

## SHEPPARTON STROKE SUPPORT CENTRE MONTHLY ACTIVITY SCHEDULE -OCTOBER 2021

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

### WEEK 1

	MON 4/10	TUES 5/10	WED 6/10	THURS 7/10	FRI 8/10
AM	<p><b><u>ONLINE - Chair Assisted Yoga</u></b> 9:30am – 10:30pm via ZOOM</p> <p>Designed to develop strength and balance.</p>	<p><b><u>Consultations</u></b> 9am - 12pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Walking Group.</u></b> 10am</p> <p>Meet outside the All Abilities Playground on Tom Collins Drive.</p>	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>
PM	<p><b><u>Men's Group</u></b> 1:30pm - 3pm</p> <p>Blokes With Strokes - social, education and recreation group.</p> <p>Mooroopna Education and Activity Centre. 23 Alexandra Street Mooroopna.</p>	<p><b><u>Consultations</u></b> 12pm - 5pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Young Women's Group</u></b> 2pm - 4pm</p> <p>Social activity group for younger female stroke survivors.</p> <p>Meet at the Queens Gardens, Wyndham Street for initial meet and greet.</p>	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>

### WEEK 2

	MON 11/10	TUES 12/10	WED 13/10	THURS 14/10	FRI 15/10
AM	<p><b><u>ONLINE - Chair Assisted Yoga</u></b> 9:30am – 10:30pm via ZOOM</p> <p>Designed to develop strength and balance.</p>	<p><b><u>Consultations</u></b> 9am - 12pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Walking Group.</u></b> 10am</p> <p>Meet outside the All Abilities Playground on Tom Collins Drive.</p>	<p><b><u>Consultations</u></b> 9am - 12pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<b><u>CENTRE CLOSED</u></b>
PM	<p><b><u>Men's Group</u></b> 1:30pm - 3pm</p> <p>Blokes With Strokes - social, education and recreation group.</p> <p>Mooroopna Education and Activity Centre. 23 Alexandra Street Mooroopna.</p>	<p><b><u>Consultations</u></b> 12pm - 5pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>ONLINE- Guest Speaker</u></b> 2:00pm – 3:00pm via ZOOM</p> <p>“What support is available for Carers in the community?”</p> <p>Discussion with Family Care Gateway.</p>	<p><b><u>Consultations</u></b> 12pm - 5pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<b><u>CENTRE CLOSED</u></b>



WEEK 3

	MON 18/10	TUES 19/10	WEDS 20/10	THURS 21/10	FRI 22/10
AM	<p><b><u>ONLINE - Chair Assisted Yoga</u></b> 9:30am – 10:30pm via ZOOM</p> <p>Designed to develop strength and balance.</p>	<p><b><u>Consultations</u></b> 9am - 12pm</p> <p>By appointment - for new &amp; existing members to meet with the Centre Coordinator.</p>	<p><b><u>Walking Group.</u></b> 10am</p> <p>Meet outside the All Abilities Playground on Tom Collins Drive.</p>	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>
PM	<p><b><u>Men's Group</u></b> 1:30pm - 3pm</p> <p>Blokes With Strokes - social, education and recreation group.</p> <p>Mooroopna Education and Activity Centre. 23 Alexandra Street Mooroopna.</p>	<p><b><u>Young Women's Group</u></b> 2pm - 4pm</p> <p>Social activity group for younger female stroke survivors.</p> <p>Lunch at the Aussie Hotel (bookings essential due to COVID restrictions).</p>	<p><b><u>Woman's Book Club</u></b> 2pm-4pm</p> <p>Social activity group for female stroke survivors.</p> <p>Meet at the Shepparton Library.</p>	<b><u>CENTRE CLOSED</u></b>	<b><u>CENTRE CLOSED</u></b>

WEEK 4

	MON 25/10	TUES 26/10	WED 27/10	THURS 28/10	FRI 29/10
AM	<b><u>ONLINE - Chair Assisted Yoga</u></b> 9:30am – 10:30pm via ZOOM  Designed to develop strength and balance.	<b><u>Peer Stroke Support Group</u></b> 10am-12.00pm  Meet at the Strawberry Farm, 80 Bennetts Road, Kialla West  Please bring money for a cuppa and to pick & purchase fresh strawberries.	<b><u>Walking Group.</u></b> 10am  Meet outside the All Abilities Playground on Tom Collins Drive.	<b><u>Consultations</u></b> 9am - 12pm  By appointment - for new & existing members to meet with the Centre Coordinator.	<b><u>CENTRE CLOSED</u></b>
PM	<b><u>Men's Group</u></b> 1:30pm - 3pm  Blokes With Strokes - social, education and recreation group.  Mooroopna Education and Activity Centre. 23 Alexandra Street Mooroopna.	<b><u>Movie Matinee</u></b> 1pm-4pm  Movie genres change each month. The Centre Co-ordinator will update members 1 week prior.  Mooroopna Education and Activity Centre. 23 Alexandra Street Mooroopna.	<b><u>ONLINE- Guest Speaker</u></b> 2:00pm – 3:00pm via ZOOM  Tom Kearney, Exercise Physiologist from NJF Wellness Exercise Physiologist  Open forum and discussion about exercise and diet post stroke.	<b><u>Consultations</u></b> 12pm - 5pm  By appointment - for new & existing members to meet with the Centre Coordinator.	<b><u>CENTRE CLOSED</u></b>

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)

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.

**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