



SCHEDULE FOR FEBRUARY 2025

Friday, February 7th, 9:30 – 10:30 - Group speech sessions, 11:00 – Exercise, 12:00 – bag lunch, 12:30 – Ed Mitchell - Presentation and information on leg braces, with raffle.

Friday, February 14th, 9:30 – 10:30 – Group speech session, Counselling by appointment, 11:00 – Exercise, 12:00 – bag lunch, 12:45 – Art Therapy

Friday, February 21st, 9:00 – 12:00 Individual speech by appointment, Counselling by appointment, 11:00 – Exercise, 12:00 – bag lunch, 12:30 – Music with Doug

Friday, February 28th, Lunch out at Ricky's – Arrive at 11:30.

Happy Valentine's Day.

Thought for the Month

Life isn't a matter of milestones, but of moments. - Rose Kennedy



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