


	<u>BOROONDARA STROKE SUPPORT GROUP (BSSG)</u>				
	Activity Sheet -April 2026				
	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.			Wed 1 Apr	Thur 2 Apr	Fri 3 Apr
AM			Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	NO General Gathering due to Easter long weekend	HUB CLOSED
PM			Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		
WEEK 2.	Mon 6 Apr	Tue 7 Apr	Wed 8 Apr	Thur 9 Apr	Fri 10 Apr
AM	NO Lawn Bowls and NO Sing For Recovery Choir due to Easter holiday.		Social Circle Tea, coffee and a chat Convenor: TBA 10am - 11.30am	NO Chatter-box due to school holidays	YSSG Dinner Out Convenor: Jay Te Manu 6.15 pm-8.30 pm
PM			Able X (upper limb activity) sessions available until 1.30pm by appointment		
			Relaxation & Mindfulness Meeting by Zoom Convenor:Tessa Lim 2pm - 3pm		
		NO Chair-based light Exercise to music due to school holidays			HUB CLOSED
WEEK 3.	Mon 13 Apr	Tue 14 Apr	Wed 15 Apr	Thur 16 Apr	Fri 17 Apr
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 CLOSED for essential Council works. NO Chatter Box	HUB CLOSED for essential Council works. NO Art and Craft Session and NO Cooking Session
PM					
		NO Chair-based light Exercise to music due to school holidays			HUB CLOSED

WEEK 4.	Mon 20 Apr	Tue 21 Apr	Wed 22 Apr	Thur 23 Apr	Fri 24 Apr
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: The Last Wagon 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			
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 2026 (Stroke Survivors & Carers Discussion & Lunch) . Arrive 10.15am for 10.30am (lunch at 1.00 pm and finishes by 2.00pm)	
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		