



SCHEDULE FOR JANUARY, 2024

Friday, Jan. 5th, 9:30 -12:00, speech therapy by appt. with Susan,
11:00 a.m. - Exercise, **12:00** bag lunch, **12:30 – Guest speaker, Monk**

Friday, Jan. 12, 9:30 – 10:30 - Group speech session, Counselling by appt.
11:00 Exercise, **12:00** bag lunch, **12:30 – Dr. Betty Dekreker, Audiologist**

Friday, Jan. 19, 9:30 – 10:30 - Group speech session, **11:00 – Exercise**
12:00 – bag lunch, 12:30 – Music session with Doug

Friday, Jan.26, 11:30 - Lunch out at Ricky's Bar and Grill

Thought for the Month

A nation trying to tax itself into prosperity, is like a man standing in a bucket and trying to lift himself up by the handle. - Winston Churchill

Happy New Year.



<https://oceansidestrokerecovery.org>

