

<b>BOROONDARA STROKE SUPPORT GROUP (BSSG)</b>					
<b>Activity Sheet - March 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 Mar	Tues 3 Mar	Wed 4 Mar	Thur 5 Mar	Fri 6 Mar
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	General Gathering 10.30am-12pm Guest Speaker-Helen Craddock- Aged Care Navigator from City of Boroondara	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  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 9 Mar	Tue 10 Mar	Wed 11 Mar	Thur 12 Mar	Fri 13 Mar
AM	No Lawn Bowls and No Sing For Recovery Choir due to Labour Day holiday.	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	YSSG Dinner Out Convenor: Jay Te Manu 6.15 pm-8.30 pm	HUB CLOSED
PM		Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am  Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		
WEEK 3.	Mon 16 Mar	Tue 17 Mar	Wed 18 Mar	Thur 19 Mar	Fri 20 Mar
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 the Hub Convenor: Judy Heron 10.30 am-11.30 am	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			

WEEK 4.	Mon 23 Mar	Tue 24 Mar	Wed 25 Mar	Thur 26 Mar	Fri 27 Mar
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 @ Rylands, Kew. Movie Name: A Man called Otto 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 6.15 pm-8.30 pm	
WEEK 5.	Mon 30 Mar	Tue 31 Mar			
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			
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			