



---

## SCHEDULE FOR MAY 2024

---

**Friday, May 3, 9:30 -12:00** speech by appt. with Jennifer, (Susan away)  
**11:00 a.m.** - Exercise, **12:00** bag lunch, **12:30** – Strings and Sings

**Friday, May 10, 9:30 – 12:00**-speech by appt. with Jennifer, (Susan away)  
**11:00** Exercise, **12:00** bag lunch, **12:45** – Art Therapy with Carrie

**Friday, May 17, 9:30 – 10:30** – Group speech session  
**11:00** Exercise, **12:00** – bag lunch, **12:30** – Music session with Doug

**Friday, May 24, 9:30 – 10:30** – Group speech session,  
**11:00** Exercise, **12:00** bag lunch, **12:30** Archna (Archie) Paterson RMT

**Friday, May 31**, Lunch out at Smitty's, arrive 11:30, order off the menu.

### Thought for the Month

**Life is the culmination of people in your life, the time that you spend with them, the memories you create and the stories that you treasure from these experiences.**



<https://oceansidestrokerecovery.org>





<https://oceansidestrokerecovery.org>

