

 Boroondara Stroke Support Group		Activity Sheet -November 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 3 Nov	Tue 4 Nov	Wed 5 Nov	Thur 6 Nov	Fri 7 Nov		
AM	No Bowls because of Melbourne Cup -Public Holiday	Hub Closed - Melbourne Cup Day/Public Holiday	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	General Gathering 10.30am-12pm	HUB CLOSED		
PM	No Sing for Recovery Choir at Hub because of Melbourne Cup -Public Holiday		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm				
WEEK 2.	Mon 10 Nov	Tue 11 Nov	Wed 12 Nov	Thur 13 Nov	Fri 14 Nov		
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Hub Sub Committee Meeting 10.30am-12.30pm	HUB CLOSED		
		Able X (upper limb activity) sessions available until 1.30pm by appointment		YSSG Meet Dinner out Convenor: Jay Te Manu 6.15 pm-8.30 pm			
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm				

WEEK 3.	Mon 17 Nov	Tue 18 Nov	Wed 19 Nov	Thur 20 Nov	Fri 21 Nov
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Art & Craft at the Hub Convenor: Judy Heron 10.30 am-11.30 am	HUB CLOSED
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Gardening Group at Bunnings Hawthorn (Limited to 15) 12pm - 1pm Convenor- Michael Davis		
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Relaxation & Mindfulness Meeting by Zoom Convenor:Tessa Lim 2pm - 3pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	Cooking Group @ Hub Convenor: Lynn Lam 12pm to 2.00pm	
WEEK 4.	Mon 24 Nov	Tue 25 Nov	Wed 26 Nov	Thur 27 Nov	Fri 28 Nov
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Movie Group @ Rylands, Kew Movie name- "Miracle on 34th Street" Convenor- Peter Hocking Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	HUB CLOSED
	Sing for Recovery Choir at Hub Convenor: Anita Paxton 1.30pm-2.45pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	YSSG Meet Dinner @Hub Convenor: Jay Te Manu 6.15 pm-8.30 pm	