

BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – APRIL 2021

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

WEEK 5 MARCH / WEEK 1 APRIL

	MON 29/3	TUES 30/3	WED 31/3	THURS 1/4	FRI 2/4
AM	<u>Craft Group - 10:30 - 1:00</u> Refine Fine Motor Skills	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	<u>Chair Assisted Yoga 11:30 - 12:30</u> Designed to develop strength and balance.	<u>Stroke Connection Peer Support Morning Tea 10:30 - 1:00</u> – For stroke survivors and their families <u>Guided Meditation 12:00 - 12:30</u>	<u>Centre Closed – Good Friday</u>
PM	<u>AbleX or One-on-One Bookings with Coordinators</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Skills Development Technology 1:00 - 2:00</u> Navigating your computer, smart phone, tablet.	

WEEK 2

	MON 5/4	TUES 6/4	WED 7/4	THURS 8/4	FRI 9/4
AM	<u>Centre Closed – Easter Monday</u>	<u>Centre Closed – Coordinator on Annual Leave</u>	<u>Centre Closed – Coordinator on Annual Leave</u>	<u>Centre Closed – Coordinator on Annual Leave</u>	<u>Centre Closed – Coordinator on Annual Leave</u>
PM					

WEEK 3

	MON 12/4	TUES 13/4	WED 14/4	THURS 15/4	FRI 16/4
AM	<u>Fishing @ Kennington Reservoir Platform 11:00 - 12:00pm</u> <u>BYO Gear & Chair</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00 - 11:30	<u>Chair Assisted Yoga 11:30 - 12:30</u> Designed to develop strength and balance.	<u>Stroke Connection Peer Support Morning Tea 10:30 - 1:00</u> – For stroke survivors and their families <u>Guided Meditation 12:00 - 12:30</u>	<u>Communication Peer Support Group 10:30 - 12:00</u> – Supporting members with Aphasia
PM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Skills Development Technology 1:00 - 2:00</u> Navigating your computer, smart phone, tablet.	<u>AbleX or One-on-One Bookings with Coordinator</u>

WEEK 4

	MON 19/4	TUES 20/4	WED 21/4	THURS 22/4	FRI 23/4
AM	<u>Sing for Recovery - 10:30am - Proposed</u> <u>On hold due to COVID restrictions</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre	<u>Chair Assisted Yoga 11:30 - 12:30</u> Designed to develop strength and balance.	<u>Blokes with Strokes Peer Support Group - 10:30 - 12:00pm</u>	<u>Communication Peer Support Group 10:30 - 12:00 - Supporting members with Aphasia</u>
PM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Skills Development Technology 1:00 - 2:00</u> Navigating your computer, smart phone, tablet.	<u>AbleX or One-on-One Bookings with Coordinator</u>

WEEK 5

	MON 26/4	TUES 27/4	WED 28/4	THURS 29/4	FRI 30/4
AM	<u>Craft Group - 10:30 - 1:00</u> Refine Fine Motor Skills	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	<u>Chair Assisted Yoga 11:30 - 12:30</u> Designed to develop strength and balance.	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>
PM	<u>AbleX or One-on-One Bookings with Coordinators</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Skills Development Technology 1:00 - 2:00</u> Navigating your computer, smart phone, tablet.	<u>Young Stroke Group 12:00pm - 3pm @ Movie @ Star Cinema - For members under 60</u>

Please register your intention to attend the Centre, as COVID-19 precautions are currently in place. You can register by phone on **0490 709 962** or email at bendigo@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.