pm</p>

PM	<b>Music appreciation</b> Choir – with One Voice at Wesley Uniting Church 5:30pm	<b>Men’s group</b> Blokes with Strokes social, education and recreation group 1:30pm -3:00pm	<b>Skill development - Public Transport Training</b> By appointment - advice and assistance with Geelong Public Transport 1:30pm	<b>Carer’s Group</b> Support group for carers of stroke survivors 1:30pm	<b>Social lunch Group</b> Enjoy something small made in the cooking group, or bring your own lunch 12:30pm
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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

\*\*\*Please register for all activities with Sienna or Stephanie\*\*\*

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

Our Activity Schedule has had an update, it is now easier to identify the category of groups available.

**Green** = Social support groups

**Yellow** = Skills development

**Red** = Assisted activities