



BOROONDARA STROKE SUPPORT GROUP INC.

Activity Sheet - March 2023

Our 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 bssghub@gmail.com

WEEK 1.	Mon 27 Feb	Tues 28 Feb	Wed 1 March	Thur 2 March	Fri 3 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	General Gathering at Hub Tea, Coffee & Chat 10.30am - 12.00noon	HUB CLOSED
PM	Art at the Hub Convenor: Catherine McCullagh 1.00pm - 2.30pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 2.	Mon 6 Mar	Tue 7 March	Wed 8 March	Thur 9 March	Fri 10 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Blokes n' Strokes Meet at Hub Convenor: Shane Houghton 10.30am - 11.30am	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm		HUB CLOSED
PM	BSSG Committee Meeting at Hub Convenor: Vivi Harkness 12.30pm - 2.30pm	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	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - YSSG Meet at Hub Convenor: Jay Te Manu 6:30pm - 7.45pm	

WEEK 3.	Mon 13 March	Tue 14 March	Wed 15 March	Thur 16 March	Fri 17 Mar
AM	Closed - Labour Day/Public Holiday	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	General Gathering at Hub Speaker: Dr Monique Ryan, Federal Member for Kooyong 10.30am - 12.00noon	HUB CLOSED
PM		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm	Cooking Group at Hub Convenor: Vivi Harkness 12.00noon to 2.00pm Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 4.	Mon 20 March	Tue 21 March	Wed 22 March	Thur 23 March	Fri 24 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Blokes n' Strokes Movie at Hub Convenor: Shane Houghton 10.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	Movie Group Convenor: Peter Hocking Rylands: Kew Movie followed by lunch 10.30am for 10.45am (finishes @2.00pm)	HUB CLOSED
PM	Art at the Hub Convenor: Penny Lindeman 1.00pm - 2.30pm	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	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 5.	Mon 27 March	Tue 28 March	Wed 29 March	Thur 30 March	Fri 31 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Carers Group TBC Please confirm your interest for 28 March or 30 March. Dependent on numbers.	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	Carers Group TBC Please confirm your interest for 28 March or 30 March. Dependent on numbers.	
PM	Art at the Hub Convenor: Catherine McCullagh 1.00pm - 2.30pm	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	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm			

The *Boroondara Community Stroke Hub* is home to the *Boroondara Stroke Support Group Inc. (BSSG)* which is run by a small team of dedicated volunteers and a part-time Hub Administrator. Our aim is to provide support to all stroke survivors, their carers and family members living in and around the Boroondara area. In doing so we hope to be the 'bridge' that enables stroke survivors and their carers/families make the transition from clinical care in hospital to community care, and to start re-building their post-stroke lives.

donation. These contributions help ensure BSSG can continue to run its Hub and activities. Membership is paid on joining then in February each year after (if you wish to remain a member). Any donations of \$2 or over are tax deductible.

Please speak to the Hub Administrator if you have any questions regarding our Hub and activities on 8529 5307 or email bssghub@gmail.com