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## SCHEDULE FOR DECEMBER 2023

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**Friday, Dec. 1, 9:30 -10:30**, Group speech session, Counselling by appt.  
**11:00 a.m.** Exercise, **12:00** bag lunch, **12:30 – 1:30**, Music with Doug.

**Friday, Dec. 8, 9:30 – 10:30** Speech therapy by appt.  
**11:00** Exercise, **12:00** bag lunch, **12:30 –** Occupational therapy with Alanna

**Friday, Dec. 15, Christmas Party with Turkey Lunch at the Bradley Center**  
Arrive at **10:00 a.m.** Check out the prizes and silent auction items, buy raffle tickets if you like, enjoy chatting with friends, followed by a delicious lunch. After lunch winning tickets will be drawn and each winner will choose from the raffle tables of baskets until they are all won. Silent auction will follow.

We will be off on Friday, Dec. 22 and Friday, Dec. 29 for the Christmas holidays. Therapy meetings will resume on Friday, January 5<sup>th</sup>, 2024.

### Thought for the Month

The three grand essentials to happiness in this life are : something to do, something to love, and something to hope for. – Author unknown

I hope that all of you will have a wonderful Christmas and a New Year filled with happiness.



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