



SCHEDULE FOR OCTOBER 2024

Friday, Oct. 4th, 9:30 – 10:30, Group speech session
11:00 a.m. - Exercise, **12:00** - bag lunch, **12:30** – Africa Slideshow-W. Duke

Friday, Oct. 11th, 9:30 – 10:30 Group speech session, Counselling by appt.
11:00 Exercise, **12:00** bag lunch, **12:45** – Art Therapy with Carrie

Friday, Oct. 18th, 9:30 – 12:00– speech by appt. **11:00** Exercise,
12:00 – bag lunch, **12:30** – Music with Doug

Friday, Oct. 25th, 11:30 Lunch out at Smitty's in Parksville

Thought for the Month

Silver linings exist, though it might take a while for your eyes to adjust to see them. Dr. Diane Barnes – Stroke survivor.

Life is a series of tiny miracles – notice them.



<https://oceansidestrokerecovery.org>





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