



**Seaside**  
Stroke Recovery Society

**SCHEDULE**

January 2017



**Friday, January 6, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Art therapy

**Friday, January 13, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Songshine Demonstration

**Friday, January 20, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Music therapy  
Alison Reeves, Caregiver Counsellor

**Friday, January 27, 11:30 a.m.**

Lunch out at the Bayside  
\$20 all inclusive

**Happy New Year!**

Coffee at Shanna's  
1343 Alberni Hwy,  
Tuesday mornings  
9:30-11:00 a.m.

**Thought for the month:**

**People who wonder if the glass is half empty or half full miss the point. The glass is refillable.**