






Stroke
Association






Online Stroke Activities Hub







November 2021

Monday 1 November	Tuesday 2 November	Wednesday 3 November	Thursday 4 November	Friday 5 November
 <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: Hidden effects of stroke part 2. Join us to learn more about the effects of stroke that people can't see. Talk about your experiences and share tips and ideas on ways to manage them.</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 is: Motown and Soul.</p>				







November 2021

Monday 8 November	Tuesday 9 November	Wednesday 10 November	Thursday 11 November	Friday 12 November
 <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: 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 (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: Your Teen Crush.</p>				






November 2021

Monday 15 November	Tuesday 16 November	Wednesday 17 November	Thursday 18 November	Friday 19 November
 <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. Join the session to learn more about how the Stroke Association can support you.</p>	<p>No sessions.</p>	<p>No sessions.</p>	<p>No sessions.</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: Through the Decades.</p>				

November 2021

Monday 22 November	Tuesday 23 November	Wednesday 24 November	Thursday 25 November	Friday 26 November
 <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? Join us to learn more about stroke, talk to others affected by stroke, and have the opportunity for peer to peer support.</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 (True or False) Join us for our Friday Quiz, you have a 50/50 chance of getting the answer correct!</p>
 <p>2.00pm Singing Join us for a good old sing song! Today's theme: All about Elvis.</p>				

November 2021

Monday 29 November	Tuesday 30 November	Wednesday 1 December	Thursday 2 December	Friday 3 December
 <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 and share tips and ideas of ways to manage them.</p>	<p>No sessions.</p>	<p>No sessions.</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>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: Name that tune. Have some fun whilst testing your music knowledge and listening skills.</p>				

Contact us: For more information speak to the activities team
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