

BOROONDARA STROKE SUPPORT GROUP (BSSG)						
Activity Sheet -May 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.						Fri 1 May
AM						HUB CLOSED
PM						
WEEK 2.	Mon 4 May	Tue 5 May	Wed 6 May	Thur 7 May	Fri 8 May	
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	General Gathering 10.30am-12pm	HUB CLOSED	
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm - 2.45pm	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm			
		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				
WEEK 3.	Mon 11 May	Tue 12 May	Wed 13 May	Thur 14 May	Fri 15 May	
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	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 4.	Mon 18 May	Tue 19 May	Wed 20 May	Thur 21 May	Fri 22 May	
National Volunteer Week Monday 18 May to Sunday 24 May						
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	Volunteer Acknowledgement and Information Day -more details to follow		
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			
		Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm - 2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm	Hub Closed due to Volunteer Acknowledgement and Information Day -		

WEEK 5.	Mon 25 May	Tues 26 May	Wed 27 May	Thur 28 May	Fri 29 May
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 Man in the Iron Mask 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		