



BOROONDARA STROKE SUPPORT GROUP INC. (BSSG)

Activity Sheet - February 2024

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 bssghub@gmail.com

WEEK 1.	Mon 29 January	Tues 30 January	Wed 31 January	Thur 1 February	Fri 2 Feb
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am				HUB CLOSED
PM	BSSG HUB CLOSED RE-OPENS ON MONDAY 5 FEBRUARY 2024				

WEEK 2.	Mon 5 February	Tue 6 February	Wed 7 February	Thur 8 February	Fri 9 Feb
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 - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	General Gathering at Hub Launch 2024 activities 10.30am - 12.00noon	HUB CLOSED
PM		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 3.	Mon 12 February	Tue 13 February	Wed 14 February	Thur 15 February	Fri 16 Feb
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	Carers Group at Hub 10.30am - 12.00 noon	HUB CLOSED
PM	Art at the Hub Convenor: Penny Lindeman 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 4.	Mon 19 February	Tue 20 February	Wed 21 February	Thur 22 February	Fri 23 Feb
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	Movie Group Convenor: Peter Hocking Rylands: Kew Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	HUB CLOSED
PM		Able X (upper limb activity) sessions available until 1.30pm by appointment	Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)		
			Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm -	YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm

WEEK 5.	Mon 26 February	Tues 27 February	Wed 28 February	Thur 29 February	Fri 1 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		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	

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.

As BSSG is self funded and to ensure we can continue to run our Hub and activities, we ask that members pay a membership fee of \$50 for the 2024 year. Membership is paid on joining then in February each year after (if you wish to remain a member). BSSG has DGR status and gratefully accepts donations - anything over \$2 is 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