

 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	Activity Sheet -October 2026					
WEEK 1.				Thur 1 Oct	Fri 2 Oct	
AM				General Gathering 10.30am-12pm	HUB CLOSED	
PM						
WEEK 2.	Mon 5 Oct	Tue 6 Oct	Wed 7 Oct	Thur 8 Oct	Fri 9 Oct	
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	YSSG Dinner @ Hub Convenor: Jay Te Manu 6.15pm - 8.30pm	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				Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm
WEEK 3.	Mon 12 Oct	Tue 13 Oct	Wed 14 Oct	Thur 15 Oct	Fri 16 Oct	
National Carers' Week 11th to 17th October						
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 @ Hub Convenor: Lynn Lam 12pm to 2.00pm	HUB CLOSED	
PM		Able X (upper limb activity) sessions available until 1.30pm by appointment				
		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

WEEK 4.	Mon 19 Oct	Tue 20 Oct	Wed 21 Oct	Thur 22 Oct	Fri 23 Oct
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10 am - 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	YSSG Dinner outside Convenor: Jay Te Manu 6.15 pm-8.30 pm	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		
WEEK 5.	Mon 26 Oct	Tue 27 Oct	Wed 28 Oct	Thur 29 Oct	Fri 30 Oct
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10 am - 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	Day Trip to Cranbourne Gardens (9.15 am- 4.45 pm) Arrive 9.15 am for 9.30 am start	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		