



SCHEDULE FOR APRIL 2025

Friday, April 4th, 9:30 – 10:30 - Group speech sessions, 9:30 -12:00 Counselling by appointment, 11:00 – Exercise, 12:00 – bag lunch, 12:45 – The Songbird’s Choir.

Friday, April 11th, 9:00– 12:00 – Individual speech by appointment. Counselling by appointment, 11:00 – Exercise, 12:00 – bag lunch, 12:45 – Art Therapy

Friday, April 18th, off for Good Friday

Friday, April 25th, Lunch out at Ricky’s – Arrive at 11:30.

Happy Easter

Thought for the Month

Garden for the New Year. For the garden of your daily living: Plant 3 rows of peas, peas of mind, peas of heart and peas of soul. Plant 4 rows of squash, squash gossip, squash indifference, squash selfishness, squash grumbling. Plant 4 rows of lettuce, lettuce be faithful, lettuce be kind, lettuce be patient, lettuce be loving. No garden is without turnips, turnip for meetings, turnip for service, turnip to help one another. We must have Thyme. Thyme for each other, thyme for family and thyme for friends. There is much fruit in your garden because you reap what you sow. – From an old community cookbook.



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