

OCEANSIDE STROKE RECOVERY

SCHEDULE



December 2020

Morning Group

Friday, Dec. 4, 10:30 a.m.

Covid discussion, 10:30 -11:30a.m.
Speech therapy included
Exercise therapy, 11:30-12:30p.m.

Friday, Dec. 11, 10:30 a.m.

Occupational therapy, 10:30 -11:30a.m.
Speech therapy included
Exercise therapy, 11:30 - 12:30 p.m.

Friday, Dec. 18, 10:30 a.m.

Music therapy, 10:30-11:30 a.m.
Speech therapy included
Exercise therapy, 11:30-12:30 p.m.



Afternoon Group

Friday, Dec. 4, 1:30 p.m.

Exercise therapy, 1:30 -2:30p.m.
Speech therapy included
Covid discussion, 2:30-3:30 p.m.

Friday, Dec. 11, 1:30 p.m.

Exercise therapy, 1:30 – 2:30a.m.
Speech therapy included
Occupational therapy, 2:30 - 3:30 p.m.

Friday, Dec. 18, 1:30 p.m.

Exercise therapy, 1:30-2:30 p.m.
Speech therapy included
Music therapy, 2:30-3:30 p. m.

Off for Christmas holiday season.

Next meeting – Friday, Jan.8, 2021.

Note: There will be no tea or coffee service. No food is permitted in the church. Please bring a water bottle and wear a mask.

Merry Christmas and Happy New Year!