



SCHEDULE FOR MARCH, 2024

Friday, March 1, 9:30 -10:30, Group speech session,
11:00 a.m. - Exercise, **12:00** bag lunch, **12:30** – Life Support Presentation

Friday, March 8, 9:30 – 10:30 - Group speech session, Counselling by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** – Art Therapy with Carrie

Friday, March 15, 9:30 – 12:00 - Speech sessions by appt. **11:00** – Exercise
12:00 – bag lunch, **12:30** – Music session with Doug

Friday, March 22, 9:30 – 10:30 - speech sessions by appt. **11:00** – Exercise
12:00 – bag lunch, **12:30** – Meghan Crosby – Recreational Therapist

Friday, March 29, Off for Good Friday.

Thought for the Month

**May your days on earth be many. May your life be free from strife,
And may God walk beside you, every day of your life - Irish Blessing**

Happy St. Patrick's Day



<https://oceansidestrokerecovery.org>

