

ONLINE STROKE SUPPORT MONTHLY ACTIVITY SCHEDULE – NOVEMBER 2021

WEEK 1

	MON 1/11	TUES 2/11	WED 3/11	THURS 4/11	FRI 5/11
AM			<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>		
PM				<p>Thursday Movie Night 6:00pm - 8:30pm</p> <p>Join the Barwon Centre's movie group (online via Netflix Party) and watch a movie from the comfort of your own home. Genre changes each week.</p> <p>Check our Facebook page the day before for the movie of the week and details on how to join.</p>	

WEEK 2

	MON 8/11	TUES 9/11	WED 10/11	THURS 11/11	FRI 12/11
AM			<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>		
PM		<p>ONLINE - Stroke Support Group 2pm - 3pm via ZOOM</p> <p>Meet with others and share experiences in a safe and supported environment.</p> <p>Meeting ID: 892 2835 8036 Passcode: 002158</p>	<p>ONLINE - Guest Speaker 2pm - 3pm via ZOOM</p> <p>Michelle Judd from AllM Choices</p> <p>Overview of the NDIS, gaining access & how to get the most out of your funding package.</p> <p>Meeting ID: 893 2102 8266 Passcode: 807904</p>		

WEEK 3

	MON 15/11	TUES 16/11	WED 17/11	THURS 18/11	FRI 19/11
AM			<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>		
PM				<p>Thursday Movie Night 6:00pm - 8:30pm</p> <p>Join the Barwon Centre's movie group (online via Netflix Party) and watch a movie from the comfort of your own home. Genre changes each week.</p> <p>Check our Facebook page the day before for the movie of the week and details on how to join.</p>	

WEEK 4

	MON 22/11	TUES 23/11	WED 24/11	THURS 25/11	FRI 26/11
AM			<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>		
PM		<p>ONLINE - Stroke Support Group 2pm - 3pm via ZOOM</p> <p>Meet with others and share experiences in a safe and supported environment.</p> <p>Meeting ID: 892 2835 8036 Passcode: 002158</p>	<p>ONLINE - Guest Speaker 2pm - 3pm via ZOOM</p> <p>Zoe Anderson, Director of Neurological Physiotherapy Geelong</p> <p>Discussion about Physiotherapy and Exercise post-stroke.</p> <p>Meeting ID: 893 2102 8266 Passcode: 807904</p>		

WEEK 5

	MON 29/11	TUES 30/11	WED 1/12	THURS 2/12	FRI 3/12
AM			<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>		
PM				<p>Thursday Movie Night 6:00pm - 8:30pm</p> <p>Join the Barwon Centre's movie group (online via Netflix Party) and watch a movie from the comfort of your own home. Genre changes each week.</p> <p>Check our Facebook page the day before for the movie of the week and details on how to join.</p>	

For general assistance during business hours, please call **03 9670-1117** or email at info@strokeassociation.com.au

Our Activity Schedule is now easier to navigate, by identifying the category of groups available.

Green = Social support groups

Yellow = Skills development