

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

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

### WEEK 1

	MON 28/6	TUES 29/6	WED 30/6	THURS 1/7	FRI 2/7
AM	<b><u>Sip &amp; See</u></b> 10:30am - 12:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Skill development - TECHNOLOGY</u></b> 10:30am  Navigating your computer, smartphone or tablet.	<b><u>Recreational Group- ASSISTED COOKING</u></b> 10:30am  Join in or come to enjoy the food!	<u><b>CENTRE CLOSED</b></u>	<u><b>CENTRE CLOSED</b></u>
PM	<b><u>Skill development - UPPER LIMB TRAINING</u></b> 1:30pm - 2:30pm  Exercises for the upper limbs run by Geelong & Surrounds Occupational Therapy staff.	<b><u>Young Women's Support Group</u></b> 1:00pm - 2:30pm  Social activity group for younger female stroke survivors.	<b><u>Women's Group</u></b> 12:30pm - 2:00pm  Social activity and recreation group for female stroke survivors.	<b><u>Men's Group</u></b> 1:30pm - 3:00pm  Blokes With Strokes 2.0 - social, education and recreation group.	
	<b><u>Recreational Group - CHOIR</u></b> 5:30pm  One Voice Choir - contact them for further details.	<u><b>CENTRE CLOSED</b></u>	<b><u>Sip &amp; See</u></b> 4:00pm - 6:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Thursday Movie Night</u></b> 6:00pm - 8:30pm  Come along to watch a movie, genre changes each week.	

## WEEK 2

	MON 5/7	TUES 6/7	WED 7/7	THURS 8/7	FRI 9/7
AM	<b><u>Sip &amp; See</u></b> 10:30am - 12:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Drysdale Men's Group</u></b> 10:30am - 12:00pm  Drysdale Blokes With Strokes - social, education and recreation group in Drysdale.	<b><u>Recreational Group- ASSISTED COOKING</u></b> 10:30am  Join in or come to enjoy the food!	<b><u>CENTRE CLOSED</u></b>	<b><u>Skill development - ART THERAPY</u></b> 10:30am - 12:30pm  Harness your creative side and learn new skills or build upon existing skills in a calming environment.
PM	<b><u>Skill development - UPPER LIMB TRAINING</u></b> 1:30pm - 2:30pm  Exercises for the upper limbs run by Geelong & Surrounds Occupational Therapy staff.	<b><u>Men's Group</u></b> 1:30pm - 3:00pm  Blokes With Strokes - social, education and recreation group.		<b><u>Carer's Group</u></b> 1:30pm - 3:00pm  Support group for carers of stroke survivors.	<b><u>CENTRE CLOSED</u></b>
	<b><u>Recreational Group - CHOIR</u></b> 5:30pm  One Voice Choir - contact them for further details.	<b><u>CENTRE CLOSED</u></b>	<b><u>Sip &amp; See</u></b> 4:00pm - 6:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Thursday Movie Night</u></b> 6:00pm - 8:30pm  Come along to watch a movie, genre changes each week.	

### WEEK 3

	MON 12/7	TUES 13/7	WEDS 14/7	THURS 15/7	FRI 16/7
AM	<b><u>Sip &amp; See</u></b> 10:30am - 12:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Skill development - TECHNOLOGY</u></b> 10:30am  Navigating your computer, smartphone or tablet.	<b><u>Recreational Group- ASSISTED COOKING</u></b> 10:30am  Join in or come to enjoy the food!	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>
PM	<b><u>Skill development - UPPER LIMB TRAINING</u></b> 1:30pm - 2:30pm  Exercises for the upper limbs run by Geelong & Surrounds Occupational Therapy staff.	<b><u>Young Women's Support Group</u></b> 1:00pm - 2:30pm  Social activity group for younger female stroke survivors.	<b><u>Women's Group</u></b> 12:30pm - 2:00pm  Social activity and recreation group for female stroke survivors.	<b><u>Men's Group</u></b> 1:30pm - 3:00pm  Blokes With Strokes 2.0 - social, education and recreation group.	
	<b><u>Recreational Group - CHOIR</u></b> 5:30pm  One Voice Choir - contact them for further details.	<b><u>CENTRE CLOSED</u></b>	<b><u>Sip &amp; See</u></b> 2:00pm - 4:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Thursday Movie Night</u></b> 6:00pm - 8:30pm  Come along to watch a movie, genre changes each week.	

# WEEK 4

	MON 19/7	TUES 20/7	WED 21/7	THURS 22/7	FRI 23/7
AM	<p><b><u>Sip &amp; See</u></b> 10:30am - 12:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Drysdale Men's Group</u></b> 10:30am - 12:00pm</p> <p>Drysdale Blokes With Strokes - social, education and recreation group in Drysdale.</p>	<p><b><u>Recreational Group- ASSISTED COOKING</u></b> 10:30am</p> <p>Join in or come to enjoy the food!</p>	<p><b><u>CENTRE CLOSED</u></b></p>	<p><b><u>Skill development - ART THERAPY</u></b> 10:30am - 12:30pm</p> <p>Harness your creative side and learn new skills or build upon existing skills in a calming environment.</p>
PM	<p><b><u>Skill development - UPPER LIMB TRAINING</u></b> 1:30pm - 2:30pm</p> <p>Exercises for the upper limbs run by Geelong &amp; Surrounds Occupational Therapy staff.</p>	<p><b><u>Men's Group</u></b> 1:30pm - 3:00pm</p> <p>Blokes With Strokes - social, education and recreation group.</p>	<p><b><u>Geelong Aphasia Support Group</u></b> 2:00pm - 3:00pm</p> <p>A specialised communication group for people with Aphasia.</p>	<p><b><u>Sip &amp; See</u></b> 2:00pm - 4:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>CENTRE CLOSED</u></b></p>
	<p><b><u>Recreational Group - CHOIR</u></b> 5:30pm</p> <p>One Voice Choir - contact them for further details.</p>	<p><b><u>CENTRE CLOSED</u></b></p>	<p><b><u>Sip &amp; See</u></b> 2:00pm - 4:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Thursday Movie Night</u></b> 6:00pm - 8:30pm</p> <p>Come along to watch a movie, genre changes each week.</p>	

# WEEK 5

	MON 26/7	TUES 27/7	WED 28/7	THURS 29/7	FRI 30/7
AM	<b><u>Recreational Activity – Assisted cooking</u></b> 11:00 - 2:00pm  Learn how to make authentic Italian food with the Head Chef of <i>POMPEI on Pakington</i> .	<b><u>Skill development - TECHNOLOGY</u></b> 10:30am  Navigating your computer, smartphone or tablet.	<b><u>Recreational Group- ASSISTED COOKING</u></b> 10:30am  Join in or come to enjoy the food!	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>
PM	Staff from Geelong & Surrounds Occupational Therapy will also talk about assistive technology.  <b>Limited Spaces</b>	<b><u>Young Women's Support Group</u></b> 1:00pm - 2:30pm  Social activity group for younger female stroke survivors.	<b><u>Women's Group</u></b> 12:30pm - 2:00pm  Social activity and recreation group for female stroke survivors.	<b><u>Men's Group</u></b> 1:30pm - 3:00pm  Blokes With Strokes 2.0 - social, education and recreation group.	
	<b><u>Recreational Group - CHOIR</u></b> 5:30pm  One Voice Choir - contact them for further details.	<b><u>CENTRE CLOSED</u></b>	<b><u>Sip &amp; See</u></b> 2:00pm - 4:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<b><u>Thursday Movie Night</u></b> 6:00pm - 8:30pm  Come along to watch a movie, genre changes each week.	

Please register your intention to attend all groups and activities, 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