



# Manchester - July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><a href="#">This Month's Educational Presentation</a></p> <p><b>Morrison House</b></p> <p>* Outing</p> <p>* Friday, July 15th</p> <p>* Sign-ups required</p>		<p>This month's life skills group will be:</p> <p><b>How to Meal Plan</b></p>		<p><b>BOARD MEETING</b></p> <p><b>Thursday, July 21st</b></p> <p><b>6:00pm</b></p> <p><b>Via Zoom</b></p> <p><b>Members Encouraged to Attend!</b></p> <p><b>Contact the Office for Access Credentials</b></p>	<p>1</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 1:30PM</p>	<p>2</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>3</p> <p>CLOSED</p>	<p>4</p> <p><b>CLOSED</b></p>	<p>5</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>7</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>9</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>10</p> <p>CLOSED</p>	<p>11</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>12</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>14</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>15</p> <p><a href="#">Educational Presentation</a></p> <p>Outing to Morrison House in Londonderry</p> <p><b>Sign-Ups Required</b></p> <p>Vans will leave Centers @10:30am and will return by 2pm</p>	<p>16</p> <p><b>Craft Fair And Bake Sale</b></p> <p>10am-2pm</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>19</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>20</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>21</p> <p><a href="#">Clough State Park</a></p> <p>Join us <b>today</b> for an Outing to Clough State Park! We'll swim, play games, have a cookout lunch, and spend time together as a community!</p> <p><b>Sign-ups are Required</b></p> <p>Vans will leave Centers by 10:30 and return by 3:00</p> <p><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>23</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>24 / 31</p> <p>CLOSED</p>	<p>25</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>26</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>28</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>30</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>