

Seaside Stroke Recovery Society **SCHEDULE**

September 2018



On the Beach



Friday September 7, 11:00 a.m.
Exercise therapy – Theresa Coridor
Speech therapy
Art therapy – Holly Carnegie Letcher

Friday, September 14, 11:00 a.m.
Exercise therapy - Theresa
Speech therapy,
Kimberley Hill, Pharmacist,

Friday September 21, 11:00 a.m.
Exercise therapy - Theresa
Speech therapy
Music therapy
Allison Reeves, Counsellor, 11:00 a.m.

Friday, September 28, 11:00 a.m.
Lunch out at Deez Bar and Grill
\$22.00 all inclusive.

Thought for the month: There is one way to happiness and that is to cease worrying about things which are beyond the power of our will. Epictetus

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