STROKE ASSOCIATION of VICTORIA

BENDIGO STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE – FEBRUARY 2020

WEEK 1

	MON 3/2	TUES 4/2	WED 5/2	THURS 6/2	FRI 7/2
AM	Games Morning – 10:30 – 12:00 Join us for lively morning of board, card or iPad Games.	BSSG Walking Group @ Lake Weeroona 10:00 – 11:30	Centre Closed	Stroke Connection Peer Support Morning Tea 10:30 – 1:00 – For stroke survivors and their families	Chair Assisted Yoga 11:00 – 12:00 Designed to develop strength and balance.
PM	AbleX or One-on-One Bookings with Coordinator	AbleX or One-on-One Bookings with Coordinator	Centre Closed	Skills Development Technology 1:00 – 2:00 Navigating your computer, smart phone, tablet.	Communication Peer Support Group 1:30 – 3:00 – Supporting members with Aphasia

WEEK 2

	MON 10/2	TUES 11/2	WED 12/2	THURS 13/2	FRI 14/2
AM	AbleX or One-on-One Bookings with Coordinator	Young Stroke Support Group – 11:00 – 1:00- Supporting members under 60.	Centre Closed	Blokes w Strokes Peer Support Group Meeting - 10:30 – 1:00	Chair Assisted Yoga 11:00 – 12:00 Designed to develop strength and balance.
PM	AbleX or One-on-One Bookings with Coordinators	AbleX or One-on-One Bookings with Coordinator	Centre Closed	Skills Development Technology 1:00 – 2:00 Navigating your computer, smart phone, tablet.	Communication Peer Support Group 1:30 – 3:00 – Supporting members with Aphasia

WEEK 3

	MON 17/2	TUES 18/2	WED 19/2	THURS 20/2	FRI 21/2
AM	AbleX or One-on-One Bookings with Coordinator	BSSG Walking Group @ Lake Weeroona 10:00AM	Centre Closed	Stroke Connection Peer Support Morning Tea 10:30 – 1:00 – For stroke survivors and their families	Chair Assisted Yoga 11:00 – 12:00 Designed to develop strength and balance.
PM	AbleX or One-on-One Bookings with Coordinator	AbleX or One-on-One Bookings with Coordinator	Centre Closed	Support Group (BSSG) Monthly Lunch @ All Seasons 12:30PM	Communication Peer Support Group 1:30 – 3:00 - Suporting members with Aphasia

WEEK 4

	MON 24/2	TUES 25/2	WED 26/2	THURS 27/2	FRI 28/2
AM	CRAFT GROUP 10:30 – 1:00 Refine Fine Motor Skills	Young Stroke Support Group – 11:00 – 1:00- Supporting members under 60.	Centre Closed	Blokes w Strokes Peer Support Group Meeting - 10:30 – 1:00	Chair Assisted Yoga 11:00 – 12:00 Designed to develop strength and balance.

PM	AbleX or One-on-One Bookings with Coordinators	AbleX or One-on-One Bookings with Coordinator	Centre Closed	Skills Development Technology 1:00 – 2:00 Navigating your computer, smart phone, tablet.	Communication Peer Support Group 1:30PM – Supporting members with Aphasia