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## SCHEDULE FOR NOVEMBER 2024

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**Friday, Nov. 1<sup>st</sup>, 9:30 – 10:30**, Group speech session  
**11:00 a.m.** - Exercise, **12:00** - bag lunch, **12:30 – Guest speaker**  
**Archna (Archie) Patterson, RMT.**

**Friday, Nov. 8<sup>th</sup>, 9:30 – 10:30** Group speech session, Counselling by appt.  
**11:00** Exercise, **12:00** bag lunch, **12:45 – Art Therapy** with Carrie

**Friday, Nov. 15<sup>th</sup>, 9:00 – 12:00–** speech by appt. ( Jennifer only. Susan will be away.) **11:00** Exercise, **12:00 – bag lunch**, **12:30 – Music** with Doug

**Friday, Nov. 22<sup>nd</sup>, 9:00 – 12:00 –** speech by appt. **11:00 – Exercise**  
**12:00 – bag lunch**, **12:30 – Songbirds Choir**

**Friday, Nov. 29<sup>th</sup>, 11:30 Lunch out at Rickys in Parksville**

### Thought for the Month

**It is only with the heart that one can see rightly, what is essential is invisible to the eye. – Antoine De Saint-Exupery**

**Remembrance Day is on Nov. 11. On this day, we pause to reflect on the loss and sacrifice of those men and women who gave their lives to protect our rights and freedom.**



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