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FEBRUARY, 2022

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**Friday, February 4, 10:00** Speech therapy by appt.  
**10:30** 1-1 Counselling by appt. **11:00** Exercise,  
**12:00** bag lunch, **12:30** Music therapy,

**Friday, February 11, 10:00** Speech therapy by appt.  
**11:00** Exercise, **12:00** bag lunch,  
**12:30** Music therapy, **1:30** Occupational therapy,

**Friday, February 18, 10:00** Speech therapy by appt.  
**11:00** Exercise, **12:00** bag lunch,  
**12:30** Music therapy,

**Friday, February 25, 10:00** Speech therapy by appt.  
**11:00** Exercise, **12:00** bag lunch  
**12:30** Music therapy

**Happy Valentines Day**

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THOUGHT FOR THE MONTH

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**Happiness is not getting what you want, it is appreciating what you have.  
Live life to the fullest and focus on the positive.**



<https://oceansidestrokerecovery.org>

