



# Manchester-August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1  <b>CLOSED</b>	2 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Self Care 1:30PM	3 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:00AM — <b>ADA Presentation Via Zoom</b> 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM	5 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	6 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM	7  Weekend Relief  Open  8:30AM-12:30PM	
8  <b>CLOSED</b>	9 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — <b>COMMUNITY MEETING</b> 12:30PM — Self Care 1:30PM	10 <b>DELAYED OPENING STAFF DEVELOPMENT</b> — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM	12 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	13 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM	14  Weekend Relief  Open  8:30AM-12:30PM	
15  <b>CLOSED</b>	16 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Self Care 1:30PM	17 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM	19 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM  <b>Board Meeting 6:00pm - Zoom</b>	20 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM	21  Weekend Relief  Open  8:30AM-12:30PM	
22  <b>CLOSED</b>	23 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Self Care 1:30PM	24 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	25 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM	26 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	27  <b>FIELD TRIP TO KINGSTON State Park</b>  Weather Permitting Space is limited <b>Sign-ups are Required</b> Leaving the Center 10:00 Arriving back at the Center 3:00	28  Weekend Relief  Open  8:30AM-12:30PM	
29  <b>CLOSED</b>	30 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Self Care 1:30PM	31 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	<p><i>This months life skills group will be:</i></p> <p><b>Nutrition/Recipes</b></p>		<p><b>Educational Presentation</b></p> <p><b>Wednesday, August 4th, 11:00am</b></p> <p><b>Americans with Disabilities Act</b></p> <p><b>This presentation will be a general overview of the ADA with a focus on employment. Please join us in person or on Zoom!</b></p> <p><b>Zoom meeting:</b></p> <p><a href="https://us02web.zoom/join/87497852702?pwd=ZWlzcKhQdzdQZhdZnNhOcxZndlF4Zz09">https://us02web.zoom/join/87497852702?pwd=ZWlzcKhQdzdQZhdZnNhOcxZndlF4Zz09</a></p> <p>Meeting ID:874 9785 2702 Passcode: 405930</p>		<p><b>BOARD MEETING</b></p> <p>Thursday, August 19th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials *</p>