

## BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – MARCH 2020

### WEEK 1

	MON 2/3	TUES 3/3	WED 4/3	THURS 5/3	FRI 6/3
AM	<u>Games Morning – 10:30 – 12:00</u> Join us for lively morning of board, card or iPad Games.	<u>BSSG Walking Group @ Lake Weeroona 10:00 – 11:30</u>	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>AbleX or One-on-One Bookings with Coordinator</u>

### WEEK 2

	MON 9/3	TUES 10/3	WED 11/3	THURS 12/3	FRI 13/3
AM	<u>Centre Closed – Labour Day</u>	<u>Young Stroke Support Group – 11:00 – 1:00</u> - Supporting members under 60.	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>Centre Closed – Labour Day</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 3

	MON 16/3	TUES 17/3	WED 18/3	THURS 19/3	FRI 20/3
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona 10:00AM</u>	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>Support Group (BSSG) Monthly Lunch @ All Seasons 12:30PM</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>

### WEEK 4

	MON 23/3	TUES 24/3	WED 25/3	THURS 26/3	FRI 27/3
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Young Stroke Support Group – 11:00 – 1:00</u> - Supporting members under 60.	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>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>Communication Peer Support Group 1:30PM</u> – Supporting members with Aphasia
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**WEEK 5 / WEEK 1 (APRIL)**

	MON 30/3	TUES 31/3	WED 1/4	THURS 2/4	FRI 3/4
AM	<u>CRAFT GROUP 10:30 – 1:00</u> Refine Fine Motor Skills	<u>AbleX or One-on-One Bookings with Coordinator</u>	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 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>