



Activity Sheet -December 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

WEEK 1.	Mon 1 Dec	Tue 2 Dec	Wed 3 Dec	Thur 4 Dec	Fri 5 Dec
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	BSSG Xmas Party Rylands, Kew 12.00pm to 2.00pm	HUB CLOSED
PM		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 Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm			
WEEK 2.	Mon 8 Dec	Tue 9 Dec	Wed 10 Dec	Thur 11 Dec	Fri 12 Dec
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	Clean Up and Close Up Day	
PM		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 Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm			

WEEK 3.	Mon 15 Dec	Tue 16 Dec	Wed 17 Dec	Thur 18 Dec	Fri 19 Dec
AM		BSSG CLOSED ON THURSDAY 11 DECEMBER 2025 HUB RE-OPENS ON MONDAY 2 FEBRUARY 2026			HUB CLOSED
PM					