






Stroke
Association






Learn, chat and interact
Zoom activities








October 2021

Monday 4 October	Tuesday 5 October	Wednesday 6 October	Thursday 7 October	Friday 8 October
 <p>11.00am: Zoom welcome A chance for new members to meet each other and find out more about our zoom sessions.</p>	 <p>1.30am: Me and My Stroke Today's topic: Communication Join us to learn more about when stroke affects communication. Share your own experiences, and tell us how you'd like to be supported or learn how you can support others.</p>	<p>No sessions.</p>	<p>No sessions.</p>	 <p>2.00pm: Friday Quiz (TV, Film and Music) Join us for our Friday Quiz and test your TV, Film and Music knowledge.</p>
 <p>12.00pm Genealogy Catch up with Linda and John. Update them on your progress and ask any questions to help you on your way. New Members Welcome!</p>				
 <p>2.00pm Singing Join us for a good old sing song! Today's theme: Movie songs.</p>				







October 2021

Monday 11 October	Tuesday 12 October	Wednesday 13 October	Thursday 14 October	Friday 15 October
 <p>11.00am: Zoom welcome A chance for new members to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am: Me and My Stroke Today's topic: Stroke Association support.</p> <p>Join the session to learn more about how the Stroke Association can support you.</p>	<p>No sessions.</p>	<p>No sessions.</p>	 <p>2.00pm: Friday Quiz (History and Geography) Join us for our Friday Quiz and test your History and Geography knowledge.</p>
 <p>12.00pm Genealogy Catch up with Linda and John. Update them on your progress and ask any questions to help you on your way. New Members Welcome!</p>				
 <p>2.00pm Singing Join us for a good old sing song! Today's theme: Musicals and Theatre.</p>				

October 2021

Monday 18 October	Tuesday 19 October	Wednesday 20 October	Thursday 21 October	Friday 22 October
 <p>11.00am: Zoom welcome A chance for new members to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am: Me and My Stroke Today's topic: What is a stroke?</p> <p>Join us to learn more about stroke. Talk about your experiences of stroke and share your tips and ideas on managing recovery.</p>	<p>No sessions.</p>	<p>No sessions.</p>	 <p>2.00pm: Friday Quiz (Food and Drinks) Join us for our Friday Quiz and test your Food and Drinks knowledge.</p>
 <p>12.00pm Genealogy Catch up with Linda and John. Update them on your progress and ask any questions to help you on your way. New Members Welcome!</p>				
 <p>2.00pm Singing Join us for a good old sing song! Today's theme: Duets.</p>				

October 2021

Monday 25 October	Tuesday 25 October	Wednesday 27 October	Thursday 28 October	Friday 29 October
 <p>11.00am: Zoom welcome A chance for new members to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am: Me and My Stroke Hidden effects of stroke part 1 Join us to learn more about the stroke effects that people can't see. Talk about your experiences of stroke and share your tips and ideas on managing recovery.</p>	<p>No sessions.</p>	<p>No sessions.</p>	 <p>10.30am: Young People Connect For stroke survivors aged 18-45: This is an opportunity for young stroke survivors to connect with others of a similar age, share your stroke stories and talk about things that matter to you.</p>
 <p>12.00pm Genealogy Catch up with Linda and John. Update them on your progress and ask any questions to help you on your way. New Members Welcome!</p>				 <p>2.00pm: Friday Quiz (General Knowledge) Join us for our Friday Quiz and test your general knowledge. You'll be tested on questions from previous quizzes.</p>
 <p>2.00pm: Carers drop in We're inviting all carers to take some time out to join us for a cuppa and a chat.</p>				

Contact us: For more information speak to the activities team
Tel: **07717 275 800** | Email: lasc@stroke.org.uk.