



Derry - July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's Life Skills group will be:</p> <p>TIME MANAGEMENT</p>	 <p>BOARD MEETING</p> <p>Thursday, July 15th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>This month's educational presentation will be held on</p> <p>Tuesday, July 20th at 11am -YWCA-</p> <p>Via Zoom for Derry (see page 6)</p> <p>In-Person at the Manchester Peer Center</p> <p>Learn about healthy relationships, what the YWCA has to offer, and what they can help you with!</p> 		<p>1</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>3</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>7</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>8</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>10</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>11</p> <p>CLOSED</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>13</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>Newsletter Workgroup 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>16</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>17</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p>	<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>YWCA Presentation Via Zoom 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>21</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>23</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Feature Friday 12:30-2:30</p> 	<p>24</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>25</p> <p>CLOSED</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>27</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>30</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>31</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>