

BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – JANUARY 2022

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

**The Bendigo Stroke Support Centre will be closed over the holiday period
and will reopen on Monday 10th January 2022.**

WEEK 1

	MON 10/1	TUES 11/1	WED 12/1	THURS 13/1	FRI 14/1
AM	<u>Womens Stroke Support Group</u> 10:30am – 1:00pm A safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.	<u>Tuesday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Group ZOOM also available at the Bendigo Centre. Meeting ID: 831 1135 2512 Passcode: 632889	<u>Blokes with Strokes Peer Support Group</u> - 10:30am – 11:30am Blokes supporting blokes - a social and recreational group for blokes.	<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.
PM	<u>Fishing Group</u> 1:00pm Meet at the platform closest to the toilet facilities @ Kennington Reservoir.	<u>CENTRE CLOSED</u>	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms, e.g Coles Online, Netflix & Zoom.	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.

WEEK 2

	MON 17/1	TUES 18/1	WED 19/1	THURS 20/1	FRI 21/1
AM	<u>Womens Stroke Support Group</u> 10:30am – 1:00pm A safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.	<u>Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Group ZOOM also available at the Bendigo Centre. Meeting ID: 831 1135 2512 Passcode: 632889	<u>Stroke Connection Peer Support</u> 10:30am – 11:30am For stroke survivors and their families.	<u>Communication Peer Support Group</u> 10:30am – 12:00pm Supporting members with Aphasia.
PM	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>ONLINE - Conversations with a Stroke Survivor</u> 2:00pm - 3:00pm via ZOOM Join us via zoom and hear from a member of our Stroke Community, who will share their personal experiences of living with the effects of stroke. Meeting ID: 892 2835 8036 Passcode: 002158	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms, e.g Coles Online, Netflix & Zoom.	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.

WEEK 3

	MON 24/1	TUES 25/1	WED 26/1	THURS 27/1	FRI 28/1
AM	<u>Womens Stroke Support Group</u> 10:30am – 1:00pm A safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.	<u>Tuesday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.		<u>Blokes with Strokes Peer Support Group</u> - 10:30am – 11:30am Blokes supporting blokes - a social and recreational group for blokes.	<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.
PM	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>CENTRE CLOSED</u>	<u>CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY</u>	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms, e.g Coles Online, Netflix & Zoom.	<u>Bendigo Centre Member Lunch</u> 12:00pm - 1:30pm A lunch catchup for Bendigo Centre members. Proof of double vacc required to enter premises, purchase own meal. Bendigo All Seasons 171-183 Mclvor Hwy, Bendigo

WEEK 4

	MON 31/1	TUES 1/2	WED 2/2	THURS 3/2	FRI 4/2
AM	<u>Womens Stroke Support Group</u> 10:30am – 1:00pm A safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.	<u>Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at the Tennis Centre.	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Group ZOOM also available at the Bendigo Centre. Meeting ID: 831 1135 2512 Passcode: 632889	<u>Stroke Connection Peer Support</u> 10:30am – 11:30am For stroke survivors and their families.	<u>Communication Peer Support Group</u> 10:30am – 12:00pm Supporting members with Aphasia.
PM	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>ONLINE - Conversations with a Stroke Survivor</u> 2:00pm - 3:00pm via ZOOM Join us via zoom and hear from a member of our Stroke Community, who will share their personal experiences of living with the effects of stroke. Meeting ID: 892 2835 8036 Passcode: 002158	<u>ONLINE- Guest Speaker</u> 2:00pm – 3:00pm via ZOOM Guest speaker TBA Meeting ID: 893 2102 8266 Passcode: 807904	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms, e.g Coles Online, Netflix & Zoom.	<u>Let's Connect Sessions</u> 1:00pm - 3:00pm By appointment - for new & existing members to meet with the Centre Coordinator.

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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

Grey = Centre Closed / Activities Cancelled

If you are interested in creating a group, or you have a specific skill you feel would benefit stroke recovery, please speak 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)