



SCHEDULE FOR NOVEMBER 2023

Friday, Nov. 3, 9:30 -10:30, Group speech session,
11:00 a.m. Exercise, **12:00** bag lunch, **12:30 – 1:30**, **Songbird’s Choir**

Friday, Nov. 10, 9:30 – 10:30 Group speech session
11:00 Exercise, **12:00** bag lunch, **12:30 – Guest speaker Ed Mitchell**

Friday, Nov. 17, 9:30 Speech therapy by appt. Counsellor by appt.
11:00 Exercise, **12:00** bag lunch, **12:30 – Music with Doug**

Friday, Nov. 24, Potluck at Kathleen’s - 454 Morison - Arrive 11:30

Thoughts for the Month

November is a time to remember those who lost their lives fighting for our freedom. That’s why we wear a poppy for remembrance.

The positive thinker sees the invisible, feels the intangible and achieves the impossible – Winston Churchill



<https://oceansidestrokerecovery.org>

