

# BOROONDARA STROKE SUPPORT GROUP (BSSG)

## Activity Sheet - April 2025



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 [info@bssg.org.au](mailto:info@bssg.org.au)

| WEEK 1. | Mon 31 Mar   | Tues 1 Apr   | Wed 2 Apr  | Thur 3 Apr   | Fri 4 Apr     |
|---------|--|--|--|--|---------------|
| AM      | Lawn Bowls<br>41 Glen St,<br>Hawthorn<br>Convenor:TBA<br>10am - 11.45am              | Able X (upper limb<br>activity) sessions<br>available until<br>1.30pm by<br>appointment                  | Chatterbox<br>(for speech)<br>Meeting at Hub<br>Convenor: Ro<br>Jacobs<br>11am - 12:30pm | General Gathering<br>10.30am-12pm  | HUB<br>CLOSED |
| PM      |  | Chair-based light<br>exercise to music<br>(Games Room)<br>Convenor: Janet<br>Hesson<br>11.30am - 12.30pm |  | Cooking Group<br>at Hub<br>Convenor:<br>Manthri<br>Hattotuwa<br>12pm to 2.00pm |               |
|         | Sing for Recovery<br>Choir at Hub<br>Convenor: Anita<br>Paxton<br>2.15pm - 3.30pm    | Relaxation &<br>Mindfulness<br>Meeting by Zoom<br>Convenor:<br>Tessa Lim<br>2pm - 3pm                    | Chatterbox<br>(for speech)<br>Meeting at Hub<br>Convenor: Ro<br>Jacobs<br>1pm - 2.30pm   |  |               |
| WEEK 2. | Mon 7 Apr  | Tue 8 Apr  | Wed 9 Apr  | Thur 10 Apr  |               |
| AM      | Lawn Bowls<br>41 Glen St,<br>Hawthorn<br>Convenor:Brian<br>O'Meara<br>10am - 11.45am | Able X (upper limb<br>activity) sessions<br>available until<br>1.30pm by<br>appointment                  | Hub Open but no<br>Chatter Box due to<br>school holidays                                 | Hub Sub<br>Committee Meeting<br>10.30am-12.30pm                                | HUB<br>CLOSED |
| PM      |  | Chair-based light<br>exercise to music<br>(Games Room)<br>Convenor: Janet<br>Hesson<br>11.30am - 12.30pm |  | YSSG Meet Dinner<br>out Convenor:<br>Jay Te Man 6.15 pm-<br>8.30 pm            |               |
|         | Sing for Recovery<br>Choir at Hub  | Social Circle<br>Tea, coffee and a   |  |  |               |

|         | Convenor: Anita Paxton<br>2.15pm - 3.30pm                                       | chat<br>Convenor: TBA<br>10am - 11.30am  |  |   |            |
|---------|---|--|--|---|------------|
| WEEK 3. | Mon 14 Apr  | Tue 15 Apr   | Wed 16 Apr   | Thur 17 Apr   | Fri 18 Apr |
| AM      | Lawn Bowls<br>41 Glen St,<br>Hawthorn<br>Convenor: Brian O'Meara 10am - 11.45am | Able X (upper limb activity) sessions available until 1.30pm by appointment                  | Hub open but no Chatter box due to school holidays                           |   |            |
|         |   | Carers Group<br>Convenor: Vivienne Harkness 10.30 am - 12 pm                                 |  |   |            |
| PM      | Hub open but no Sing for Recovery   | Chair-based light exercise to music (Games Room)<br>Convenor: Janet Hesson 11.30am - 12.30pm | Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)              |   | HUB CLOSED |
|         |   |  |  |   |            |
| WEEK 4. | Mon 21 Apr  | Tue 22 Apr   | Wed 23 Apr   | Thur 24 Apr   | Fri 25 Apr |
| AM      | Closed - Easter Monday/Public Holiday   | Able X (upper limb activity) sessions available until 1.30pm by appointment                  | Chatterbox (for speech) Meeting at Hub<br>Convenor: Ro Jacobs 11am - 12:30pm | Movie Group @ Hub<br>Convenor- Peter Hocking Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm) | HUB CLOSED |
| PM      |   | Hub open but no Chairbased light exercise to music due to Easter break                       | Chatterbox (for speech) Meeting at Hub<br>Convenor: Ro Jacobs 1pm - 2.30pm   |   |            |

| <b>WEEK 5</b> | <b>Mon 28 April</b>   | <b>Tue 29 Apr</b>  | <b>Wed 30 Apr</b>  | <b>Thur 1 May</b>  | <b>Fri 2 May</b>      |
|---------------|---|--|--|--|-----------------------|
| <b>AM</b>     | Lawn Bowls<br>41 Glen St,<br>Hawthorn<br>Convenor: Brian<br>O'Meara 10am -<br>11.45am | Able X (upper limb<br>activity) sessions<br>available until<br>1.30pm by<br>appointment                  | Chatterbox<br>(for speech)<br>Meeting at Hub<br>Convenor: Ro<br>Jacobs<br>11am - 12:30pm | General Gathering<br>10.30am-12pm  | <b>HUB<br/>CLOSED</b> |
| <b>PM</b>     | Sing for Recovery<br>Choir at Hub<br>Convenor: Anita<br>Paxton<br>2.15pm - 3.30pm     | Chair-based light<br>exercise to music<br>(Games Room)<br>Convenor: Janet<br>Hesson<br>11.30am - 12.30pm | Chatterbox<br>(for speech)<br>Meeting at Hub<br>Convenor: Ro<br>Jacobs<br>1pm - 2.30pm   | Cooking Group<br>at Hub<br>Convenor:<br>Manthri<br>Hattotuwa<br>12pm to 2.00pm |                       |
|               |   |  |  |  |                       |

# Our Activities

**Arts & Craft Group. Timing: 2nd and 4th Monday of every month (12.30pm - 2pm). Venue: BSSG's Hub.**

We have some lovely volunteers who will sit with you to exercise your creative side! We cater for all ability levels. Convened by Penny Lindeman and Catherine McCullagh.

**Bowls (Lawn). Timing: every Monday (10am - 11.45am). Venue: MCC Bowls Club, 41 Glen Street, Hawthorn.**

We have access to a synthetic green every Monday. This is followed by morning tea. Bowls is led by Brian O'Meara, a Stroke Survivor, former President of the BSSG and a Hub Committee member assisted by Anita Paxton.

**Carers Group. Timing: ad hoc.**

A group dedicated to the people who care for stroke survivors, whether you're a partner or a relative. Share stories over a cup of coffee. Led by Vivi Harkness OAM, our President and a former Carer.

**Chair-based light exercise to music. Timing: every Tuesday (11.30am - 12.30pm). Venue: "Games Room" adjacent to BSSG's Hub.**

Move your body to music in this wonderful stretch-based light exercise routine. Led by Janet Hesson. A relaxed and fun chair-based exercise to music class which encourages you to work within your ability to help, maintain coordination, mobility, strength and flexibility.

**Chatterbox. Timing: every Wednesday. First group: 11am - 12.30pm, Second group: 1pm - 2.30pm. Venue: BSSG's Hub.**

Chatterbox is a conversation group for people who have difficulty with speech, which may be stroke related eg Aphasia or Dysarthria. The group provides a relaxed social environment where members can make friends, rebuild self-confidence and support one another. Led by Ro Jacobs (Speech Pathologist), Julie Reid (Speech Pathologist) and Jan Mckenzie (Nurse).

**Cooking Group. Timing: Every month on the 1st Thursday, after the General Gathering (12pm - 2pm). Venue: BSSG's Hub.**

Join Stroke Survivors and Carers in learning and teaching the culinary arts. The best part You eat what you make! Our cooking group is led by Manthri and Eileen Fong . \$10 per person to attend.

**Gardening Group. Timing: every 2 months on a Wednesday (12pm - 1pm). Venue: Bunnings Hawthorn, 230 Burwood Road, Hawthorn.**

Find those green fingers at our gardening group. Held in partnership with Bunnings Hawthorn.

**General Gathering/Meeting. Timing: 1st Thursday of every month (10.30am - 12pm). Venue: BSSG's Hub.**

An opportunity to socialise with other members over a cup of tea, coffee and biscuits! Speakers sometimes address our gathering.

**Movie Group. Timing: 4th Thursday of every month (10.15am - 2pm). Venue: Ramp Room@ BSSG's Hub**

Our resident movie buff, author and Stroke Survivor Peter Hocking has put together a list of wonderful movies which the group will get to watch together followed by lunch afterwards, per person to attend.

**Relaxation & Mindfulness. Timing: 1st and 3rd Tuesday of every month (2pm-3pm). Held on Zoom**

Our Relaxation & Mindfulness meditation session begins with a little discussion followed by guided relaxation/a short mindfulness meditation. You will wake up feeling relaxed and happy. Relaxation & Mindfulness is led by Tessa Lim a Stroke Survivor, qualified Clinical Hypnotherapist and Ro Jacob, Speech Pathologist.

**Sing for Recovery (SFR). Timing: every Monday (2.15pm - 3.30pm). Venue: BSSG's Hub.**

Sing your heart out! Join Stroke Survivors, Carers and Volunteers in our choir. Sing for Recovery is led by Anita Paxton and assisted by volunteer Tinwai.

**Social Circle. Timing: 2nd Tuesdays of every month (10 am - 12.30pm). Venue: BSSG's Hub.**

An opportunity for members and friends to come in for a tea or coffee and chat to whomever is around the table. Led by Shane Houghton, a Stroke Survivor and Hub Committee member.

**Upper Limb Training (Able X). Timing: every Tuesday (10am - 1pm) by appointment. Venue: BSSG's Hub.**

The Able-X system is an activity involving the upper limbs. Able-X helps to accelerate physical and cognitive rehabilitation after a stroke. Sessions are available by appointment. The Able X system is led/administered by Anita Paxton (Nurse), Jill Peters (Nurse) and Ro Jacobs (Speech Pathologist).

**Young Stroke Survivor Group (YSSG). Timing: 4th Thursday of every month**

**Venue: 4th Thursday dinner @ Hub**

A group for young people who have been affected by stroke. It is led by Jay Te Manu a Stroke Survivor and Hub Committee member.

**We are actively seeking retired nurses, speech pathologists, occupational therapists, teachers, and counselors who are interested in dedicating a portion of their time to volunteering. We also welcome students who are pursuing degrees in these fields to apply and gain valuable experience.**

**To book a new activity or make other enquiries email [info@bssg.org.au](mailto:info@bssg.org.au) or call 8529 5307**

BSSG's Hub located at 533 High Street, Kew is open Mondays to Thursdays from 10am to 3pm. BSSG's activities (including those taking place outside of our Hub eg bowls and gardening group) are not run on a public holiday.