January 2020 Newsletter

HAPPY NEW YEAR!!

NOTE: NO PROGRAMS Monday, Jan. 20\textsuperscript{th}, 2020: Martin Luther King Jr. Day!

GENERAL UPDATES:

- **PLEASE NOTE:** Starting Jan. 6\textsuperscript{th}, all programming in St. Petersburg on Mondays, Tuesdays, and Wednesdays will be held at the **Sunshine Center**.
  - ALL program days will start at **10:00am**
  - We will not be meeting at the Mirror Lake Library.
- **Tampa** location is targeted for March. Stay tuned for details!

PROGRAM UPDATES:

- **Living with Aphasia**:
  - Check out the new activities:
    - **Mondays 1pm:** **Shuffleboard:** Join us for a round of shuffleboard!
    - **Tuesdays 10am:** **AT THE SUNSHINE CENTER:** **Aphasia Toasters:** Create presentations about yourself and practice reciting important information!
    - **Wednesdays 1pm:** **Exercise:** Get your body moving with adapted exercises.

- **Friends & Family Program**:
  - **LUNCH:** Friday, Jan. 10\textsuperscript{th} at **11:30am** at Sweet Tomatoes in Largo
  - **SUPPORT GROUP:** **St. Pete** on 2\textsuperscript{nd} Wed. at 10am, **Dunedin** on 4\textsuperscript{th} Thurs at 1pm
  - **HOT TOPICS:** **Dr. Dae Sheridan St. Pete:** Wed., January 22\textsuperscript{nd} at **10am**
    - Dr. Dae is a licensed mental health counselor and certified rehab counselor. She will be speaking about managing relationships post-stroke.

**New Staff!**

Please join us in welcoming our two newest team members!

- **Lauren Hoadley** graduated from USF in 2018 with her Masters in Speech Pathology. She will be leading activities on Mon. & Wed. in St. Pete.
- **Mia Fox** has been a long-time volunteer. She will be leading activities on Thurs in Duned-in & will take over when Brooke or Lauren take vacation!