Activity Sheet -November 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.	Mon 2 Nov	Tue 3 Nov	Wed 4 Nov	Thur 5 Nov	Fri 6 Nov
AM	No Bowls because of Melbourne Cup -Public Holiday	Hub Closed - Melbourne Cup Day/Public Holiday	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	General Gathering 10.30am-12pm	HUB CLOSED
PM	No Sing for Recovery Choir at Hub because of Melbourne Cup -Public Holiday		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		

WEEK 2.	Mon 9 Nov	Tue 10 Nov	Wed 11 Nov	Thur 12 Nov	Fri 13 Nov
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am TBC (This session is to be confirmed)	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 Sub Committee Meeting 10.30am-12.30pm	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 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 Meet @ Hub Convenor: Jay Te Manu 6.15 pm-8.30 pm	

WEEK 3.	Mon 16 Nov	Tue 17 Nov	Wed 18 Nov	Thur 19 Nov	Fri 20 Nov
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am TBC (This session is to be confirmed)	Able X (upper limb activity) sessions available until 1.30pm by appointment Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm Gardening Group at Bunnings Hawthorn (Limited to 15) 12pm - 1pm Convenor- Michael Davis	Cooking Group at Hub Convenor- Lynn Lam 12pm - 2pm	HUB CLOSED
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor:Tessa Lim 2pm - 3pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		

WEEK 4.	Mon 23 Nov	Tue 24 Nov	Wed 25 Nov	Thur 26 Nov	Fri 27 Nov
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am TBC (This session is to be confirmed)	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 Wishmas Tree Convenor- Peter Hocking . Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	HUB CLOSED
	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 Meet Dinner Outside Convenor: Jay Te Manu 6.15 pm-8.30 pm	
WEEK 5.	Mon 30 Nov				
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor:Brian O'Meara 10am - 11.45am TBC (This session is to be confirmed)				
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm				