

## BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE - JULY 2021

**\*\*\*Registration is essential for all activities\*\*\***

### WEEK 1

	MON 28/6	TUES 29/6	WED 30/6	THURS 1/7	FRI 2/7
AM	<u>Craft Group</u> 10:30am - 1:00pm  Refine fine motor skills through craft making activities.	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00am  Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre.	<u>Chair Assisted Yoga</u> 11:30am - 12:30pm  Designed to develop strength and balance.	<u>Stroke Connection Peer Support Morning Tea</u> 10:30am - 1:00pm  For stroke survivors and their families.	<u>Communication Peer Support Group</u> 10:30am - 12:00pm  Supporting members with Aphasia.
PM	<u>Sip &amp; See</u> 1:00pm - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	Centre Closed	<u>Cooking 101 with Tracie</u> 1:00pm - 3:00pm  Come along and get some baking tips & tricks from Tracie.	<u>Technology</u> 1:00pm - 2:00pm  Navigating your computer, smart phone, tablet.	<u>Sip &amp; See</u> 1:00pm - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.

### WEEK 2

	MON 5/7	TUES 6/7	WED 7/7	THURS 8/7	FRI 9/7
AM	<u>ON HOLD - COVID RESTRICTIONS</u>  <u>Sing for Recovery</u> 10:30am  A singing group for stroke survivors.	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00am  Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre.	<u>Chair Assisted Yoga</u> 11:30am - 12:30pm  Designed to develop strength and balance.	<u>Blokes with Strokes Peer Support Group</u> 10:30am - 12:00pm  Blokes supporting blokes.	<u>All Abilities Carpet Bowls</u> 10:30am - 1:00pm  A variant of lawn bowls, played indoors at the centre.
PM	<u>Sip &amp; See</u> 1:00pm - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	Centre Closed	<u>Cooking 101 with Tracie</u> 1:00pm - 3:00pm  Come along and get some baking tips & tricks from Tracie.	<u>Technology</u> 1:00pm - 2:00pm  Navigating your computer, smart phone, tablet.	<u>Sip &amp; See</u> 1:00am - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.

### WEEK 3

	MON 12/7	TUES 13/7	WED 14/7	THURS 15/7	FRI 16/7
AM	<p><u>ON HOLD FOR WINTER</u></p> <p><u>Fishing Group</u> 11:00am</p> <p>Meet at the platform closest to the toilet facilities @ Kennington Reservoir.</p>	<p><u>BSSG Walking Group @ Lake Weeroona</u> 10:00am</p> <p>Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre.</p>	<p><u>Chair Assisted Yoga</u> 11:30am – 12:30pm</p> <p>Designed to develop strength and balance.</p>	<p><u>Stroke Connection Peer Support Morning Tea</u> 10:30am – 1:00pm</p> <p>For stroke survivors and their families.</p>	<p><u>Communication Peer Support Group</u> 10:30am – 12:00pm</p> <p>Supporting members with Aphasia.</p>
PM	<p><u>Sip &amp; See</u> 1:00pm - 3:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><u>Centre Closed</u></p>	<p><u>Cooking 101 with Tracie</u> 1:00pm – 3:00pm</p> <p>Come along and get some baking tips &amp; tricks from Tracie.</p>	<p><u>Technology</u> 1:00pm – 2:00pm</p> <p>Navigating your computer, smart phone, tablet.</p>	<p><u>Movie Matinee</u> 'Dream Horse' 1:00pm</p> <p>Star Cinema - \$\$ own ticket - RSVP essential</p>

### WEEK 4

	MON 19/7	TUES 20/7	WED 21/7	THURS 22/7	FRI 23/7
AM	<p><u>ON HOLD - COVID RESTRICTIONS</u></p> <p><u>Sing for Recovery</u> 10:30am</p> <p>A singing group for stroke survivors.</p>	<p><u>BSSG Walking Group @ Lake Weeroona</u> 10:00am</p> <p>Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre.</p>	<p><u>Chair Assisted Yoga</u> 11:30am – 12:30pm</p> <p>Designed to develop strength and balance.</p>	<p><u>Blokes with Strokes Peer Support Group</u> 10:30am – 12:00pm</p> <p>Blokes supporting blokes.</p>	<p><u>Sip &amp; See</u> 10:30am - 12:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>
PM	<p><u>Sip &amp; See</u> 1:00pm - 3:00pm</p> <p>By appointment- for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><u>Centre Closed</u></p>	<p><u>Cooking 101 with Tracie</u> 1:00pm – 3:00pm</p> <p>Come along and get some baking tips &amp; tricks from Tracie.</p>	<p><u>Technology</u> 1:00pm – 2:00pm</p> <p>Navigating your computer, smart phone, tablet.</p>	<p><u>Movie Matinee</u> 'Buckleys Chance' 1:00pm</p> <p>Star Cinema - \$\$ own ticket - RSVP essential</p>

WEEK 5

	MON 26/7	TUES 27/7	WED 28/7	THURS 29/7	FRI 30/7
AM	<u>Craft Group</u> 10:30am – 1:00pm  Refine fine motor skills through craft making activities.	<u>BSSG Walking Group @ Lake Weeroona</u> 10:00am  Meet at Nolan Street Carpark, followed by cuppa at Tennis Centre.	<u>Chair Assisted Yoga</u> 11:30am – 12:30pm  Designed to develop strength and balance.	<u>Sip &amp; See</u> 10:30am - 12:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<u>Young Stroke Group (members under 60)</u> 12:00pm - 1:30pm  Lunch at the Peppergreen Farm.
PM	<u>Sip &amp; See</u> 1:00pm - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.	<u>Centre Closed</u>	<u>Cooking 101 with Tracie</u> 1:00pm – 3:00pm  Come along and get some baking tips & tricks from Tracie.	<u>Technology</u> 1:00pm – 2:00pm  Navigating your computer, smart phone, tablet.	<u>Sip &amp; See</u> 1:00pm - 3:00pm  By appointment- for new & existing members to meet with the Centre Coordinator.

Please register your intention to attend all groups and activities, as COVID-19 precautions are currently in place. You can register by phone on **0490 709 962** or email at [bendigo@strokeassociation.com.au](mailto:bendigo@strokeassociation.com.au)

**Our Activity Schedule is now easier to navigate, by identifying the category of groups available.**

**Green** = Social support groups

**Yellow** = Skills development

**Red** = Assisted activities