

BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – JUNE 2022

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

WEEK 1

	MON 30/5	TUES 31/5	WED 1/6	THURS 2/6	FRI 3/6
AM	<u>Women's Stroke Support Group</u> 10:30am – 12:00pm Women supporting women - 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, a lap of the lake then head to the tennis centre for a coffee and a chat.	<u>Chair Assisted Yoga</u> 12:00pm - 1:00pm Gentle exercise designed to develop strength and balance, for all abilities. \$2pp.	<u>Stroke Connection Peer Support: NDIS Information session</u> Come and meet with Megan from NDIS who will help answer all your NDIS questions. 10:30am – 11:30am For stroke survivors and their families.	<u>Communication Peer Support Group</u> 10:30am – 12:00pm Supporting members with Aphasia.
					<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, a lap of the lake then head to the tennis centre for a coffee & chat.
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>Cooking Class</u> 1:00pm – 2:00pm Join our friendly cooking group to learn how to bake various sweets using a thermomix for members to enjoy at the Bendigo Centre.	<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 6/6	TUES 7/6	WED 8/6	THURS 9/6	FRI 10/6
AM	<u>Women's Stroke Support Group</u> 10:30am – 12:00pm Women supporting women - 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, a lap of the lake then head to the tennis centre for a coffee & chat.	<u>Chair Assisted Yoga</u> 12:00pm - 1:00pm Gentle exercise designed to develop strength and balance, for all abilities. \$2pp.	<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, a lap of the lake then head to the coffee van for a coffee & chat.
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>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 13/6	TUES 14/6	WED 15/6	THURS 16/6	FRI 17/6
AM	QUEENS BIRTHDAY CENTRE CLOSED	<u>Tuesday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, a lap of the lake with a stop at the tennis centre for a coffee & chat.	<u>Chair Assisted Yoga</u> 12:00pm - 1:00pm Gentle exercise designed to develop strength and balance, for all abilities. \$2pp.	<u>Stroke Connection Peer Support</u> 10:30am - 11:30am For stroke survivors and their families. This would be a great opportunity to get some ideas of activities members want planned for the future.	<u>Communication Peer Support Group</u> 10:30am - 12:00pm Supporting members with Aphasia.
					<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, a lap of the lake and a stop at the tennis centre for a coffee & chat.
PM		CENTRE CLOSED	<u>Cooking Class</u> 1:00pm - 2:00pm Join our friendly cooking group to learn how to bake various foods using a thermomix for members to enjoy at the Bendigo Centre.	<u>Home Technology Skills</u> 1:00pm - 2:00pm Navigating online platforms, e.g Coles Online, Netflix & Zoom.	<u>Movie Matinee</u> 1:00pm - 3:00pm To Olivia This movie session will be very popular so be quick to book tickets. Click this link:- https://ticketing.oz.veezi.com/purchase/833?siteToken=fk9a7w9v0a38ane7k2z9mdndnw Adult: \$18 Concession: \$13

WEEK 4

	MON 20/6	TUES 21/6	WED 22/6	THURS 23/6	FRI 24/6
AM	<u>Women's Stroke Support Group</u> 10:30am – 12:00pm Women supporting women - 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, a lap of the lake and head to the tennis centre for a coffee & chat.	<u>Chair Assisted Yoga</u> 12:00pm - 1:00pm Gentle exercise designed to develop strength and balance, for all abilities. \$2pp.	<u>Blokes with Strokes Peer Support Group</u> - 10:30am – 11:30am Blokes supporting blokes - a social and recreational group for blokes. This week will have an excursion to the Long Gully Neighbourhood Garden. Meet at the centre and carpool.	<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, a lap of the lake and head to the tennis centre for a coffee & chat.
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>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>Bendigo Centre Member Lunch</u> 12:00pm - 1:30pm A lunch catchup for Bendigo centre members. This month lunch will be held at TBA.

WEEK 1 (JULY)

	MON 27/6	TUES 28/6	WED 29/6	THURS 30/6	FRI 1/7
AM	<u>Women's Stroke Support Group</u> 10:30am – 12:00pm Women supporting women - 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, a lap of the lake and then head to the tennis centre for a coffee & chat.	<u>Chair Assisted Yoga</u> 12:00pm - 1:00pm Gentle exercise designed to develop strength and balance, for all abilities. \$2pp.	<u>Stroke Connection Peer Support</u> 10:30am – 11:30am For stroke survivors and their families.	<u>Friday Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, a lap of the lake and head to the tennis centre for a coffee & chat.
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>Cooking Class</u> 1:00pm – 2:00pm Join our friendly cooking group to learn how to bake various sweets for members to enjoy at the Bendigo Centre.	<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.

Our Activity Schedule is easier to navigate by the category of groups or sessions.

Green = Social support groups

Yellow = Skills development

Red = Assisted activities

Grey = Centre closed / Activities cancelled / No activities scheduled

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