

# Seaside Stroke Recovery Society

## SCHEDULE

June 2017



Quote from “After a Stroke 500 Tips for Living Well”

**#191 Practice smiling.**

Others will wonder what you’re up to.

Copy available from OSRS Library Cart.

**Friday, June 2, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Art therapy

**Friday, June 9, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Monk – Guest Speaker

**Friday, June 16, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Music therapy  
Allison Reeves, Counsellor (11.00)

**Friday, June 23, 11:00 a.m.**

Exercise therapy  
Speech therapy  
**Stroke survivors & caregivers  
counselling after lunch 12:30-  
1:30**

**Friday, June 30, 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.**