

**SHEPPARTON STROKE SUPPORT CENTRE
MONTHLY ACTIVITY SCHEDULE - JANUARY 2022**

*****Registration is essential for all activities*****

The Shepparton 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>1:1 Meeting with Coordinator</u> 9am - 12pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	<p><u>Walking Group</u> 9:30am</p> <p>Meet outside the playground on the corner of Balaclava Rd & Boulevard Rd (Stuart Reserve).</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>	<u>CENTRE CLOSED</u>	<u>CENTRE CLOSED</u>
PM	<p><u>1:1 Meeting with Coordinator</u> 12pm - 5pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	<p><u>Men's Group Blokes with Strokes</u> 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education & Activity Centre 23 Alexandra St, Mooroopna</p>	<p><u>Coffee, Cake and Chat</u> 2pm - 4pm</p> <p>Enjoy a chat over coffee and cake on an outing to a local cafe. Registration to attend is essential. Cost is \$8.00.</p> <p>GoTafe (Cafe) Fryers St, Shepparton</p>		



WEEK 2

	MON 17/1	TUES 18/1	WED 19/1	THURS 20/1	FRI 21/1
AM	<p><u>Technology 1:1</u> 10am</p> <p>Learn how to connect with others virtually and how to use Zoom Video Conferencing to access our online support programs. Appointment necessary.</p>	<p><u>Walking Group</u> 9:30am</p> <p>Meet outside the playground on the corner of Balaclava Rd & Boulevard Rd (Stuart Reserve).</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>1:1 Meeting with Coordinator</u> 9am - 12pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	<p><u>CENTRE CLOSED</u></p>
PM	<p><u>Men's Group Blokes with Strokes</u> 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education & Activity Centre 23 Alexandra St, Mooroopna</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>Peer Support Group Meeting at Belstack Strawberry Farm</u> 2pm - 4pm</p> <p>Enjoy the company of others whilst enjoying the surroundings... with the opportunity to pick your own strawberries!</p> <p>Belstack Strawberry Farm 80 Bennetts Rd, Kialla West</p>	<p><u>1:1 Meeting with Coordinator</u> 12pm - 5pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	



WEEK 3

	MON 24/1	TUES 25/1	WED 26/1	THURS 27/1	FRI 28/1
AM	<p>Technology 1:1 10am</p> <p>Learn how to connect with others virtually and how to use Zoom Video Conferencing to access our online support programs. Appointment necessary.</p>	<p>Walking Group 9:30am</p> <p>Meet outside the playground on the corner of Balaclava Rd & Boulevard Rd (Stuart Reserve).</p>	<p><u>CENTRE CLOSED</u> AUSTRALIA DAY PUBLIC HOLIDAY</p>	<p><u>CENTRE CLOSED</u></p>	<p><u>CENTRE CLOSED</u></p>
PM	<p>Men's Group Blokes with Strokes 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education & Activity Centre 23 Alexandra St, Mooroopna</p>	<p>Introduction to Barista Coffee Making Class 2pm - 4pm</p> <p>Come along and see if a coffee making course is something you might be interested in. Bookings are essential.</p>			



WEEK 4

	MON 31/1	TUES 1/2	WED 2/2	THURS 3/2	FRI 4/2
AM	<p>Technology 1:1 10am</p> <p>Learn how to connect with others virtually and how to use Zoom Video Conferencing to access our online support programs. Appointment necessary.</p>	<p>Walking Group 9:30am</p> <p>Meet outside the playground on the corner of Balaclava Rd & Boulevard Rd (Stuart Reserve).</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>1:1 Meeting with Coordinator 9am - 12pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	<p><u>CENTRE CLOSED</u></p>
PM	<p>Men's Group Blokes with Strokes 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education & Activity Centre 23 Alexandra St, Mooroopna</p>	<p>ONLINE - Conversations with a Stroke Survivor 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>ONLINE- Guest Speaker 2:00pm - 3:00pm via ZOOM</p> <p>Guest speaker TBA</p> <p>Meeting ID: 893 2102 8266 Passcode: 807904</p>	<p>1:1 Meeting with Coordinator 12pm - 5pm</p> <p>By appointment - for new & existing members to come in and meet with the coordinator.</p>	

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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

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 235 670** or email at shepparton@strokeassociation.com.au

