

## SCHEDULE

**November 2019**



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

Exercise therapy  
Speech therapy  
Art therapy 12:30-1:30 p.m.

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

Exercise therapy  
Speech therapy  
Occupational therapy 12:30-1:30 p.m.  
Songbirds Choir

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

Exercise therapy  
Alison, Caregiver Counselling 11:00  
Speech therapy  
Music therapy 12:30-1:30 p.m.

**Friday, November 22, 11:00 a.m.**

Exercise therapy  
Speech therapy  
Stroke survivor and caregiver  
counselling after lunch -12:30-1:30

**Friday, November 29, 11:30 a.m.**

**Lunch out at Deez Bar and Grill  
3353 Island Hwy. Qualicum  
\$20. All inclusive.**

*Thanksgiving is when we give thanks for what we have. Remembrance Day is when we give thanks to the people who fought for the things that we have.*