

NOTICE OF MONTHLY MEETING — AFTER STROKE SERVICES Thunder Bay Peer Support Chapter (Stroke Recovery Network)

Greetings Everyone! Here is what to expect at the January meeting:

Thunder Bay Recreation and Leisure Opportunities Kaitlyn Sawyer, City of Thunder Bay

Winter is upon us so please join us for an informative session with Kaitlyn to learn about accessible, interesting, no cost/low cost ways to keep active throughout the City during these chilly months ahead!

Light refreshments and an opportunity to mingle with other survivors and caregivers will follow the session.

Date:	<i>Thursday</i> , January 24th	January 2019						
		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Time:	1:30 p.m. to 3:00 p.m.			1	2	3	4	5
		6	7	8	9	10	11	12
Location:	Thunder Bay 55+ Centre — 700 River Street Big Meeting Room past cafeteria End of the hall on the left	13	14	15	16	17	18	19
		20	21	22	23	24	25	26
Info:	Call Todd : 345-6595 ext. 105 <i>or</i> tkennedy@marchofdimes.ca	27	28	29	30	31		

****NEW PROGRAM****

**Stroke Recovery Glee Club (Music Program) for Survivors and Caregivers
Friday, January 18th— Contact Todd to register as space is limited!
(poster enclosed)**

