



SCHEDULE FOR JULY 2024

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

Friday, July 5th, 9:30 -12:00 speech by appt.

11:00 a.m. - Exercise, **12:00** bag lunch, **12:30 – Jessica E. Taylor, Author**

Thursday, July 11th, Music in Foster Park 3:00 – 4:00 p.m.

Friday, July 12th, 9:30 – 10:30 Group speech session

11:00 Exercise, **12:00** bag lunch, **12:45 – Art Therapy with Carrie**

Friday, July 19th, 9:30 – 10:30 – Group speech session, Counselling by appt.

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

Friday, July 26th, Potluck Picnic in Foster Park – 11:30

Thought for the Month

**The aches and pains that come with age,
Are sometimes hard to bear,
But the joys outnumber sorrows,
When you have good friends who care.**

Poem by Kathleen.



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