

## BARWON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE - APRIL 2021

**\*\*\*Registration is essential for all activities\*\*\***

### WEEK 1

	MON 29/3	TUES 30/3	WED 31/3	THURS 1/4	FRI 2/4
AM	<b><u>Recreational Group - CARDS</u></b> Cards group Come along and play frustration... It's fun but frustrating 10:30am	<b><u>Drysdale Men's group</u></b> DBWS – social, education and recreation group held in Drysdale 10:30am-12:00pm	<b><u>Recreational Group - COOKING</u></b> Assisted Cooking Join in or just come and enjoy! 10:30am	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>
PM	<b><u>Skill development- Upper Limb Training</u></b> Exercises for the upper limbs run by GSOT Staff 1:30pm - 2:30pm	<b><u>Men's group</u></b> Blokes with Strokes social, education and recreation group 1:30pm -3:00pm	<b><u>Geelong aphasia support group</u></b> Specialised communication group for persons with Aphasia 2:00pm - 3:30pm	<b><u>Men's group</u></b> BWS 2.0 - social, education and recreation group 1:30pm - 3:00pm	<b><u>GOOD FRIDAY PUBLIC HOLIDAY</u></b>
	<b><u>Recreational Group - CHOIR</u></b> One Voice Choir Wesley Church 5:30pm		<b><u>Young Men's group</u></b> Young Blokes with Strokes social, education and recreation group 5:30pm -7:00pm	<b><u>Thursday Movie Night</u></b> Come along and watch a movie, genre changes each week. 6:00pm – 8:30pm	

### WEEK 2

	MON 5/4	TUES 6/4	WED 7/4	THURS 8/4	FRI 9/4
AM		<b><u>Skill development - Technology</u></b> Navigating your computer, smart phone, or tablet 10:30am	<b><u>Recreational Group - COOKING</u></b> Assisted Cooking Join in or just come and enjoy! 10:30am	<b><u>Skill development - Mindful Meditation</u></b> Come along and learn the art of mindfulness. 11:30am -12:30pm	<b><u>Colac stroke support group</u></b> Social, education and recreation group held in Colac for stroke survivors & carers 11:00am-12:30pm
PM	<b><u>CENTRE CLOSED</u></b> <b><u>EASTER MONDAY PUBLIC HOLIDAY</u></b>	<b><u>Young Women's support group</u></b> Social activity group for younger female members 1:00pm - 2:30pm	<b><u>Women's SS Group</u></b> Social activity and recreation group for female stroke survivors 12:30pm - 2:00pm	<b><u>Carer's Group</u></b> Support group for carers of stroke survivors 1:30pm – 3:00pm	<b><u>CENTRE CLOSED</u></b>
			<b><u>Sip &amp; See</u></b> By appointment – for new & existing members to come in, meet with the coordinator. 4:00pm – 6:00pm	<b><u>Thursday Movie Night</u></b> Come along and watch a movie, genre changes each week. 6:00pm – 8:30pm	

**WEEK 3**

	MON 12/4	TUES 13/4	WEDS 14/4	THURS 15/4	FRI 16/4
AM	<b><u>Recreational Group - CARDS</u></b> Cards group Come along and play frustration... It's fun but frustrating 10:30am	<b><u>Drysdale Men's group</u></b> DBWS – social, education and recreation group held in Drysdale 10:30am - 12:00pm	<b><u>Recreational Group - COOKING</u></b> Assisted Cooking Join in or just come and enjoy! 10:30am	<b><u>CENTRE CLOSED</u></b>	<b><u>Skill development – Art Therapy</u></b> Come along and enjoy the creative and calmness while learning or harnessing a skill. 10:30am – 12:30pm
PM	<b><u>Skill development- Upper Limb Training</u></b> Exercises for the upper limbs run by GSOT Staff 1:30pm - 2:30pm	<b><u>Men's group</u></b> Blokes with Strokes social, education and recreation group 1:30pm - 3:00pm	<b><u>Geelong aphasia support group</u></b> Specialised communication group for persons with Aphasia 2:00pm - 3:30pm	<b><u>Skill development - Mindful Meditation</u></b> Come along and learn the art of mindfulness. 1:30pm-2:30pm	<b><u>CENTRE CLOSED</u></b>
	<b><u>Recreational Group - CHOIR</u></b> One Voice Choir Wesley Church 5:30pm		<b><u>Young Men's group</u></b> Young Blokes with Strokes social, education and recreation group 5:30pm -7:00pm	<b><u>Thursday Movie Night</u></b> Come along and watch a movie, genre changes each week. 6:00pm – 8:30pm	

**WEEK 4**

	MON 19/4	TUES 20/4	WED 21/4	THURS 22/4	FRI 23/4
AM	<b><u>Recreational Group - CARDS</u></b> Cards group Come along and play frustration... It's fun but frustrating 10:30am	<b><u>Skill development - Technology</u></b> Navigating your computer, smart phone, or tablet 10:30am	<b><u>Recreational Group - COOKING</u></b> Assisted Cooking Join in or just come and enjoy! 10:30am	<b><u>CENTRE CLOSED</u></b>	<b><u>Colac stroke support group</u></b> Social, education and recreation group held in Colac for survivors & carers 11:00am-12:30pm
PM	<b><u>Sip &amp; See</u></b> By appointment – for new & existing members to come in, meet with the coordinator. 12:00pm – 1:30pm	<b><u>GUEST SPEAKER – Navigating Aged Care</u></b> Come along and find out more about Aged Care packages how to navigate applying for a package 11:30am – 12:30pm	<b><u>Women's SS Group</u></b> Social activity and recreation group for female stroke survivors 12:30pm - 2:00pm	<b><u>Men's group</u></b> BWS 2.0 - social, education and recreation group 1:30pm - 3:00pm	<b><u>CENTRE CLOSED</u></b>
	<b><u>Skill development - Upper Limb Training</u></b> Exercises for the upper limbs run by GSOT Staff 1:30pm – 2:30pm	<b><u>Young Women's support group</u></b> Social activity group for younger members 1:00pm - 2:30pm	<b><u>Sip &amp; See</u></b> By appointment – for new & existing members to come in, meet with the coordinator. 4:00pm – 6:00pm	<b><u>Thursday Movie Night</u></b> Come along and watch a movie, genre changes each week. 6:00pm – 8:30pm	

WEEK 5

	MON 26/4	TUES 27/4	WED 28/4	THURS 29/4	FRI 30/4
AM	<b><u>Recreational Group - CARDS</u></b> Cards group Come along and play frustration... It's fun but frustrating 10:30am	<b><u>Drysdale Men's group</u></b> DBWS – social, education and recreation group held in Drysdale 10:30am-12:00pm	<b><u>Recreational Group - COOKING</u></b> Assisted Cooking Join in or just come and enjoy! 10:30am	<b><u>CENTRE CLOSED</u></b>	<b><u>Skill development – Art Therapy</u></b> Come along and enjoy the creative and calmness while learning or harnessing a skill. 10:30am – 12:30pm
PM	<b><u>Skill development- Upper Limb Training</u></b> Exercises for the upper limbs run by GSOT Staff 1:30pm - 2:30pm	<b><u>Men's group</u></b> Blokes with Strokes social, education and recreation group 1:30pm -3:00pm	<b><u>Geelong aphasia support group</u></b> Specialised communication group for persons with Aphasia 2:00pm - 3:30pm	<b><u>Skill development - Mindful Meditation</u></b> Come along and learn the art of mindfulness. 1:30pm-2:30pm	<b><u>CENTRE CLOSED</u></b>
	<b><u>Recreational Group - CHOIR</u></b> One Voice Choir Wesley Church 5:30pm		<b><u>Young Men's group</u></b> Young Blokes with Strokes social, education and recreation group 5:30pm -7:00pm	<b><u>Thursday Movie Night</u></b> Come along and watch a movie, genre changes each week. 6:00pm – 8:30pm	

Please register your intention to attend the Centre, as COVID-19 precautions are currently in place. You can register by phone on **03 4222 7630** or email at [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.