

## SHEPPARTON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE – NOVEMBER 2021

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

### WEEK 1

	MON 1/11	TUES 2/11	WED 3/11	THURS 4/11	FRI 5/11
AM	<p><b>Consultations</b> 9am - 12pm</p> <p>By appointment - for new &amp; existing members to come in and meet with the coordinator.</p>	<b>CENTRE CLOSED</b>	<p><b>ONLINE - Chair Assisted Yoga</b> 11.30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p>	<b>CENTRE CLOSED</b>	<b>CENTRE CLOSED</b>
PM	<p><b>Men's Group Blokes with Strokes</b> 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education and Activity Centre 23 Alexandra Street Mooroopna</p>		<p><b>Melbourne Cup - Public Holiday</b></p>		

### WEEK 2

	MON 8/11	TUES 9/11	WED 10/11	THURS 11/11	FRI 12/11
AM	<p><b>Craft and Chat</b> 10am - 12pm</p> <p>Come along and join in the fun of making Christmas Cards for loved ones.</p> <p>Shepparton Library 41 Marungi Street, Shepparton</p>	<p><b>Walking Group</b> 11.30am</p> <p>Meet outside the playground on the corner of Balaclava Road and Boulevard Road (Stuart Reserve).</p>	<p><b>ONLINE - Chair Assisted Yoga</b> 11.30am - 12:30pm via ZOOM</p> <p>Gentle exercise that is designed to develop strength and balance, for all abilities.</p>	<p><b>Consultations</b> 9am - 5pm</p> <p>By appointment - for new &amp; existing members to come in and meet with the coordinator.</p>	<b>CENTRE CLOSED</b>
PM	<p><b>Men's Group Blokes with Strokes</b> 1:30pm - 3pm</p> <p>Social, education and recreation group.</p> <p>Mooroopna Education and Activity Centre 23 Alexandra Street, Mooroopna</p>	<p><b>ONLINE - Stroke Support Group</b> 2pm - 3pm via ZOOM</p> <p>Meet with others and share experiences in a safe and supported environment.</p>	<p><b>ONLINE - Guest Speaker</b> 2pm - 3pm via ZOOM</p> <p>Michelle Judd from AIIM Choices</p> <p>Overview of the NDIS, gaining access &amp; how to get the most out of your funding package.</p>		



**WEEK 3**

	MON 15/11	TUES 16/11	WEDS 17/11	THURS 18/11	FRI 19/11
AM	<b>Consultations</b> 9am - 12pm  By appointment - for new & existing members to come in and meet with the coordinator.	<b>Walking Group</b> 11.30am  Meet outside the playground on the corner of Balaclava Road and Boulevard Road (Stuart Reserve).	<b>ONLINE - Chair Assisted Yoga</b> 11.30am - 12:30pm via ZOOM  Gentle exercise that is designed to develop strength and balance, for all abilities.	<b>CENTRE CLOSED</b>	<b>CENTRE CLOSED</b>
PM	<b>Men's Group Blokes with Strokes</b> 1:30pm - 3pm  Social, education and recreation group.  Mooroopna Education and Activity Centre 23 Alexandra Street, Mooroopna	<b>Craft and Chat</b> 2pm - 4pm  Come along and join in the fun of making Christmas Cards for loved ones.  Shepparton Library 41 Marungi Street, Shepparton	<b>Consultations</b> 1pm - 5pm  By appointment - for new & existing members to come in and meet with the coordinator.		

**WEEK 4**

	MON 22/11	TUES 23/11	WED 24/11	THURS 25/11	FRI 26/11
AM	<b>Consultations</b> 9am - 12pm  By appointment - for new & existing members to come in and meet with the coordinator.	<b>Walking Group</b> 11.30am  Meet outside the playground on the corner of Balaclava Road and Boulevard Road (Stuart Reserve).	<b>ONLINE - Chair Assisted Yoga</b> 11.30am - 12:30pm via ZOOM  Gentle exercise that is designed to develop strength and balance, for all abilities.	<b>Consultations</b> 9am - 5pm  By appointment - for new & existing members to come in and meet with the coordinator.	<b>CENTRE CLOSED</b>
PM	<b>Men's Group Blokes with Strokes</b> 1:30pm - 3pm  Social, education and recreation group.  Mooroopna Education and Activity Centre 23 Alexandra Street, Mooroopna	<b>ONLINE - Stroke Support Group</b> 2pm - 3pm via ZOOM  Meet with others and share experiences in a safe and supported environment.	<b>ONLINE - Guest Speaker</b> 2pm - 3pm via ZOOM  Zoe Anderson, Director of Neurological Physiotherapy Geelong  Discussion about Physiotherapy and Exercise post-stroke.		



WEEK 5

	MON 29/11	TUES 30/11	WED 1/12	THURS 2/12	FRI 3/12
AM	<b>Consultations</b> 9am - 12pm  By appointment - for new & existing members to come in and meet with the coordinator.	<b>Walking Group</b> 11.30am  Meet outside the playground on the corner of Balaclava Road and Boulevard Road (Stuart Reserve).	<b>ONLINE - Chair Assisted Yoga</b> 11.30am - 12:30pm via ZOOM  Gentle exercise that is designed to develop strength and balance, for all abilities.	<b>CENTRE CLOSED</b>	<b>CENTRE CLOSED</b>
PM	<b>Men's Group Bokes with Strokes</b> 1:30pm - 3pm  Social, education and recreation group.  Mooroopna Education and Activity Centre 23 Alexandra Street, Mooroopna	<b>Movie Matinee</b> 1pm-4pm  Come and join us for the screening of 'OUTSOURCED', "a romantic fish out of water comedy".  Mooroopna Education and Activity Centre 23 Alexandra Street, Mooroopna	<b>Craft and Chat</b> 2pm - 4pm  Come along and join in the fun of making Christmas Cards for loved ones.  Shepparton Library 41 Marungi Street, Shepparton		

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 **0493 235 670** or email at [shepparton@strokeassociation.com.au](mailto:shepparton@strokeassociation.com.au)