



MAY, 2022

Friday, May 6, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy,

Friday, May 13, 9:30 Speech therapy by appt. **10:00** Counselling by appt.
11:00 Exercise, **12:00** bag lunch,
12:30 Music therapy, **1:30** Occupational therapy,

Thursday, May 19, Music in Foster Park, 3:00 p.m. until 4:00.

Friday, May 20, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy

Thursday, May 26, Music in Foster Park, 3:00 p.m. until 4:00.

Friday, May 27, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Guest speaker

THOUGHT FOR THE MONTH

Observe a plant before and after you water it and relate



<https://oceansidestrokerecovery.org>

**these benefits to your body
and brain.**

