



BOROONDARA STROKE SUPPORT GROUP INC.

Activity Sheet - March 2024

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 4 Mar	Tue 5 March	Wed 6 March	Thur 7 March	Fri 8 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	General Gathering at Hub 10.30am - 12.00noon	HUB CLOSED
PM	BSSG Committee Meeting via Zoom 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	Cooking Group at Hub Convenor: Jan Stephen 12.00noon to 2.00pm	
				Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 2.	Mon 11 March	Tue 12 March	Wed 13 March	Thur 14 March	Fri 15 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		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	Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 3.	Mon 18 March	Tue 19 March	Wed 20 March	Thur 21 March	Fri 22 Mar
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	Stroke Survivors & Carers Discussion & Lunch arrive 10.30am for 11.00am. Lunch served at 12.30pm (finishes 2pm)	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 4.	Mon 25 March	Tue 26 March	Wed 27 March	Thur 28 March	Fri 29 Mar
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)	
PM	Art at the Hub Convenor: Catherine McCullagh 1.00pm - 2.30pm	Able X (upper limb activity) sessions available until 1.30pm by appointment			
		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	YSSG Dinner Out Convenor: Jay Te Manu 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 per 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