

# ceanside Stroke Recovery Society

## SCHEDULE

November 2016



**Friday, November 4, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Art therapy

**Friday, November 11**

Closed for Remembrance Day

**Friday, November 18, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Music therapy  
Alison Reeves, Caregiver Counsellor

**Friday, November 25, 11:30**

Lunch out at Thalassa's Restaurant  
\$20 all inclusive

**Coffee at Trees Restaurant**

**Tuesday mornings**

**9:30-11:00 a.m.**

Thought for the month:

Your mind is a garden, your thoughts  
are the seeds. You can grow flowers,  
or you can grow weeds.

Don't forget to water it!!!

Don't forget  
Our Fabulous  
Fundraising Sale  
Saturday, November 26  
9:00 a.m. – 3:00 p.m.  
Bradley Centre

A daily 20 minute walk is the easiest and most beneficial thing you can do for your health!