

	Activity Sheet -September 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 1 Sep	Tues 2 Sep	Wed 3 Sep	Thur 4 Sep	Fri 5 Sep
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	Annual General Meeting "Games Room" at Hub followed by Morning Tea 10.30am - 12pm	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	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 8 Sep	Tue 9 Sep	Wed 10 Sep	Thur 11 Sep	Fri 12 Sep
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
PM		Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am			
	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 @Hub Convenor: Jay Te Manu 6.15 pm-8.30 pm	

WEEK 3.	Mon 15 Sep	Tue 16 Sep	Wed 17 Sep	Thur 18 Sep	Fri 19 Sep
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		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	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm		
WEEK 4.	Mon 22 Sep	Tue 23 Sep	Wed 24 Sep	Thur 25 Sep	Fri 26 Sep
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	Hub open but no Chatter box due to school holidays	Movie Group @ Rylands, Kew Movie name-“North by Northwest” 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		YSSG Meet Dinner out Convenor: Jay Te Manu 6.15 pm-8.30 pm	

WEEK 5.	Mon 29 Sep	Tue 30 Sep	
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10 am -	Able X (upper limb activity) sessions available until 1.30pm by appointment	
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	