



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	3 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Stretching and Moving 11:45AM-12:00PM — Creative Arts 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:30AM — ADA Presentation Via Zoom 11:00AM — TED Talks 12:30PM — Writing Group 1:30PM	5 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Topics in WRAP 12:30PM — Art Techniques 1:30PM	6 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM	7 Weekend Relief OPEN 8:30AM-12:30PM
8 CLOSED	9 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	10 DELAYED OPENING STAFF DEVELOPMENT — Strong Feelings 11:00AM — Stretching and Moving 11:45AM-12:00PM — Creative Arts 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:30AM — COMMUNITY MEETING 11:00AM — Newsletter Workgroup 12:30PM — Writing Group 1:30PM	12 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Topics in WRAP 12:30PM — Art Techniques 1:30PM	13 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM	14 Weekend Relief OPEN 8:30AM-12:30PM
15 CLOSED	16 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	17 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Stretching and Moving 11:45AM-12:00PM — Creative Arts 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — TED Talks 12:30PM — Writing Group 1:30PM	19 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Topics in WRAP 12:30PM — Art Techniques 1:30PM Board Meeting 6:00pm - Zoom	20 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM	21 Weekend Relief OPEN 8:30AM-12:30PM
22 CLOSED	23 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	24 Check-in/ Moving Towards 10:30AM — Strong Feelings 11:00AM — Stretching and Moving 11:45AM-12:00PM — Creative Arts 12:30PM — Music Appreciation 1:30PM	25 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — TED Talks 12:30PM — Writing Group 1:30PM	26 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Topics in WRAP 12:30PM — Art Techniques 1:30PM	27 FIELD TRIP TO KINGSTON State Park Weather Permitting Space is limited Sign-ups are Required Leaving the Center 10:00 Arriving back at the Center 3:00	28 Weekend Relief OPEN 8:30AM-12:30PM
29 CLOSED	30 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	31 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Stretching and Moving 11:45AM-12:00PM — Creative Arts 12:30PM — Music Appreciation 1:30PM	<i>This month's life skills group will be:</i> Cooking/Nutrition	<p>Educational Presentation</p> <p>Wednesday, August 4th, 11:00am</p> <p>Americans with Disabilities Act</p> <p>This presentation will be a general overview of the ADA with a focus on employment.</p> <p>Please join us in person or on Zoom!</p> <p>Zoom meeting: https://us02web.zoom/join/87497852702?pwd=ZWlzc0hQdzdQZHZhZnNhOeXZndlF4Zz09 Meeting ID: 874 9785 2702 Passcode: 405930</p>		<p>BOARD MEETING</p> <p>Thursday, August 19th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>