

BOROONDARA STROKE SUPPORT GROUP (BSSG)



Activity Sheet -August 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

National Stroke Week 3rd August to 9th August

WEEK 1.	Mon 3 Aug	Tue 4 Aug	Wed 5 Aug	Thur 6 Aug	Fri 7 Aug
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor: Anita Paxton 10 AM- 1.30PM	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 1.00pm - 2.30pm		
		No Relaxation & Mindfulness Meeting			
WEEK 2.	Mon 10 Aug	Tue 11 Aug	Wed 12 Aug	Thur 13 Aug	Fri 14 Aug
AM	No Lawn Bowls	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		HUB CLOSED
PM		No Sing for Recovery	Upper Limb Activities including Able-X Convenor: Anita Paxton 10 AM- 1.30PM		
	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm				

WEEK 3.	Mon 17 Aug	Tue 18 Aug	Wed 19 Aug	Thur 20 Aug	Fri 21 Aug
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor:Anita Paxton 10 AM- 1.30PM	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		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			
WEEK 4.	Mon 24 Aug	Tues 25 Aug	Wed 26 Aug	Thur 27 Aug	Fri 28 Aug
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am	Upper Limb Activities including Able-X Convenor:Anita Paxton 10 AM- 1.30PM	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Movie Group @ Rylands, Kew. Movie Name: "Ride like a Girl" 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 31 Aug				
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am				
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm - 2.45pm				