

BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – DEC 2020


WEEK 1

	MON 30/11	TUES 1/12	WED 2/12	THURS 3/12	FRI 4/12
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Stroke Connection Peer Support Morning Tea 10:30 – 1:00</u> – For stroke survivors and their families	<u>AbleX or One-on-One Bookings with Coordinator</u>
PM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	Centre Closed	<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 2

	MON 7/12	TUES 8/12	WED 9/12	THURS 10/12	FRI 11/12
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Blokes w Strokes Peer Support Group Meeting - 10:30 – 1:00</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>	Centre Closed	<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 3

	MON 14/12	TUES 15/12	WED 16/12	THURS 17/12	FRI 18/12
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>End of Year / Christmas Party Bendigo Tennis Centre – 12:00–3</u>	Centre Closed Christmas Break
PM	<u>One-on-One Bookings with Coordinator</u>	<u>One-on-One Bookings with Coordinator</u>	Centre Closed	pm 	Centre Closed Christmas Break

WEEK 4

	MON 21/12	TUES 22/12	WED 23/12	THURS 24/12	FRI 25/12
	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break

WEEK 5

	MON 28/12	TUES 29/12	WED 30/12	THURS 31/12	FRI 1/01/21

Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break
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BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – JAN 2021

WEEK 1

	MON 4/1	TUES 5/1	WED 6/1	THURS 7/1	FRI 8/1
	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break


WEEK 2

	MON 11/1	TUES 12/1	WED 13/1	THURS 14/1	FRI 15/1
	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break	Centre Closed Christmas Break

WEEK 3

	MON 18/1	TUES 19/1	WED 20/1	THURS 21/1	FRI 22/1
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Stroke Connection Peer Support Morning Tea 10:30 – 1:00</u> – For stroke survivors and their families	<u>Chair Assisted Yoga 11:00 – 12:00</u> Designed to develop strength and balance.
PM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	Centre Closed	<u>Skills Development Technology 1:00 – 2:00</u> Navigating your computer, smart phone, tablet.	<u>Communication Peer Support Group 1:30 – 3:00</u> – Supporting members with Aphasia

WEEK 4

	MON 25/1	TUES 26/1	WED 27/1	THURS 28/1	FRI 1/2
AM	<u>Australia Day – Centre Closed</u> 	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Blokes w Strokes Peer Support Group Meeting - 10:30 – 1:00</u>	<u>Chair Assisted Yoga 11:00 – 12:00</u> Designed to develop strength and balance.
PM	<u>Australia Day – Centre Closed</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	Centre Closed	<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>

Please register for all activities with Tamara Lalor

Telephone: 0490 709 962 or email: bendigo@strokeassociation.com.au