

BARWON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – APRIL 2022

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

WEEK 1

	MON 28/3	TUES 29/3	WED 30/3	THURS 31/3	FRI 1/4
AM					<p><u>Skill Development Technology</u> 10:30am</p> <p>Navigate your computer, Smartphone or Tablet</p>
					<p><u>Let's Connect Sessions</u> 10:30am - 12:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>
PM					<p><u>Barwon Centre Member Lunch</u> 12:00pm-1:30pm</p> <p>A lunch catchup for Barwon Centre members. Proof of double vacc required. Members purchase own meal.</p> <p>Charles and Co Cafe GMHBA Stadium Kardinia Park</p>
					<p style="text-align: center;"><u>CENTRE CLOSED</u></p>

WEEK 2

	MON 4/4	TUES 5/4	WED 6/4	THURS 7/4	FRI 8/4
AM	<p><u>Recreational Group - Cards</u> 10:30am - 12:30pm</p> <p>Come along and play frustration... It's fun but frustrating!</p>	<p><u>Let's Connect Sessions</u> 10:30am - 12:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Recreational group - Assisted Cooking</u> 10:30am</p> <p>Join in to help cook a meal to share with the group, or come along to watch, then enjoy the shared meal with friendly company.</p>	<p><u>Let's Connect Sessions</u> 10:30am - 12:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Skill Development - Arts & Crafts</u> 10:30am - 12:00pm</p> <p>Harness your creative side and learn new skills, or build upon existing skills, in a calming environment.</p>
	<p><u>Let's Connect Sessions</u> 1:00pm - 3:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>		<p><u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>		<p><u>Skill Development - Technology</u> 10:30 am</p> <p>Navigating your computer, smartphone or tablet.</p>
PM	<p><u>Recreational Group - Choir</u> 5:30pm</p> <p>One Voice Choir - please contact them directly for further details.</p>	<p><u>Young Women's Support Group</u> 1:00pm - 2:30pm</p> <p>Social activity group for younger female stroke survivors</p>	<p><u>Let's Connect Sessions</u> 1:00pm - 2:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Men's Group</u> 1:30pm - 3:00pm</p> <p>Blokes with Strokes 2.0 - blokes supporting blokes - a social and recreational group for blokes</p>	<p><u>Women's Group</u> 12:30pm - 2:00pm</p> <p>A safe space where female stroke survivors can come together to provide each other with emotional support & mutual understanding.</p>

WEEK 3

	MON 11/4	TUES 12/4	WED 13/4	THURS 14/4	FRI 15/4
AM	<u>Recreational Group - Cards</u> 10:30am - 12:30pm Come along and play frustration... It's fun but frustrating!	<u>Drysdale Men's Group</u> 10:30am - 12:00pm Drysdale Blokes with Strokes - blokes supporting blokes - a social and recreational group for blokes in Drysdale Cafe Zoo 23 High St, Drysdale VIC 3222	<u>Recreational group - Assisted Cooking</u> 10:30am Join in to help cook a meal to share with the group, or come along to watch, then enjoy the shared meal with friendly company.	<u>Let's Connect Sessions</u> 10:30am - 12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>CENTRE CLOSED</u> <u>Good Friday</u>
	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Skill Development - Technology</u> 10:30am Navigating your computer, smartph one or tablet	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889		
PM	<u>Recreational Group - Choir</u> 5:30pm One Voice Choir - please contact them directly for further details.	<u>Men's Group</u> 1:30pm - 3:00pm Blokes With Strokes - Blokes supporting blokes - a social and recreational group for blokes	<u>Let's Connect Sessions</u> 1:00pm - 2:30pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Geelong Aphasia Support Group</u> 2:00pm - 3:00pm A specialised communication group for people with Aphasia	

WEEK 4

	MON 18/4	TUES 19/4	WED 20/4	THURS 21/4	FRI 22/4
AM	<u>CENTRE CLOSED</u> <u>Easter Monday</u>	<u>Let's Connect Sessions</u> 10:30am - 12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Recreational group - Assisted Cooking</u> 10:30am Join in to help cook a meal to share with the group, or come along to watch, then enjoy the shared meal with friendly company.	<u>Let's Connect Sessions</u> 10:30am - 12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Skill Development Arts & Crafts</u> 10:30am - 12:00pm Harness your creative side and learn new skills, or build upon existing skills, in a calming environment
		<u>Let's Connect Sessions</u> 12:00pm - 1:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889		<u>Skill Development - Technology</u> 10:30am Navigating your computer, smartphone or tablet.
PM		<u>Young Women's Support Group</u> 1:00pm - 2:30pm Social activity group for younger female stroke survivors.	<u>Let's Connect Sessions</u> 1:00pm - 2:30pm By appointment - for new and existing members to meet with the Centre Coordinator	<u>Men's Group</u> 1:30pm - 3:00pm Blokes with Strokes 2.0 - blokes supporting blokes - a social and recreational group for blokes	<u>Women's Group</u> 12:30pm - 2:00pm A safe space where female stroke survivors can come together to provide each other with emotional support and mutual understanding.

WEEK 5

	MON 25/4	TUES 26/4	WED 27/4	THURS 28/4	FRI 29/4
AM	Recreational Group - Cards 10:30am - 12:30pm Come along and play frustration... It's fun but frustrating!	Drysdale Men's Group 10:30am - 12:00pm Drysdale Blokes with Strokes - blokes supporting blokes - a social and recreational group for blokes in Drysdale. Cafe Zoo 23 High St, Drysdale	Recreational group - Assisted Cooking 10:30am Join in to help cook a meal to share with the group, or come along to watch, then enjoy the shared meal with friendly company.	Let's Connect Sessions 10:30am - 12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	Let's Connect Sessions 10:30am - 12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.
	Let's Connect Sessions 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	Skill Development - Technology 10:30am Navigating your computer, smartphone or tablet.	ONLINE - Chair Assisted Yoga 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889		Barwon Centre Member Lunch 12:00pm - 1:30pm A lunch catchup for Barwon Centre members. Proof of double vacc required to enter premises, purchase own meal. Grill'd Wauron Ponds Store 961, Wauron Ponds Shopping Centre, Colac Road, Grovedale
PM	Recreational Group - Choir 5:30pm One Voice Choir - please contact them directly for further details.	Men's Group 1:30pm - 3:00pm Blokes with Strokes - blokes supporting blokes - a social and recreational group for blokes.	Let's Connect Sessions 1:00pm - 2:30pm By appointment - for new & existing members to meet with the Centre Coordinator.	Geelong Aphasia Support Group 2:00pm - 3:00pm A specialised communication group for people with Aphasia.	CENTRE CLOSED

Our Activity Schedule is easier to navigate by the category of groups or sessions.

Green = Social support groups

Yellow = Skills development

Red = Assisted activities

White = Centre closed / Activities cancelled / No activities scheduled

If you are interested in creating a group, or you have a specific skill you feel would benefit stroke recovery, please speak with the Centre Coordinator.

Please register your intention to attend all groups and activities, as COVID-19 precautions are currently in place. You can register by phone on **0493 468 735** or email at **barwon@strokeassociation.com.au**