## September 2021

Thursday, September 2, 3:00 – 4:00 – Music in Foster Park

Friday, September 3, 11:00-2:45 – Exercise, Speech on Zoom

Thursday, September 9, 3:00 – 4:00 - Music in Foster Park

Friday, September 10, speech sessions by appt. starting at 10:00.

 11:00 – Exercise, ( Please remember your bag lunch), Occupational therapy after lunch at St. Columba,

Thursday, September 16, 3:00 – 4:00 - Music in Foster Park

Friday, September 17, – Speech sessions by appt. Exercise starts at 11:00 at St. Columba (please remember your bag lunch) Special music session after lunch.

Thursday, September 23, 3:00 – 4:00 - Music in Foster Park

Friday, September 24, Speech sessions by appt. Exercise starts at 11:00,

After lunch program (to be announced).

Thursday, September 30, 3:00 – 4:00 - Music in Foster Park

## Thought for the Month

 All progress takes place outside the comfort zone.