









2023 Bega Stroke Recovery Club Calendar

1st Wednesday Monthly

12pm – 2pm

CWA Rooms, 31 Church St Bega

4 Jan	No meeting		
1 Feb	Group Activity	What work for us!	
1 March	Outing	Tathra Pub	
5 April	Speaker	Speech Pathologist	
3 May	Group Activity	Panboola Wetlands	
7 June	Outing	Tura Beach Country Club	
5 July	Speaker	Stroke Care Coordinator	Kristine Joyce Caprecho, Stroke Care Coordinator
2 August	Group Activity	Bingo / AGM	
6 Sept	Outing	Oaklands	
4 Oct	Speaker	Gym Physio	
1 Nov	Speaker	Maria Nguyen	Technology
6 Dec	Outing	Christmas Party Venue to be determined	