

Stroke
Association

Life After Stroke Centre
Learning and activity
programme



December 2021

Wednesday 1 December



11.30am: Singing (community and resource room)

Join us to have a sing along to some of our favourite songs from over the decades.



2.15pm Strength and Balance (community and resource room)

Join Juanita for her weekly strength and balance class. These classes can be done seated or standing.

Contact Juanita Ochoa directly for further details and prices.

Tel: **07856 565 639**

Email: **hooplatino@yahoo.com**

Thursday 2 December

No sessions!

No sessions!

December 2021

Wednesday 8 December

No morning sessions.



2.15pm Strength and Balance (community and resource room)

Join Juanita for her weekly strength and balance class. These classes can be done seated or standing.

Contact Juanita Ochoa directly for further details and prices.

Tel: **07856 565 639**

Email: hooplatino@yahoo.com

Thursday 9 December



11.00am Coffee morning and games with Carol (community and resource room)

Join us for our coffee morning and take the opportunity to catch up with your friends at the centre. We have our art and craft space if you fancy being creative, games and puzzles or you might just fancy a cuppa and catch up with your friends.

No afternoon sessions.

December 2021

Wednesday 15 December



11.30am: Singing (community and resource room)

Join us to have a sing along to some of our favourite songs from over the decades.



2.15pm Strength and Balance (community and resource room)

Join Juanita for her weekly strength and balance class. These classes can be done seated or standing.

Contact Juanita Ochoa directly for further details and prices.

Tel: **07856 565 639**

Email: hooplatino@yahoo.com

Thursday 16 December



12.00pm – 3.00pm Christmas party!

Join us for an afternoon of festive fun. You will need to book your place to attend the party.

Please contact Nicola for more information and to book your place.

Please contact the instructors for more information and how to book onto the sessions. Some sessions incur a small fee.

All our programmes have been designed to enable the best possible recovery following stroke. However, not all activities are suitable for everyone so please talk to your doctor or healthcare professional if you are unsure.

Contact us:

For more information speak to the activities team

Tel: **07717 275 800**

Email: lasc@stroke.org.uk
