



BOROONDARA STROKE SUPPORT GROUP (BSSG)

Activity Sheet - April 2024

BSSG's activities are conducted at our Hub - 533 High Street, Kew, unless stated otherwise. Our opening hours are currently 10am to 3pm 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 1 April	Tues 2 April	Wed 3 April	Thur 4 April	Fri 5 Apr
AM	Closed - Easter Monday/Public Holiday		Hub Open but no Chatterbox due to school holidays	General Gathering at Hub Tea, coffee and a chat Convenor: Vivi Harkness 10.30am - 12.00noon	HUB CLOSED
PM		Able X - upper limb activity sessions from 10am until 1.30pm (by appointment)		Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	

WEEK 2.	Mon 8 April	Tue 9 April	Wed 10 April	Thur 11 April	Fri 12 Apr
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10.30am - 12 noon	Hub Open but no Chatterbox due to school holidays	Carers Group at Hub 10.30am - 12.00 noon	HUB CLOSED
PM	BSSG Committee Meeting at Hub Convenor: Vivi Harkness 12.30pm - 2.30pm	Able X - upper limb activity sessions from 10am until 1.30pm (by appointment)		Sing for Recovery at Hub Convenor: John Keuneman 6.30pm - 7.45pm	
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm			

WEEK 3.	Mon 15 April	Tue 16 April	Wed 17 April	Thur 18 April	Fri 19 Apr
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	HUB CLOSED
PM	Art at the Hub Convenor: Penny Lindeman 1.00pm - 2.30pm	Able X - upper limb activity sessions from 10am until 1.30pm (by appointment)	Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)	Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	
	*SFR choir singing at Rylands, Kew at 2pm.		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 4.	Mon 22 April	Tue 23 April	Wed 24 April	Thur 25 April	Fri 26 Apr
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Able X - upper limb activity sessions from 10am until 1.30pm (by appointment)	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	Closed - ANZAC Day/Public Holiday	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		

WEEK 5.	Mon 29 April	Tue 30 April	Wed 1 May	Thur 2 May	Fri 3 May
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Able X - upper limb activity sessions from 10am 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 Speaker: Peter Hocking "Travelling"	HUB CLOSED
PM			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 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