

 <b>BOROONDARA STROKE SUPPORT GROUP (BSSG)</b>					
<b>Activity Sheet - February 2026</b>					
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 <a href="mailto:info@bssg.org.au">info@bssg.org.au</a>					
WEEK 1.	Mon 2 Feb	Tues 3 Feb	Wed 4 Feb	Thur 5 Feb	Fri 6 Feb
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	No General Gathering	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		
		No Relaxation and Mindfulness Meeting			
WEEK 2.	Mon 9 Feb	Mon 10 Feb	Wed 11 Feb	Thur 12 Feb	Fri 13 Feb
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	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am	Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)	YSSG Meet Dinner at Hub Convenor: Jay Te Manu 6.15 pm-8.30 pm	
		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 Feb	Tue 17 Feb	Wed 18 Feb	Thur 19 Feb	Fri 20 Feb
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	Art & Craft at Hub Convenor: Judy Heron 10.30 am-11.30 am	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	Cooking Group at Hub Convenor: Lynn Lam 12pm to 2.00pm	

WEEK 4:	Mon 23 Feb	Tue 24 Feb	Wed 25 Feb	Thur 26 Feb	Fri 27 Feb
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 at Rylands, Kew Movie name-"The Enemy Below" 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	