

Seaside Stroke Recovery Society

SCHEDULE

December 2016



Three Wise Men

Friday, December 2, 11:00 a.m.

Exercise therapy
Speech therapy
Art therapy

Friday, December 9, 11:30 a.m.

Christmas Lunch Party at the Bradley Centre, \$18 per person. Please pre-book with Marie Randall ASAP.

Friday, December 16, 11:00 a.m.

Exercise therapy
Speech therapy
Music therapy
Alison Reeves, Caregiver Counsellor

Friday, December 23, closed for Christmas holidays. Next meeting will be Friday, January 6, 2017.

Coffee at Trees, Tuesday mornings 9:30 - 11:00 a.m.

Have a Merry Christmas and a
Happy Healthy New Year!

Thought for the month:

We are not at our best when we are perched at the summit, we are at our best climbing, even when the way is steep.