



## SCHEDULE

October 2019



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

Exercise therapy  
Speech therapy  
Art Therapy after lunch

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

Exercise therapy  
Speech therapy  
Occupational therapy 12:30-1:30  
Zubeida Vuurens from CRA Pacific  
Region Outreach, Disability Tax credit.

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

Exercise therapy  
Alison, Caregiver Counselling 11:00  
Speech therapy  
Music therapy

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

**Lunch out at the Bradley Centre, \$7.  
Halloween Costumes (optional)**

Coffee at Trees Tuesdays, 9:30 – 11:00

**Thought for the month:**

Make decisions that  
maximize the joy in your life.

