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## SCHEDULE FOR FEBRUARY, 2024

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**Friday, February 2, 9:30 -10:30, Group speech session,  
11:00 a.m. - Exercise, 12:00 bag lunch, 12:30 – The Ramblers**

**Friday, February 9, 9:30 – 10:30 - Group speech session, Counselling by appt.  
11:00 Exercise, 12:00 bag lunch, 12:30 – Bill Preston and Kaeden Letcher**

**Friday, February 16, 9:30 – 12:00 - Speech sessions by appt. 11:00 – Exercise  
12:00 – bag lunch, 12:30 – Music session with Doug**

**Friday, February 23, 11:30 - Lunch out at Ricky's**

### **Thought for the Month**

When the power of love overcomes the love of power,  
the world will know peace.



<https://oceansidestrokerecovery.org>

