

MORWELL STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE - JANUARY 2022

Registration is essential for all activities

The Morwell 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	<p><u>Walking Group @ Morwell Centenary Rose Garden</u> 10:00am</p> <p>Join us for a stroll around the beautiful rose garden.</p> <p>Group meets at: Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</p>	<p><u>Stroke Connection Peer Support</u> 10:30am - 11:30am</p> <p>For stroke survivors and their families.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</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>Peer Stroke Support Group</u> 10:30am - 11:30am</p> <p>A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</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>NO SCHEDULED ACTIVITY</u></p>	<p><u>Coffee Club</u> 1:00pm - 2:00pm</p> <p>Enjoy a chat over coffee and cake on an outing to a local cafe.</p> <p>So Swish Cafe 138 Commercial Rd, Morwell</p>	<p><u>CENTRE CLOSED</u></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>



WEEK 2

	MON 17/1	TUES 18/1	WED 19/1	THURS 20/1	FRI 21/1
AM	<p><u>Walking Group @ Waterhole Creek, Morwell</u> 10:00am</p> <p>Join us for a leisurely bushwalk.</p> <p>Group meets at: Waterhole Creek Main Car Park Crinigan Rd, South Reserve, Morwell</p>	<p><u>Craft Group</u> 10:00am – 11:30am</p> <p>Refine fine motor skills through craft making activities.</p> <p>Morwell Senior Citizens Hall 2-4 Maryvale Cres, Morwell</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>Peer Stroke Support Group</u> 10:30am – 11:30am</p> <p>A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</p>
PM	<p><u>Coffee Club</u> 12:00pm - 1:30pm</p> <p>Enjoy a chat over coffee and cake on an outing to a local cafe.</p> <p>So Swish Cafe 138 Commercial Rd, Morwell</p>	<p><u>ONLINE - Conversations with a Stroke Survivor</u> 2:00pm - 3:00pm via ZOOM</p> <p>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.</p> <p>Meeting ID: 892 2835 8036 Passcode: 002158</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>NO SCHEDULED ACTIVITY</u></p>



WEEK 3

	MON 24/1	TUES 25/1	WED 26/1	THURS 27/1	FRI 28/1
AM	<p><u>Walking Group @ Morwell Centenary Rose Garden</u> 10:00am</p> <p>Join us for a stroll around the beautiful rose garden.</p> <p>Group meets at: Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</p>	<p><u>Stroke Connection Peer Support</u> 10:30pm – 11:30pm</p> <p>For stroke survivors and their families.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</p>	<p><u>CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY</u></p>	<p><u>CENTRE CLOSED</u></p>	<p><u>Peer Stroke Support Group</u> 10:30am – 11:30am</p> <p>A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</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>Coffee Club</u> 12:00pm - 1:30pm</p> <p>Enjoy a chat over coffee and cake on an outing to a local cafe.</p> <p>So Swish Cafe 138 Commercial Rd, Morwell</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>

WEEK 4

	MON 31/1	TUES 1/2	WED 2/2	THURS 3/2	FRI 4/2
AM	<p><u>Walking Group @ Waterhole Creek, Morwell</u> 10:00am</p> <p>Join us for a leisurely bushwalk.</p> <p>Group meets at: Waterhole Creek Main Car Park Cringan Rd, South Reserve, Morwell</p>	<p><u>Craft Group</u> 10:00am – 11:30am</p> <p>Refine fine motor skills through craft making activities.</p> <p>Morwell Senior Citizens Hall 2-4 Maryvale Cres, Morwell</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>Peer Stroke Support Group</u> 10:30am – 11:30am</p> <p>A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p> <p>Senior Citizens Rose Garden Hall 2-4 Maryvale Cres, Morwell</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>ONLINE - Conversations with a Stroke Survivor</u> 2:00pm - 3:00pm via ZOOM</p> <p>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.</p> <p>Meeting ID: 892 2835 8036 Passcode: 002158</p>	<p><u>ONLINE- Guest Speaker</u> 2:00pm – 3:00pm via ZOOM</p> <p>Guest speaker TBA</p> <p>Meeting ID: 893 2102 8266 Passcode: 807904</p>	<p><u>CENTRE CLOSED</u></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>

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

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 **0459 650 320** or email at morwell@strokeassociation.com.au

