

HAPPY NEW YEAR!!

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

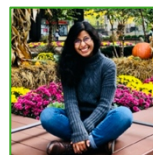
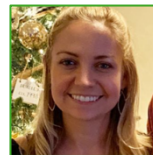
GENERAL UPDATES:

- **PLEASE NOTE:** Starting Jan. 6th, 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!

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 Dunedin & will take over when Brooke or Lauren take vacation!



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