

**ONLINE STROKE SUPPORT  
MONTHLY ACTIVITY SCHEDULE - JANUARY 2022**

**The Online Stroke Support Program will not operate over the holiday period and will resume the week beginning Monday 10th January 2022.**

**WEEK 1**

	MON 10/1	TUES 11/1	WED 12/1	THURS 13/1	FRI 14/1
AM			<b>ONLINE - Chair Assisted Yoga</b> 11:30am - 12:30pm via ZOOM  Gentle exercise designed to develop strength and balance, for all abilities.  <b>Meeting ID:</b> 831 1135 2512 <b>Passcode:</b> 632889		

**WEEK 2**

	MON 17/1	TUES 18/1	WED 19/1	THURS 20/1	FRI 21/1
AM			<b>ONLINE - Chair Assisted Yoga</b> 11:30am - 12:30pm via ZOOM  Gentle exercise designed to develop strength and balance, for all abilities.  <b>Meeting ID:</b> 831 1135 2512 <b>Passcode:</b> 632889		
PM		<b>ONLINE - Conversations with a Stroke Survivor</b> 2:00pm - 3:00pm via ZOOM  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.  <b>Meeting ID:</b> 892 2835 8036 <b>Passcode:</b> 002158			

**WEEK 3**

	MON 24/1	TUES 25/1	WED 26/1	THURS 27/1	FRI 28/1
			<b>CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY</b>		

**WEEK 4**

	MON 31/1	TUES 1/2	WED 2/2	THURS 3/2	FRI 4/2
AM			<b>ONLINE - Chair Assisted Yoga</b> 11:30am - 12:30pm via ZOOM  Gentle exercise designed to develop strength and balance, for all abilities.  <b>Meeting ID:</b> 831 1135 2512 <b>Passcode:</b> 632889		
PM		<b>ONLINE - Conversations with a Stroke Survivor</b> 2:00pm - 3:00pm via ZOOM  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.  <b>Meeting ID:</b> 892 2835 8036 <b>Passcode:</b> 002158	<b>ONLINE- Guest Speaker</b> 2:00pm - 3:00pm via ZOOM  Guest speaker TBA  <b>Meeting ID:</b> 893 2102 8266 <b>Passcode:</b> 807904		

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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

For general assistance during business hours, please call **03 9670-1117** or email at [info@strokeassociation.com.au](mailto:info@strokeassociation.com.au)