



## 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](mailto:info@bssg.org.au)

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

WEEK 3.	Mon 14 Jul	Tue 15 Jul	Wed 16 Jul	Thur 17 Jul	Fri 18 Jul
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	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 by 2.30pm)	HUB CLOSED
PM		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm			
	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
AM	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 Movie name- "Yellowstone Kelly" 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 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	YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm	

<b>WEEK 5.</b>	<b>Mon 28 Jul</b>	<b>Tue 29 Jul</b>	<b>Wed 30 Jul</b>	<b>Thur 31 Jul</b>	<b>Fri 1 Aug</b>
<b>AM</b>	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		<b>HUB CLOSED</b>
<b>PM</b>	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		