



SCHEDULE FOR SEPTEMBER, 2025

Tuesday, Sept. 2nd, Music in Foster Park, 3:00 p.m. – 4:00 p.m.

Friday, Sept. 5th, 9:30 – 10:30 – Group speech session, Counselling by appt. 11:00 – 12:00 - Exercise, 12:00 – bag lunch, 12:30 - 1:30 Jenny Porter, guest speaker on prevention of Alzheimer's.

Tuesday, Sept 9th, Music in Foster Park 3:00 p.m. – 4 :00 p.m.

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

Tuesday, Sept. 16th, Music in Foster Park 3:00 p.m. – 4:00 p.m.

Friday, Sept. 19th, 9:00 – 12:00 Individual speech by appt. 9:30 – 12:00, 11:00 - 12:00 Exercise, 12:00 - bag lunch, 12:30 - Kate Pocock, Emergency Program Coordinator

Tuesday, Sept. 23rd, Music in Foster Park 3:00 p.m. – 4:00 p.m.

Friday, Sept. 26th, Lunch out at Ricky's 11:30 a.m.

Tuesday, Sept. 30th, Music in Foster Park 3:00 p.m. – 4:00 p.m.

Thought for the Month

There are two ways to live your life, one is as though nothing is a miracle, the other is as though everything is a miracle. - Einstein



<https://oceansidestrokerecovery.org>

