



---

SCHEDULE FOR MARCH 2026

---

**Friday, Mar. 6th 9:30 – 10:30 Group Speech**  
9:30 - 12:00 Counselling by appt.  
11:00 - 12:00 Exercise  
12:00 - Bag lunch  
12:45 – Strings and Sings Ukulele Band  
Ind. speech with Kristine by appt.

**Friday, Mar.13th 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, Mar. 20<sup>th</sup> 9:30 – 12:30 Ind. speech therapy by appt.-Susan and Jennifer**  
9:30 – 10:30 OSRS Writing Group with Kristine Couzens RSLP  
11:00- 12:00 Exercise  
12:00 – Bag lunch  
12:30 – Music with Doug  
Ind. speech with Kristine by appt.

**Friday, Mar. 27<sup>th</sup> 11:30 - Lunch out at Smitty's**

**Thought for the Month**  
**My Dad carried this message in his wallet for most of his life.**  
**“Time is Precious.”**