

		Activity Sheet -August 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						
National Stroke Week 4th to 10th August						
WEEK 1.	Mon 4 Aug	Tues 5 Aug	Wed 6 Aug	Thur 7 Aug	Fri 8 Aug	
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	Acknowledgement of "National Stroke Week" Lunch at Rylands, Kew 12pm - 2pm RSVP by 1/8/25 Hub Closed	HUB CLOSED	
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm				
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm			
WEEK 2.	Mon 11 Aug	Tue 12 Aug	Wed 13 Aug	Thur 14 Aug	Fri 15 Aug	
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 Sub Committee Meeting 10.30am-12.30pm	HUB CLOSED	
		Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		YSSG Meet Dinner out Convenor: Jay Te Manu 6.15 pm-8.30 pm
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				

WEEK 3.	Mon 18 Aug	Tue 19 Aug	Wed 20 Aug	Thur 21 Aug	Fri 22 Aug
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	Focus Groups 2025 Stroke Survivors & Carers Discussion & Lunch @ Hub . Arrive 10.15am for 10.30am (lunch at 1.00 pm and finishes by 2.30pm). Invite will be sent soon.	HUB CLOSED
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)		
PM		Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm		
			Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm		
WEEK 4.	Mon 25 Aug	Tue 26 Aug	Wed 27 Aug	Thur 28 Aug	Fri 29 Aug
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10 am - 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- "Philomena" 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 Meet Dinner out Convenor: Jay Te Manu 6.15 pm-8.30 pm	