






# Manchester — July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>IMPORTANT</b></p> <p><b>-We will re-open on Saturdays beginning July 11th.</b></p> <p>-July's "Life Skills" group will cover computer skills.</p> <p>Topics will include: Setting up and using a Google account, basic Microsoft Word skills, setting up and using an Indeed account, basic social media skills, and more.</p>			<p>1</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>3</p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><i>In Observance of Independence Day</i></p>	<p>4</p> <p style="text-align: center;"></p>
<p>5</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>6</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>7</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Reading For Inspiration 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>11</p> <p style="text-align: center;">Weekend Relief Open 8:30AM-12:30PM</p> <p style="text-align: center;">Movie Day</p> <p style="text-align: center;"></p>
<p>12</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>13</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Keeping Sober 1:30PM</p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>16</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p> <p style="text-align: center;"> 6:00pm Place: TBD or Virtual <b>BOARD MEETING</b></p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>18</p> <p style="text-align: center;">Weekend Relief Open 8:30AM-12:30PM</p>
<p>19</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>20</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>21</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Reading For Inspiration 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p style="text-align: center;"><b>COMMUNITY MEETING 11:00AM</b></p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>23</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>24</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>25</p> <p style="text-align: center;">Weekend Relief Open 8:30AM-12:30PM</p>
<p>26</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>27</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Keeping Sober 1:30PM</p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>30</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>31</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>New Member Orientation / Life Skills 11:00AM</p> <p>—</p> <p>Feature Fridays* 12:30PM</p>	<p>This Month's outreach event will be at the NH Food Bank's garden!</p> <p>Please keep an eye out at the Centers for the full announcement including the day and time that we will be volunteering there! Sign ups will be required.</p> <p>*This month's educational event is TBA</p>