

MORWELL STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE – APRIL 2022

Registration is essential for all activities

WEEK 1

	MON 28/3	TUES 29/3	WED 30/3	THURS 31/3	FRI 1/4
AM					<p>Moe Walking Group 11:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Moe Botanical Gardens, Botanic Drive, Newborough (Main car park)</p>
PM					<p>Coffee Club 12:00pm - 1:30pm</p> <p>Social outing for stroke survivors and carers to enjoy a chat over coffee with great company.</p> <p>Tommy Brock Cafe, 11-15 Kirk Street, Moe</p>

WEEK 2

	MON 4/4	TUES 5/4	WED 6/4	THURS 7/4	FRI 8/4
AM	<p><u>Warragul Walking Group</u> 10:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Bourke Street Park, Warragul (Main car park)</p>	<p><u>Coffee Club</u> 11:00am - 12:30pm</p> <p>Social outing for stroke survivors and carers to enjoy a chat over coffee with great company.</p> <p>Newmason Warragul, 25 Mason Street, Warragul</p>	<p><u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>Moe Walking Group</u> 11:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Moe Botanical Gardens, Botanic Drive, Newborough (Main car park)</p>
PM	<p><u>Let's Connect Sessions</u> 1:00pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 1:00pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Coffee Club</u> 12:00pm - 1:30pm</p> <p>Social outing for stroke survivors and carers to enjoy a chat over coffee with great company.</p> <p>Tommy Brock Cafe, 11-15 Kirk Street, Moe</p>

WEEK 3

	MON 11/4	TUES 12/4	WED 13/4	THURS 14/4	FRI 15/4
AM	<p><u>Warragul Walking Group</u> 10:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Bourke Street Park, Warragul (Main car park)</p>	<p><u>Let's Connect Sessions</u> 10:00am - 12:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>CENTRE CLOSED</u> <u>Good Friday</u></p>
PM	<p><u>Let's Connect Sessions</u> 1:00pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Warragul Stroke Support Group Meeting</u> 1:00pm</p> <p>Warragul Community House, 138 Normanby Street, Warragul</p>	<p><u>Let's Connect Sessions</u> 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	

WEEK 4

	MON 18/4	TUES 19/4	WED 20/4	THURS 21/4	FRI 22/4
AM	<u>CENTRE CLOSED</u> <u>Easter Monday</u>	<u>Coffee Club</u> 11:00am - 12:30pm Social outing for stroke survivors and carers to enjoy a chat over coffee with great company. Newmason Warragul, 25 Mason Street, Warragul	<u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889	<u>CENTRE CLOSED</u>	<u>Moe Walking Group</u> 11:00am Join our friendly, social walking group for a stroll around the beautiful park. Moe Botanical Gardens, Botanic Drive, Newborough (Main car park)
PM		<u>Let's Connect Sessions</u> 1:00pm - 4:30pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Let's Connect Sessions</u> 4:00pm - 6:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Let's Connect Sessions</u> 4:00pm - 6:00pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Coffee Club</u> 12:00pm - 1:30pm Social outing for stroke survivors and carers to enjoy a chat over coffee with great company. Tommy Brock Cafe, 11-15 Kirk Street, Moe

WEEK 5

	MON 25/4	TUES 26/4	WED 27/4	THURS 28/4	FRI 29/4
AM	<p>Warragul Walking Group 10:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Bourke Street Park, Warragul (Main car park)</p>	<p>Coffee Club 11:00am - 12:30pm</p> <p>Social outing for stroke survivors and carers to enjoy a chat over coffee with great company.</p> <p>Newmason Warragul, 25 Mason Street, Warragul</p>	<p>ONLINE - Chair Assisted Yoga 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>	<p>CENTRE CLOSED</p>	<p>Moe Walking Group 11:00am</p> <p>Join our friendly, social walking group for a stroll around the beautiful park.</p> <p>Moe Botanical Gardens, Botanic Drive, Newborough (Main car park)</p>
PM	<p>Let's Connect Sessions 1:00pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Let's Connect Sessions 1:00pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Let's Connect Sessions 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Let's Connect Sessions 4:00pm - 6:00pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Coffee Club 12:00pm - 1:30pm</p> <p>Social outing for stroke survivors and carers to enjoy a chat over coffee with great company.</p> <p>Tommy Brock Cafe, 11-15 Kirk Street, Moe</p>

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 **0493 465 142** or email at morwell@strokeassociation.com.au