

JUNE 2019

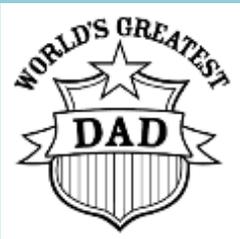
FRIDAY, June 7th, 2019

Client Council



Travelogue: Greece
Aerica has prepared
a presentation on
her Trip to Greece.

FRIDAY, June 14th, 2019



Father's Day
Celebration
A craft will be
planned and we will
be playing a Father
themed game.

FRIDAY, June 21st, 2019

35th Anniversary

Celebrate the 35th
Anniversary of the
Adult Day Programs

FRIDAY, June 28th, 2019

Health Chat

Canada Day
Celebration



Please dress in Red
and White. Katie
also has a fun
Health Chat planned
on Road Trip Safety.



Foods to Avoid after a Stroke:

1. Saturated Fat
2. Refined Sugar

Food that help with Stroke Recovery:

1. Omega 3's (Fish, chia seed, flaxseeds, hemp seeds, egg yolks)
2. Blueberries
3. Pomegranate
4. Tomatoes
5. Nuts and Seeds
6. Avocados
7. Beans

Happy Birthday!

June 25 – Maralyn M.

MIND Diet

It is shown to protect against Neurodegenerative Diseases

Foods you should eat:

- Green, leafy vegetables
- All other vegetables
- Berries
- Nuts
- Olive oil
- Whole grains
- Fish
- Bean
- Poultry
- Wine

Foods to Avoid:

- Butter and margarine
- Cheese
- Red meat
- Fried food
- Pastries and sweets