



FEBRUARY, 2023

Friday, February 3, 9:30 – 10:30 Speech Communication Group,
11:00 Exercise, **12:00** bag lunch.
12:30 – Tuktu presentation, Hannah Tepoorten

Friday, February 10, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** To be announced.

Friday, February 17, 9:30 Speech therapy by appt. Counseling by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy

Friday, February 24, Lunch out at Ricky's

Thoughts for the Month

We must sail, sometimes with the wind and sometimes against it. – but we must sail, and not drift, nor lie at anchor. – Oliver Wendal Holmes, Jr.

Great opportunities to help others seldom come, but small ones surround us daily.
- Sally Koch



<https://oceansidestrokerecovery.org>

