


BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – OCTOBER 2019

WEEK 1

	MON 30/9	TUES 1/10	WED 2/10	THURS 3/10	FRI 4/10
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Sip & See – Peer Support Group Morning Tea (BSSG)</u> 10:30AM	<u>Chair Assisted Yoga</u> 11:00AM 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</u> 1:00 PM Navigating your computer, smart phone, tablet.	<u>AbleX or One-on-One Bookings with Coordinator</u>

WEEK 2

	MON 7/10	TUES 8/10	WED 9/10	THURS 10/10	FRI 11/10
AM	<u>Games Morning – 10:30am</u> Join us for lively morning of board card or iPad Games.	<u>Centre Outreach @ Bendigo Health Rehab Ward</u>	Centre Closed	<u>Blokes w Strokes @ Centre - 10:30AM</u> <u>Carer Peer Support Group @ Centre - 10:30AM</u>	Centre closed for SAV's annual fundraising event Will2Walk 2019 https://give.everydayhero.com/au/will2-walk-bendigo-stroke-support-centre
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</u> 1:00 PM Navigating your computer, smart phone, tablet.	

WEEK 3

	MON 14/10	TUES 15/10	WED 16/10	THURS 17/10	FRI 18/10
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00AM	Centre Closed	<u>Sip & See – Peer Support Group Morning Tea (BSSG)</u> 10:30AM – Held in Meeting Room	<u>Chair Assisted Yoga</u> 11:00AM 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>Support Group (BSSG) Monthly Lunch @ All Seasons</u> 12:30PM	<u>AbleX or One-on-One Bookings with Coordinator</u>

WEEK 4

	MON 21/10	TUES 22/10	WED 23/10	THURS 24/10	FRI 25/10
AM	<u>CRAFT GROUP 10:30AM</u> Refine Fine Motor Skills	<u>AbleX or One-on-One Bookings with Coordinator</u>	Centre Closed	<u>Blokes w Strokes @ Centre - 10:30AM</u> Carpet Bowls <u>Carer Peer Support Group @ Centre - 10:30AM</u>	<u>Chair Assisted Yoga 11:00AM</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 PM</u> Navigating your computer, smart phone, tablet.	<u>AbleX or One-on-One Bookings with Coordinator</u>

WEEK 5

	MON 28/10	TUES 29/10	WED 30/10	THURS 31/10	FRI 1/11
AM	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>AbleX or One-on-One Bookings with Coordinator</u>	Centre Closed	<u>AbleX or One-on-One Bookings with Coordinator</u>	<u>Chair Assisted Yoga 11:00AM</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 PM</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

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