



SEPTEMBER 2022

Thursday, Sept. 1, Music in Foster Park 3:00 p.m. – 4:00

Friday, Sept. 2, Off for Labour Day Weekend

Thursday, Sept. 8, Music in Foster Park, 3:00 p.m. until 4:00

Friday, Sept. 9, 9:30 Speech therapy by appt.

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

Thursday, Sept 15, no Foster Park meeting.

Friday, Sept. 16, 9:30 Speech therapy by appt.

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

Thursday, Sept. 22, Music in Foster Park, 3:00 p.m. until 4:00

Friday, Sept. 23, 9:30 Speech therapy by appt.

11:00 Exercise, **12:00** bag lunch, guest speaker.

Thursday, Sept. 29, Music in Foster Park, 3:00 p.m. until 4:00

Friday, Sept. 30, Lunch out at:location to be announced.

Thought for the Month

Life is a series of tiny miracles. Notice them.