

Seaside

Stroke Recovery Society

SCHEDULE

October 2017



Meeting in the Kitchen



Exercise with Jeannine

Friday, October 6, 11:00 a.m.

Exercise therapy
Speech therapy
Art therapy

Friday, October 13, 11:00 a.m.

Exercise therapy
Speech therapy
Crystal McMillan, MA, RNCP,
FMP
Guest Speaker, Registered Nutrition
Consultant, Functional Medicine
Practitioner

Friday, October 20, 11:00 a.m.

Exercise therapy
Speech therapy
Music therapy
**Allison Reeves, Counsellor, 11:00
a.m.**

Friday, October 27, 11:30 a.m.

Lunch out at British Bobby
Everyone chooses their own meal
from the great list of specials, you
also choose if you want dessert,
we will all pay our own bill at the
end of the lunch according to
what we order and pay our own
tip as well.

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. - Scott Adams, Creator Of Dilbert Comic Strip