

BENDIGO STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – NOVEMBER 2021

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

WEEK 1

	MON 1/11	TUES 2/11	WED 3/11	THURS 4/11	FRI 5/11
AM	<u>Craft Group</u> 10:30am – 12:00pm Refine fine motor skills through craft making activities.	<u>Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at 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.	<u>Stroke Connection Peer Support</u> 10:30am – 12:00pm 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.	CENTRE CLOSED	<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>Member Lunch @ All Seasons Bistro -</u> 12:00 - 1:30pm Proof of double vacc required to enter premises, purchase own meal. <u>Walking Group @ Kennington Reservoir</u> 2:00pm Meet at the picnic tables on Reservoir Rd, 5 mins prior.

WEEK 2

	MON 8/11	TUES 9/11	WED 10/11	THURS 11/11	FRI 12/11
AM	<u>Craft Group</u> 10:30am – 12:00pm 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>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.	<u>Blokes with Strokes Peer Support Group</u> 10:30am – 11:30am Blokes supporting blokes.	<u>All Abilities Carpet Bowls</u> 10:30am – 1:00pm A variant of lawn bowls, played indoors at the Bendigo Centre.
PM	<u>Fishing Group</u> 1:00pm Meet at the platform closest to the toilet facilities @ Kennington Reservoir.	<u>ONLINE - Stroke Support Group</u> 2pm - 3pm via ZOOM Meet with others and share experiences in a safe and supported environment.	<u>ONLINE - Guest Speaker</u> 2pm - 3pm via ZOOM Michelle Judd from AIIM Choices Overview of the NDIS, gaining access & how to get the most out of your funding package.	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms e.g Coles Online, Netflix & Zoom.	<u>Walking Group @ Kennington Reservoir</u> 2:00pm Meet at the picnic tables on Reservoir Rd, 5 mins prior.

WEEK 3

	MON 15/11	TUES 16/11	WED 17/11	THURS 18/11	FRI 19/11
AM	<u>Craft Group</u> 10:30am – 1:00pm Refine fine motor skills through craft making activities.	<u>Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at 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.	<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.	CENTRE CLOSED	<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>Walking Group @ Kennington Reservoir</u> 2:00pm Meet at the picnic tables on Reservoir Rd, 5 mins prior.

WEEK 4

	MON 22/11	TUES 23/11	WED 24/11	THURS 25/11	FRI 26/11
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>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.	<u>All Abilities Lawn Bowls Day @ Bendigo Bowls Club</u> 10:30am – 1:30pm Proof of double vacc required to enter premises.	<u>Let's Connect Sessions</u> 10:00pm -12:00pm By appointment - for new & existing members to meet with the Centre Coordinator.
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 - Stroke Support Group</u> 2pm - 3pm via ZOOM Meet with others and share experiences in a safe and supported environment.	<u>ONLINE - Guest Speaker</u> 2pm - 3pm via ZOOM Zoe Anderson, Director of Neurological Physiotherapy Geelong Discussion about Physiotherapy and Exercise post-stroke.	<u>Home Technology Skills</u> 1:00pm – 2:00pm Navigating online platforms e.g Coles Online, Netflix & Zoom.	<u>Young Stroke Group (members under 60)</u> 12:00pm - 1:30pm A lunch catchup, location TBA. Proof of double vacc required to enter premises, purchase own meal. <u>Walking Group @ Kennington Reservoir</u> 2:00pm Meet at the picnic tables on Reservoir Rd, 5 mins prior.

WEEK 5

	MON 29/11	TUES 30/11	WED 1/12	THURS 2/12	FRI 3/12
AM	<u>Craft Group</u> 10:30am – 1:00pm Refine fine motor skills through craft making activities.	<u>Walking Group @ Lake Weeroona</u> 10:00am Meet at Nolan Street Carpark, followed by cuppa at 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.	<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.	CENTRE CLOSED	<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>Walking Group @ Kennington Reservoir</u> 2:00pm Meet at the picnic tables on Reservoir Rd, 5 mins prior.

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 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