Activity Sheet -July 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 30 Jun Tues 1 Jul Wed 2 Jul Thur 3 Jul Fri 4 Jul Hub open but no Chatterbox Able X (upper **Lawn Bowls General Gathering** (for speech) limb activity) as AM 41 Glen St, 10.30am-12pm Meeting at Hub our volunteers are Hawthorn Convenor: Ro away Convenor:Brian Jacobs 11am - 12:30pm O'Meara Hub open but no 10.00am -Chairbased light HUB exercise to music 11.45am **CLOSED** as Janet Hesson **Cooking Group** is away Chatterbox at Hub (for speech) PΜ **Convenor: Lynn** Relaxation & Sing for Recovery **Meeting at Hub** Mindfulness Lam Choir at Hub Convenor: Ro **Meeting by Zoom** 12pm to 2.00pm Convenor: Anita Jacobs **Convenor: Paxton** 1pm - 2.30pm Tessa Lim 1.30pm-2.45pm 2pm - 3pm Tue 8 Jul WEEK 2 Mon 7 Jul Wed 9 Jul Thur 10 Jul Fri 11 Jul Hub open but no Able X (upper **Hub Sub AM** limb activity) as **Committee Meeting** our volunteers are **Lawn Bowls** 10.30am-12.30pm away 41 Glen St, Hawthorn Convenor:Brian Hub open but no O'Meara **Chairbased light** 10am - 11.45am Hub Open but no exercise to music Chatter Box due HUB as Janet Hesson to school **CLOSED** is away holidays **YSSG Meet Dinner** PΜ out Convenor: Jay Te Manu 6.15 Sing for Recovery pm-8.30 pm Choir at Hub Hub open but no **Convenor: Anita Social Circle Paxton** 1.30pm-2.45pm

WEEK 3.	Mon 14 Jul	Tue 15 Jul	Wed 16 Jul	Thur 17 Jul	Fri 18 Jul
АМ	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 Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Hub open but no Chatter box due to school holidays	Focus Groups 2025 Stroke Survivors & Carers Discussion & Lunch . Arrive 10.15am for 10.30am (lunch at 1.00 pm and finishes by2.30pm)	
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm			
WEEK 4.	Mon 21 Jul	Tue 22 Jul	Wed 23 Jul	Thur 24 Jul	Fri 25 Jul
АМ	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10.00am - 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 @ Rylands, Kew Moview name- "Yellowstone Kelly" Convenor- Peter Hocking .Movie followed by lunch	
РМ	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	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	10.15am for 10.30am (finishes @2.00pm) YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm	HUB CLOSED

WEEK 5.	Mon 28 Jul	Tue 29 Jul	Wed 30 Jul	Thur 31 Jul	Fri 1 Aug
АМ	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
РМ	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	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		GLOSED