



SCHEDULE FOR JANUARY 2026

Friday, Jan. 2nd OFF FOR SCHEDULED HOLIDAYS

Friday, Jan. 9th 9:30 – 10:30 Group Speech
9:30 - 12:00 Counselling by appt.
11:00 - 12:00 Exercise
12:00 - Bag lunch
12:45 - Art Therapy
Ind. speech with Kristine by appt.

Friday, Jan. 16th 9:30 – 10:30 Group Speech
9:30 – 12:00 Counselling by appt.
11:00 – 12:00 Exercise
12:00 – Bag Lunch
12:30 – Music with Doug
Ind. Speech with Kristine by appt.

Friday, Jan. 23rd 9:30 – 12:30 Ind. speech therapy by appt.-Susan and Jennifer
11:00- 12:00 Exercise
12:00 – Bag lunch
12:30 – The Ramblers Band will entertain.
Ind. speech with Kristine by appt.

Friday, Jan. 30th 11:30 - Lunch out at Smitty's

Thought for the Month

**And now we welcome the New Year, full of things that have never
been. – Rainer Maria Rilke**



<https://oceansidestrokerecovery.org>

