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MARCH, 2023

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**Friday, March 3, 9:30 – 10:30** Speech Communication Group,  
**11:00** Exercise, **12:00** bag lunch.  
**12:30** Guest Speaker from The Building, Learning Together Society

**Friday, March 10, 9:30 - 12:00** Speech therapy by appt.  
**11:00** Exercise, **12:00** bag lunch, **12:30** Occupational therapy

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

**Friday, March 24, 9:30 –12:00** Speech therapy by appt. **11:00** Exercise  
**12:00** bag lunch, **12:30** Songbirds Choir, Spring Concert

**Friday, March 31,** Lunch out at Mickey J's, Arrowsmith Golf Course **11:30** am

**Happy St. Patrick's Day**

**Thought for the Month**

May your days on Earth be many, may your life be free from strife.  
And may God walk beside you, every day of your life.  
(Irish Blessing)



<https://oceansidestrokerecovery.org>

