

# 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	AbleX or One-on-	BSSG Walking Group	Centre Closed	Sip & See – Peer	Chair Assisted Yoga
	One Bookings with	@ Lake Weeroona		Support Group	<u>11:00AM</u>
	Coordinator	10:00AM		Morning Tea (BSSG)	Designed to develop
				<u>10:30AM</u>	strength and
					balance.
PM	AbleX or One-on-	AbleX or One-on-	Centre Closed	Skills Development	AbleX or One-on-
	One Bookings with	One Bookings with		Technology 1:00 PM	One Bookings with
	<u>Coordinator</u>	<u>Coordinator</u>		Navigating your	<u>Coordinator</u>
				computer, smart	
				phone, tablet.	

## WEEK 2

	MON 7/10	TUES 8/10	WED 9/10	THURS 10/10	FRI 11/10
AM	Games Morning – 10:30am Join us for lively morning of board card or iPad Games.	Centre Outreach @ Bendigo Health Rehab Ward	Centre Closed	Blokes w Strokes @ Centre - 10:30AM  Carer Peer Support Group @ Centre - 10:30AM	Centre closed for SAV's annual fundraising event Will2Walk 2019 https://give.every dayhero.com/au/will2-walk-bendigo-stroke-support-centre
PM	AbleX or One-on- One Bookings with Coordinator	AbleX or One-on- One Bookings with Coordinator	Centre Closed	Skills Development Technology 1:00 PM Navigating your computer, smart phone, tablet.	Will 2 Walk Supporting Stroke Survivors

### WEEK 3

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



### WEEK 4

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

### WEEK 5

	MON 28/10	TUES 29/10	WED 30/10	THURS 31/10	FRI 1/11
AM	AbleX or One-on-	AbleX or One-on-	Centre Closed	AbleX or One-on-	Chair Assisted Yoga
	One Bookings with	One Bookings with		One Bookings with	<u>11:00AM</u>
	Coordinator	<u>Coordinator</u>		<u>Coordinator</u>	Designed to develop
					strength and
					balance.
PM	AbleX or One-on-	AbleX or One-on-	Centre Closed	Skills Development	AbleX or One-on-
	One Bookings with	One Bookings with		Technology 1:00 PM	One Bookings with
	<u>Coordinator</u>	<u>Coordinator</u>		Navigating your	<u>Coordinator</u>
				computer, smart	
				phone, tablet.	

<sup>\*\*\*</sup>Please register for all activities with Tamara Lalor\*\*\*

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