

MORWELL STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE - JUNE 2022

Registration is essential for all activities

WEEK 1

	MON 30/05	TUES 31/05	WED 01/06	THURS 02/06	FRI 03/06
AM		<u>NO ACTIVITIES SCHEDULED</u>	<u>Resume Builder Part 1</u> 10am - 11:30am Come into the centre to see Chris for help in creating a resume. The Herd 15 Napier Street, Warragul	<u>CENTRE CLOSED</u>	<u>Coffee Club</u> 10am - 11:30am Social outing for stroke survivors and carers to enjoy a chat over coffee with great company. Newmason Warragul, 25 Mason Street, Warragul
PM			<u>Let's Connect Sessions</u> 4pm - 6pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Let's Connect Sessions</u> 4pm - 6pm By appointment - for new & existing members to meet with the Centre Coordinator.	<u>Games Group</u> 1pm - 2:30pm Come into the centre for fun and games including Scrabble, Various Card games, Monopoly, etc. The Herd, 15 Napier Street, Warragul

WEEK 2

	MON 06/06	TUES 07/06	WED 08/06	THURS 09/06	FRI 10/06
AM	<p><u>Womens Stroke Support Group</u> 9:45am - 11:15am</p> <p>Women supporting women - a safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p>	<p><u>Coffee Club</u> 10am - 11:30am</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>	<p><u>Resume Builder Part 2</u> 10am - 11.30am</p> <p>Come into the centre to see Chris for help in creating a resume.</p> <p>The Herd 15 Napier Street, Warragul</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>Movie Group Jurassic World-Dominion</u> 11:45am - 2:45pm</p> <p>Come along for a Jurassic movie session with other Stroke Survivors.</p> <p>Village Cinemas Morwell, Princes Drive, Morwell</p> <p>Located on the outside of Mid Valley Shopping Centre.</p> <p>Registration is essential 0493 465 142</p>
PM	<p><u>Let's Connect Sessions</u> 1pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Morwell Stroke Support Group Meeting</u> 1:30pm - 3pm</p> <p>Guest Speaker Janet May from Lartrobe Regional Health-Stroke Coordinator</p> <p>Federation University Churchill, Northways Road, Churchill, Building 5N, Room 158</p> <hr/> <p><u>Warragul Stroke Support Group Meeting</u> 1pm - 3pm</p> <p>Guest speaker from Australian Hearing Warragul</p> <p>Community House, 138 Normanby Street, Warragul</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4pm - 5:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>

WEEK 3

	MON 13/06	TUES 14/06	WED 15/06	THURS 16/06	FRI 17/06
AM	<p>CENTRE CLOSED QUEENS BIRTHDAY PUBLIC HOLIDAY</p>	<p>Coffee Club 10am - 11:30am</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>Create a SEEK Profile and Job email preferences 10am - 11:30am</p> <p>Create an online applicant profile, attach a resume and create job email preferences.</p> <p>The Herd, 15 Napier Street, Warragul</p>	<p>CENTRE CLOSED</p>	<p>Games Group 1:45pm - 3:15pm</p> <p>Come into the centre for fun and games including Scrabble, Various Card games, Monopoly, etc.</p> <p>The Herd, 15 Napier Street, Warragul</p>
PM		<p>Let's Connect Sessions 2pm - 4pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Let's Connect Sessions 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Let's Connect Sessions 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p>Coffee Club 12pm - 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 4

	MON 20/06	TUES 21/06	WED 22/06	THURS 23/06	FRI 24/06
AM	<p><u>Mens Stroke Support Group</u> 9:45am - 11:15am</p> <p>Men supporting men - a safe space where male stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p>	<p><u>Coffee Club</u> 10am - 11:30am</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>Create a LinkedIn Profile</u> 10am - 11:30am</p> <p>Create an online employee peer profile.</p> <p>The Herd, 15 Napier Street, Warragul</p>	<p style="text-align: center;"><u>CENTRE CLOSED</u></p>	<p><u>Gippsland Region Combined Stroke Support Centre Lunch</u> 1pm</p> <p>Turfside Bistro, Moe Racing Club, Waterloo Road, Moe</p> <p>Registration is essential for venue booking purposes.</p>
PM	<p><u>Let's Connect Sessions</u> 1pm - 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> 1pm - 3pm</p> <p>Warragul Community House, 138 Normanby Street, Warragul</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 3pm - 5pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>

WEEK 5

	MON 27/06	TUES 28/06	WED 29/06	THURS 30/06	FRI 01/07
AM	<p><u>Womens Stroke Support Group</u> 9:45am - 11:15am</p> <p>Women supporting women - a safe space where female stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.</p>	<p><u>Coffee Club</u> 10am - 11:30am</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>Create an INDEED profile</u> 10am - 11:30am</p> <p>Create an online applicant profile, attach a resume and create job email preferences.</p> <p>The Herd, 15 Napier Street, Warragul</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>Coffee Club</u> 11am - 12:30pm</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>
PM	<p><u>Let's Connect Sessions</u> 1pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 1pm - 4:30pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Let's Connect Sessions</u> 4pm - 6pm</p> <p>By appointment - for new & existing members to meet with the Centre Coordinator.</p>	<p><u>Jigsaw Group</u> 1pm - 2:30pm</p> <p>Come into the centre to create brain teasing Jigsaws</p> <p>The Herd, 15 Napier Street, Warragul</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