



BOROONDARA STROKE SUPPORT GROUP (BSSG)

Activity Sheet - July 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 1 July	Tues 2 July	Wed 3 July	Thur 4 July	Fri 5 July
<i>School Holidays Program - no Chatterbox, Chair-Exercise Program, Social Circle or SFR Choir</i>					
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	Reminisce at Hub Convenor: Lidya Danial 11am - 12pm	General Gathering at Hub 10.30am - 12.00noon Speakers: Graham & Susan Ferres Informal Questions and Answers - Aged Care Home Care Packages.	HUB CLOSED
PM			SFR choir arrive 1.15pm at Evergreen Balwyn for their performance Reminisce at Hub Convenor: Lidya Danial 1pm - 2pm		
WEEK 2.	Mon 8 July	Tue 9 July	Wed 10 July	Thur 11 July	Fri 12 July
<i>School Holidays Program - no Chatterbox, Chair-Exercise Program, Social Circle or SFR Choir</i>					
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	Reminisce at Hub Convenor: Lidya Danial 11am - 12pm	Focus Groups 2024 Stroke Survivors & Carers Discussion & Lunch 10.15am for 10.30am (lunch at 1pm and finishes @2.15pm)	HUB CLOSED
PM	Art at the Hub Convenor: Penny Lindeman 12.30pm - 2pm		Reminisce at Hub Convenor: Lidya Danial 1pm - 2pm	YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm	
WEEK 3.	Mon 15 July	Tue 16 July	Wed 17 July	Thur 18 July	Fri 19 July
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	Christmas in July with Knox Stroke Group Matthew Flinders Hotel 667 Warrigal Road, Chadstone 12.00pm to 2.30pm	HUB CLOSED
PM	BSSG Committee Meeting at Hub Convenor: Vivi Harkness 12.30pm - 2.15pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		
	Sing for Recovery at Hub Convenor: John Keuneman 2.15pm - 3.30pm				

WEEK 4.	Mon 22 July	Tue 23 July	Wed 24 July	Thur 25 July	Fri 26 July
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	Movie Group Convenor: Peter Hocking Rylands: Kew Movie followed by lunch 10am for 10.15am (finishes @2.00pm)	HUB CLOSED
PM	Art at the Hub Convenor: Catherine McCullagh 12.30pm - 2pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm		YSSG Meet at Hub Convenor: Jay Te Manu 10.30am - 12pm	
	Sing for Recovery at Hub Convenor: John Keuneman 2.15pm - 3.30pm		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		

WEEK 5.	Mon 29 July	Tues 30 Jul	Wed 31 Jul	Thur 1 Aug	Fri 2 Aug
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 Speaker: Travellers Aid Tea, Coffee & Chat 10.30am - 12.00noon	HUB CLOSED
PM		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm		Cooking Group at Hub TBC Convenor: Jan Stephen 12pm to 2.00pm	
	Sing for Recovery at Hub Convenor: John Keuneman 2.15pm - 3.30pm		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		

The *Boroondara Community Stroke Hub* is home to the *Boroondara Stroke Support Group (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, currently set at \$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