



SCHEDULE FOR SEPTEMBER, 2023

Friday, Sept. 1, - off for Labour Day weekend.

Thursday, Sept. 7, 3:00 p.m. - 4:00 p.m. Music in Foster Park

Friday, Sept. 8, 9:30 -10:30, Group speech session, **11:00**

Exercise, **12:00** bag lunch, **12:30 – 1:30, Guest speaker**

Thursday, No Music in the Park as Doug is away.

Friday, Sept. 15, 9:30 – 10:30 Group speech session, **10:00,** counseling.

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

Thursday, Sept. 21, 3:00 p.m. - 4:00 p.m. Music in Foster Park

Friday, Sept. 22, 9:30 – 12:00, Speech sessions by appt.

11:00 Exercise, **12:00** bag lunch, **12:30 - Rainbow Stew Cloggers**

Thursday, Sept. 28, 3:00 p.m. – 4:00 p.m. Music in Foster Park,

Friday, Sept. 29, Lunch out at Ricky's - Arrive 11:30

Thought for the Month

Life can only be understood backwards, but it must be lived forwards. - Saren Kierkegaard



<https://oceansidestrokerecovery.org>

