

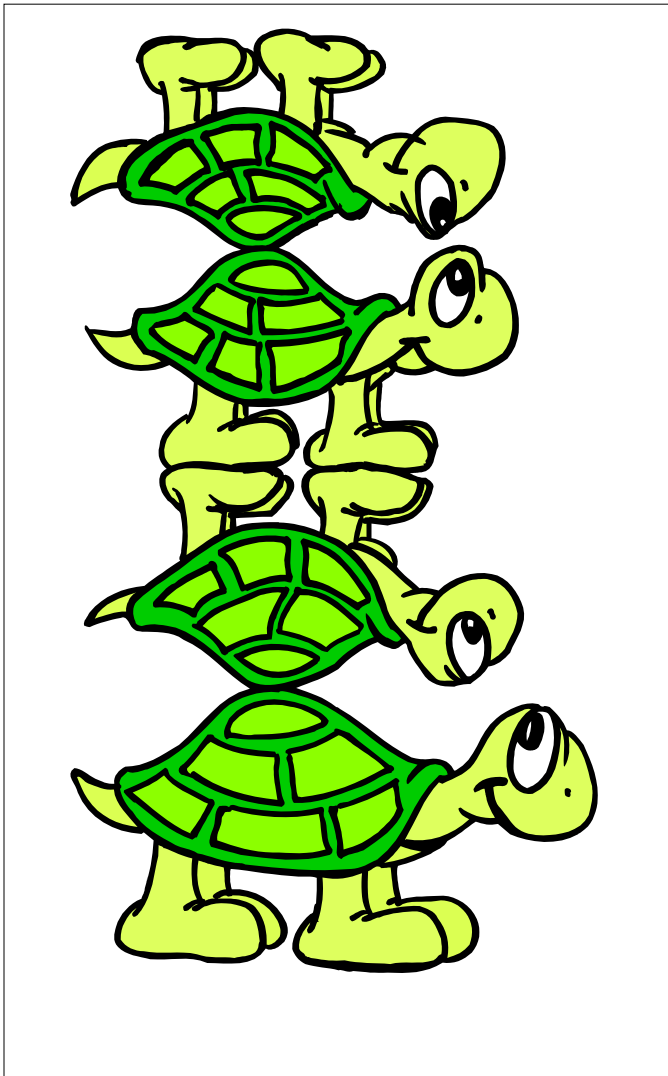


# Seaside

Stroke Recovery Society

## SCHEDULE

### October 2018



**Friday October 5, 11:00 a.m.**

Exercise therapy – Theresa  
Speech therapy  
Art therapy – with Carrie

**Friday, October 12, 11:00 a.m.**

Exercise therapy - Theresa  
Speech therapy,  
Marjorie Driscoll, Pie tasting  
Visit from Michelle Stilwell

**Friday October 19, 11:00 a.m.**

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

**Friday, October 26, 11:30 a.m. Lunch  
out at British Bobby. Order off the  
menu individually and pay accordingly.  
Halloween costumes optional!**

*Thought for the month: The six best  
doctors in the world are sunlight, rest,  
exercise, diet, self-confidence and  
friends. Maintain them in all stages  
and enjoy a healthy life.*

*Breakfast at Tree's Restaurant every Tuesday morning 9:30 a.m.*