



SCHEDULE FOR NOVEMBER 2025

- Friday, Nov. 7, 9:30 – 10:30 Group speech**
9:30 -12:00 Counselling by appt.
11:00 – 12:00 Exercise
12:00 - Bag lunch
12:30 – Outlander, Irish Musical Duo
Followed by
Ind. speech with Kristine by appt.
- Friday, Nov. 14, 9:30 – 10:30 Group Speech**
9:30 – 12:00 Counselling by appt.
11:00 – 12:00 Exercise
12:00 – Bag lunch
12:30 - Art Therapy
Followed by
Ind. speech with Kristine by appt.
- Friday, Nov. 21, 9:30 – 12:30 Ind. speech therapy by appt.-Susan and Jennifer**
11:00- 12:00 Exercise
12:00 – Bag lunch
12:30 – Music with Doug
Followed by
Ind. speech with Kristine by appt.
- Friday, Nov.28, 11:30 Lunch out at Ricky's**

Thought for the Month

Shared joy is double joy and shared sorrow is half sorrow. Swedish proverb



<https://oceansidestrokerecovery.org>

