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SCHEDULE FOR APRIL, 2023

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**Friday, April 7, Off for Good Friday**

**Friday, April 14, 9:30 - 12:00**, Speech therapy by appt.

**11:00** Exercise, **12:00** bag lunch, **12:30** Guest speaker, RCMP

**Friday, April 21, 9:30 - 12:00** ,Speech therapy by appt. Counseling by appt.

**11:00** Exercise, **12:00** bag lunch, **12:30** Music Therapy

**Friday, April 28**, Lunch out at Thalassa Restaurant **Arrive 11:30.**

**Happy Easter**

**Thought for the Month**

Life is mainly froth and bubble,  
Two things stand like stone,  
Kindness in another's trouble,  
Courage in your own.

-Adam Gordon



<https://oceansidestrokerecovery.org>

