



NOVEMBER 2022

Friday, November 4, 9:30 – 10:30 Speech Communication Group,
11:00 Exercise, **12:00** bag lunch.
12:30 – 1:30 Occupational therapy

Friday, November 11, 9:30 Off for Remembrance Day

Friday, November 18, 9:30 Speech therapy by appt. Counseling by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy

Friday, November 25, Lunch out at Thalassa's on Memorial Ave.Q.B.

Thought for the Month

Silver linings exist, though it might take a while for your eyes to adjust to see them.
Dr. Diane Barns, stroke survivor
Life is an open door to all that is possible, and that's a powerful thing.