



SCHEDULE FOR JULY, 2023

Thursday, July 6th, 3:00 p.m. - 4:00 p.m. Music in Foster Park

Friday, July 7, 9:30 -10:30, Group speech session, **11:00**

Exercise, **12:00** bag lunch, **12:30 – 1:30,** Strings and Sings

Thursday, July 13, 3:00 p.m. – 4:00 p.m. Music in Foster Park

Friday, July 14, 9:30 - 12:00, Speech therapy by appt.

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

Thursday, July 20, 3:00 p.m. - 4:00 p.m. Music in Foster Park

Friday, July 21, 9:30 - 12:00, Speech therapy by appt. Counseling by appt.

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

Thursday, July 27, 3:00 p.m. – 4:00 p.m. Music in Foster Park, Raffle Draw.

Friday, July 28, Lunch out at Ricky's - Arrive 11:30

Thought for the Month

Observe a plant before and after you water it and relate these benefits to your body and brain. Remember to stay hydrated during these warm summer days.



<https://oceansidestrokerecovery.org>

