

# OCEANSIDE STROKE RECOVERY

## SCHEDULE

**January 2019**



Fishing Forever 2018

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

Exercise therapy – Melanie

Speech therapy

Art therapy – Carrie

**Friday, January 11, 11:00 a.m.**

Exercise therapy – Melanie

Speech therapy

Guest speaker – Tami from Lifeline

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

Exercise therapy - Melanie

Speech therapy

Music therapy

Allison Reeves, Counsellor, 11:00 a.m.

**Friday, January 25, 11:30 a.m.**

Lunch out at Thalassa's in Qualicum

\$21 per person, tip included.

**Thought for the month;**

**Don't let anyone rent space in your head  
unless they are a good tenant.**

*Coffee meetings Tuesday mornings at  
Topspot Restaurant 9:30 – 11:00a.m.*

**Happy New Year!**