

# OCEANSIDE STROKE RECOVERY

## SCHEDULE

**February 2019**



Music Therapy with Don Deese  
January 18, 2019

**Friday, February 1, 11:00 a.m.**

Exercise therapy – Melanie

Speech therapy

Art therapy – with Carrie

**Friday, February 8, 11:00 a.m.**

Exercise therapy – Melanie

Speech therapy

KC and Margo – Musical Entertainment

**Friday, February 15, 11:00 a.m.**

Exercise therapy - Melanie

Speech therapy

Music therapy

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

**Friday, February 22, 11:30 a.m**

**Lunch out at the Bradley Centre**

**\$7 per person, all inclusive.**

Coffee meetings Tuesday mornings at

Topspot Restaurant 9:30 – 11:00a.m

***Thought for the month:***

***The secret to living well and longer is: eat half, walk double, laugh triple and love without measure.***

***Tibetan proverb***