

BOROONDARA STROKE SUPPORT GROUP (BSSG)					
	Activity Sheet -July 2026				
	BSSG's activities are conducted at our Hub - 533 High Street, Kew, unless stated				
	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 Jul	Thur 2 Jul	Fri 3 Jul
AM			General Gathering 10.30am-12pm	HUB CLOSED	
PM					NO Chatter-box due to school holidays
WEEK 2.	Mon 6 Jul	Tue 7 Jul	Wed 8 Jul	Thur 9 Jul	Fri 10 Jul
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor: Anita Paxton 10am - 1.30pm	NO Chatter-box due to school holidays		HUB CLOSED
PM		NO Chair-based light Exercise to music due to school holidays			
		Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm - 2.45pm			
WEEK 3.	Mon 13 Jul	Tue 14 Jul	Wed 15 Jul	Thur 16 Jul	Fri 17 Jul
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	Cooking Group at Hub Convenor- Lynn Lam 12 pm-2 pm	HUB CLOSED
PM		Upper Limb Activities including Able-X Convenor: Anita Paxton 10am - 1.30pm	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			

WEEK 4.	Mon 20 Jul	Tue 21 Jul	Wed 22 Jul	Thur 23 Jul	Fri 24 Jul
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor: Anita Paxton 10am - 1.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Movie Group @ Rylands, Kew. Movie Name: Mrs Harris Goes to Paris 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	
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm			
WEEK 5.	Mon 27 Jul	Tue 28 Jul	Wed 29 Jul	Thur 30 Jul	Fri 31 Jul
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor: Anita Paxton 10am - 1.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 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		