

BOROONDARA STROKE SUPPORT GROUP (BSSG)

Activity Sheet -June 2025



BSSG's activities are conducted at our Hub - 533 High Street, Kew, unless stated otherwise.

Our opening hours are currently 10.00am to 3.00pm Mondays to Thursdays.

To make an appointment for Able X please call 8529 5307.

For further information please call 8529 5307 or email info@bssg.org.au

WEEK 1.	Mon 2 Jun	Tues 3 Jun	Wed 4 Jun	Thur 5 Jun	Fri 6 Jun
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	General Gathering 10.30am-12pm	HUB CLOSED
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm			
WEEK 2.	Mon 9 Jun	Tue 10 Jun	Wed 11 Jun	Thur 12 Jun	
AM	Closed-King's Birthday/ Public Holiday	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Hub Sub Committee Meeting 10.30am-12.30pm	HUB CLOSED
PM		Carers Group Convenor: Vivienne Harkness 10am - 11.15 am		Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)	
		Social Circle Tea, coffee and a chat Convenor: TBA 10am - 11.30am			
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		

WEEK 3.	Mon 16 Jun	Tues 17 Jun	Wed 18 Jun	Thur 19 Jun	Fri 20 Jun
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm		HUB CLOSED
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm			
WEEK 4.	Mon 23 Jun	Tue 24 Jun	Tue 25 Jun	Thur 26 Jun	Fri 27 Jun
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Movie Group "The Penguin Lessons" Rylands: Kew Convenor- Peter Hocking Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	HUB CLOSED
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm	

WEEK 5	Mon 30 Jun			Fri 4 Jul
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am			HUB CLOSED
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm			