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SCHEDULE FOR JULY 2025

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**Tuesday, July 1st – CANADA DAY – Holiday – Parade in Parksville**

**Friday, July 4th 9:30 – 10:30 – Group speech session, 11:00 – 12:00 - Exercise, 12:00 – bag lunch, 12:30 - 1:30 Footcare talk by Raquell**

**Tuesday, July 8th, Music in Foster Park 3:00 p.m. – 4 :00 p.m.**

**Friday, July 11th 9:30 – 10:30 Group speech session, 9:30 - 12:00 - Counselling by appointment, 11:00 – 12:00 - Exercise, 12:00 – bag lunch, 12:45 – 1:45 Art therapy**

**Tuesday, July 15, Music in Foster Park 3:00 p.m. – 4:00 p.m.**

**Friday, July 18, 9:00 – 12:00 Individual speech by appointment with Susan, (Jennifer is away), 9:30 – 12:00 Counselling by appointment, 11:00 - 12:00 Exercise, 12:00 - bag lunch, 12:30 - Wellness talk with Charlotte Crowley**

**Tuesday, July 22nd, Music in Foster Park 3:00 p.m. – 4:00 p.m.**

**Friday, July 25<sup>th</sup>, Lunch out at Smitty's 11:30 a.m.**

**Tuesday, July 29<sup>th</sup>, Music in Foster Park 3:00 p.m. – 4:00 p.m.**

**Thought for the Month**  
**Sometimes we are so busy adding up our troubles**  
**that we forget to count our blessings.**



<https://oceansidestrokerecovery.org>

