



SCHEDULE FOR JANUARY 2025

**Friday, January 3rd, No speech sessions, 11:00 – Exercise, 12:00 – bag lunch
12:30 – Annabel Apel – Accordion Musician**

**Friday, January 10th, 9:30 – 10:30 – Group speech session, Counselling
11:00 – Exercise, 12:00 – bag lunch, 12:45 – Art Therapy**

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

**Friday, January 24th, 9:00 – 12:00- Individual speech by appointment, 11:00
Exercise, 12:00 – Bag lunch, 12:30 – Rainbow Stew Cloggers**

Friday, January 31st, Lunch out at Smitty's – Arrive at 11:30.

Thought for the Month

**Happy New Year! Year's end is neither an end nor a beginning, but a going on
with all the wisdom that experience can instill in us. – Hal Borland**



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