

**ACTIVITIES FOR HORNSBY KU-RING-GAI STROKE RECOVERY**  
**CLUB 2026 - May to July**

- MAY 01** Meeting at the community centre - Poetry day led by Richard
- MAY 08** **Business Meeting**
- MAY 15** Meeting at the community centre - demonstration of CPR and defibrillator use
- MAY 22** Meeting at the community centre - activity day (quizzes, games, puzzles, exercises, art etc)
- MAY 29** International Day  
Note re 22, possible guest speaker tbc
- JUNE 05** **Business Meeting**
- JUNE 12** Meeting at the community centre - olympics practice
- JUNE 18** **Sydney Stroke Olympics, Burwood RSL (Thursday)**
- JUNE 19** Roughly House Excursion
- JUNE 26** Meeting at the community centre - activity day (quizzes, games, puzzles, exercises, art etc)
- JULY 03** **Business Meeting**
- JULY 10** Meeting at the community centre - preparation for the club AGM - voting info plus activity day
- JULY 17** Meeting at the community centre
- JULY 24** Christmas in July - Hornsby RSL, corporate buffet.
- JULY 31** Meeting at the community centre  
Note re 17, possible guest speaker tbc

