



SCHEDULE FOR SEPTEMBER, 2024

Thursday, Sept. 5th, 3:00 – 4:00 p.m. Music in Foster Park

Friday, Sept. 6th, 9:30 – 10:30, Group speech session
11:00 a.m. - Exercise, **12:00** - bag lunch, **12:30** – Life Support presentation

Thursday, Sept. 12th, 3:00 – 4:00 Music in Foster Park

Friday, Sept. 13th 9:30 – 12:00 speech sessions by appt. Counselling by appt.
11:00 Exercise, **12:00** bag lunch, **12:45** – Art Therapy with Carrie

Thursday, Sept. 19th, 3:00 – 4:00 Music in Foster Park

Friday, Sept. 20th, 9:30 – 10:30 – Group speech session, **11:00** Exercise,
12:00 – bag lunch, **12:30** – Nutrition Consultant D. Westermann

Thursday, Sept. 26th, 3:00 – 4:00 p.m. Music in Foster Park

Friday, Sept. 27th, 11:30 Lunch out at Ricky's

Thought for the Month

Good friends are like stars. You don't always see them, but you know they are always there.



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