



SCHEDULE FOR OCTOBER, 2025

Friday, Oct. 3, 9:30 – 10:30 – Group speech session, 9:30 - 12:00 - Counselling by appt. 11:00 – 12:00 - Exercise, 12:00 – bag lunch, 12:30 - 1:30 Strings and Sings Ukelele Band

Friday, Oct. 10th 9:30 – 12:00 Individual speech by appt. with Susan, (Jennifer away) 9:30 - 12:00 - Counselling by appt, 11:00 – 12:00 - Exercise, 12:00 – bag lunch, 12:45 – 1:45 Art therapy

Friday, Oct. 17th, 9:30 – 12:00 Individual speech by appt. with Susan, (Jennifer away) 11:00 - 12:00 Exercise, 12:00 - bag lunch, 12:30 - Music with Doug

Friday, Oct. 24th 9:30 -12:00 Individual speech by appt. with Jennifer, (Susan away) 11:00 – 12:00 Exercise, 12:00 – bag lunch, 12:30 - AGM

Friday, Oct. 31st 11:30 a.m. Lunch out at Smitty's

Thought for the Month

Observe a plant before and after you water it and relate these benefits to your body and brain.



<https://oceansidestrokerecovery.org>

