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## SCHEDULE FOR OCTOBER, 2023

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**Thursday, Oct. 5, 3:00 p.m.- 4:00 p.m.** Music in the Park, weather permitting.

**Friday, Oct. 6, 9:30 -10:30,** Group speech session,

**11:00 a.m.** Exercise, **12:00** bag lunch, **12:30 – 1:30, Guest speaker**

**Thursday, Oct. 12, 3:00 p.m. – 4p.m.** Music in the Park, weather permitting.

**Friday, Oct. 13, 9:30 – 10:30** Individual Speech with Susan, **10:00,** counseling.

**11:00** Exercise, **12:00** bag lunch, **12:30 – Strings and Sings**

**Friday, Oct. 20, 9:30 – 10:30** Group Speech session,

**11:00** Exercise, **12:00** bag lunch, **12:30 – Music with Doug**

**Friday, Oct. 27, Lunch out at Mickey J's, Arrowsmith - Arrive 11:30**

## Happy Thanksgiving

Thoughts for the Month

To be content with what we possess is the greatest and most secure of riches. - Cicero 106 – 43 B. C.

Happiness doesn't depend on who you are or what you have: it depends solely on what you think. Dale Carnegie – 1888 - 1955



<https://oceansidestrokerecovery.org>

