



OCTOBER, 2022

Thursday, October 6, Music in Foster Park 3:00 p.m. – 4:00

Friday, October 7, 9:30 – 10:30 Speech Communication Group,
Individual sessions by appt. **11:00** Exercise, **12:00** bag lunch.
12:30 – 1:30 Songbirds Choir concert.

Thursday, October 13, Music in Foster Park, 3:00 p.m. until 4:00

Friday, October 14, 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Occupational therapy.

Thursday, October 20, no Foster Park meeting.

Friday, October 21 9:30 Speech therapy by appt.
11:00 Exercise, **12:00** bag lunch, **12:30** Music therapy

Friday, October 28, Lunch out at Mickey J's, Arrowsmith Golf Course.

Happy Thanksgiving Day! Happy Halloween!

Thought for the Month

Thanksgiving is a day when we pause to give thanks for the things we have.

Remembrance Day is a day when we pause to give thanks to the people who fought for the things we have.