

SCHEDULE

February 2017

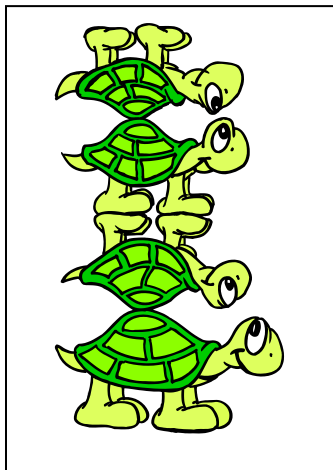


Friday, February 3, 11:00 a.m.

Exercise therapy
Speech therapy
Art therapy

Friday, February 10, 11:00 a.m.

Exercise therapy
Speech therapy
Guest speaker Ron Smith, author
of *The Defiant Mind*



Friday, February 17, 11:00 a.m.

Exercise therapy
Speech therapy
Music therapy
Alison Reeves, Caregiver Counsellor

Friday, February 24, 11:45 a.m.

**Lunch out at the Bradley Centre
\$7 all inclusive**

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



Thought for the month:

***Sleep well, eat well, exercise body and mind for optimal
brain function as you age.***

**Contentment is not the fulfilment of what you want, but the realization of how much
you already have!**