



JULY 2022

Friday, July 1, Off for Canada Day

Thursday, July 7, Music in Foster Park, 3:00 p.m. until 4:00

Friday, July 8, 9:30 Speech therapy by appt.

11:00 Exercise, **12:00** bag lunch, **12:30** Bingo with prizes

Thursday, July 14, Music in Foster Park, 3:00 p.m. until 4:00

Friday, July 15, 9:30 Speech therapy by appt.

11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy with Wedding Cake Celebration for Doug and Sue.

Thursday, July 21, no Foster Park meeting, Doug away on holidays

Friday, July 22, 9:30 Speech therapy by appt.

11:00 Exercise, **12:00** bag lunch, **12:30** Occupational therapy

Thursday, July 28, Music in Foster Park, 3:00 p.m. until 4:00

Friday, July 29, 9:30 Speech therapy by appt.

11:00 Exercise, **12:00** bag lunch, **12:30** To be announced.

Thought for the Month

“Calm” is a superpower!