

BARWON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE - NOVEMBER 2021

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

WEEK 1

	MON 1/11	TUES 2/11	WED 3/11	THURS 4/11	FRI 5/11
AM	Recreational Group - Cards 10:30am - 12:30pm Come along and play frustration... It's fun but frustrating!	CENTRE CLOSED Melbourne Cup - Public Holiday	ONLINE - Chair Assisted Yoga 11.30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities.	CENTRE CLOSED	Recreational Group - Assisted Cooking 10:30am Join in or come to enjoy the food!
PM	Skill development - Upper Limb Training 1:30pm - 2:30pm Exercises for the upper limbs.		CENTRE CLOSED	Men's Group 1:30pm - 3:00pm Blokes With Strokes 2.0 - social, education and recreation group.	Women's Group 12:30pm - 2:00pm Social activity and recreation group for female stroke survivors.
	Recreational Group - Choir 5:30pm One Voice Choir - please contact them directly for further details.			Thursday Movie Night 6:00pm - 8:30pm Join us at the Centre to watch a movie, genre changes each week.	CENTRE CLOSED

WEEK 2

	MON 8/11	TUES 9/11	WED 10/11	THURS 11/11	FRI 12/11
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 - social, education and recreation group in Drysdale.	ONLINE - Chair Assisted Yoga 11.30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities.	CENTRE CLOSED	Recreational Group - Assisted Cooking 10:30am Join in or come to enjoy the food!
		Skill development - Technology 10:30am Navigating your computer, smartphone or tablet.	CENTRE CLOSED		
PM	Skill development - Upper Limb Training 1:30pm - 2:30pm Exercises for the upper limbs run by Geelong & Surrounds Occupational Therapy staff.	Men's Group 1:30pm - 3:00pm Blokes With Strokes - social, education and recreation group.	ONLINE - Guest Speaker 2pm - 3pm via ZOOM Michelle Judd from AllIM Choices Overview of the NDIS, gaining access & how to get the most out of your funding package.	Geelong Aphasia Support Group 2:00pm - 3:00pm A specialised communication group for people with Aphasia.	Skill development - Art Therapy 12:30pm - 2:30pm Harness your creative side and learn new skills or build upon existing skills in a calming environment.
	Recreational Group - Choir 5:30pm One Voice Choir - please contact them directly for further details.	ONLINE - Stroke Support Group 2pm - 3pm via ZOOM Meet with others and share experiences in a safe and supported environment.	CENTRE CLOSED	Thursday Movie Night 6:00pm - 8:30pm Join us at the Centre to watch a movie, genre changes each week.	CENTRE CLOSED

WEEK 3

WEEK 5

	MON 15/11	TUES 16/11	WED 17/11	THURS 18/11	FRI 19/11
AM	<u>Recreational Group - Cards</u> 10:30am - 12:30pm Come along and play frustration... It's fun but frustrating!	<u>Skill development - Technology</u> 10:30am Navigating your computer, smartphone 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.	CENTRE CLOSED	<u>Recreational Group - Assisted Cooking</u> 10:30am Join in or come to enjoy the food!
		<u>Walking Group @ Barwon River</u> 11:00am - 12:30pm Meet at the end of Swanston St & Landy Field.	CENTRE CLOSED		
PM	<u>Skill development - Upper Limb Training</u> 1:30pm - 2:30pm Exercises for the upper limbs.	<u>Young Women's Support Group</u> 1:00pm - 2:30pm Social activity group for younger female stroke survivors.		CENTRE CLOSED	<u>Men's Group</u> 1:30pm - 3:00pm Blokes With Strokes 2.0 - social, education and recreation group.
	<u>Recreational Group - Choir</u> 5:30pm One Voice Choir - please contact them directly for further details.	CENTRE CLOSED	<u>Thursday Movie Night</u> 6:00pm - 8:30pm Join us at the Centre to watch a movie, genre changes each week.		CENTRE CLOSED

WEEK 4

	MON 22/11	TUES 23/11	WED 24/11	THURS 25/11	FRI 26/11
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 - social, education and recreation group in Drysdale.	ONLINE - Chair Assisted Yoga 11.30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities.	CENTRE CLOSED	Recreational Group - Assisted Cooking 10:30am Join in or come to enjoy the food!
		Skill development - Technology 10:30am Navigating your computer, smartphone or tablet.	CENTRE CLOSED		
PM	Skill development - Upper Limb Training 1:30pm - 2:30pm Exercises for the upper limbs run by Geelong & Surrounds Occupational Therapy staff.	Men's Group 1:30pm - 3:00pm Blokes With Strokes - social, education and recreation group.	ONLINE - Guest Speaker 2pm - 3pm via ZOOM Zoe Anderson, Director of Neurological Physiotherapy Geelong Discussion about Physiotherapy and Exercise post-stroke.	Geelong Aphasia Support Group 2:00pm - 3:00pm A specialised communication group for people with Aphasia.	Skill development - Art Therapy 12:30pm - 2:30pm Harness your creative side and learn new skills or build upon existing skills in a calming environment.
	Recreational Group - Choir 5:30pm One Voice Choir - please contact them directly for further details.	ONLINE - Stroke Support Group 2pm - 3pm via ZOOM Meet with others and share experiences in a safe and supported environment.	CENTRE CLOSED	Thursday Movie Night 6:00pm - 8:30pm Join us at the Centre to watch a movie, genre changes each week.	CENTRE CLOSED

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.

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