



JANUARY, 2023

Friday, January 6, 9:30 – 10:30 Speech Communication Group,
11:00 Exercise, **12:00** bag lunch.
12:30 – SOS/Meals on Wheels presentation

Friday, January 13, 9:30 Speech therapy by appt. Counseling by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Occupational therapy

Friday, January 20, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy

Friday, January 27, Lunch out at Happy Jack's, arrive 11:30 for a 12:00 start. Address is at Wembley Mall, large building in the parking lot across from the Oceanside Place Ice rink.

Happy New Year!

Thoughts for the Month

There are two days in the year when we cannot do anything, yesterday and tomorrow. - M. Gandhi

Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies. – Groucho Marx



<https://oceansidestrokerecovery.org>

