




# Manchester-August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>BOARD MEETING</b></p> <p><b>Thursday, August 18th 6:00pm Via Zoom</b></p> <p>Members Encouraged to Attend! Contact the Office for</p>	<p>1</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Understanding Stigma 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>2</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>—</p> <p>Personal Positivity Journal 1:30PM</p>	<p>4</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Facing Addiction 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p><b>Educational Presentation @11am</b></p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>6</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>9</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>—</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>11</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>12</p> <p><b>CHUCKSTER'S "OUTING"</b></p> <p>Join us for a day of fun, community, go-karts, games, and pizza! If you don't want pizza, you can bring a lunch, or \$ to purchase food, drinks, or ice cream!</p> <p><b>Sign-Ups required</b></p> <p>Vans will leave Centers at 10:15am and return for 3pm</p>	<p>13</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p><b>Late Opening</b></p> <p><i>-Staff Development-</i></p> <p>Centers Open at: <u>10:30am</u></p> <p>—</p> <p>Building Resiliency 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>16</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>—</p> <p>Personal Positivity Journal 1:30PM</p>	<p>18</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Facing Addiction 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p> <p><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>19</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>20</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Building Resiliency 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>23</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Appreciation 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>—</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>25</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>26</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>27</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Building Resiliency 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>30</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>31</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>—</p> <p>Personal Positivity Journal 1:30PM</p>	<p>This month's life skills group will be:</p> <p><b>Budgeting</b></p>	<p><b>This Month's Educational Presentation</b></p> <p><b>Social Security Administration</b></p> <p>Join us on <b>Friday, August 5th at 11am</b> at the Manchester Peer Center, or from home over Zoom to learn about Social Security, Social Security Disability, Medicare and other programs offered by the Social Security Administration. Learn how the process works, who is eligible, and how to apply! Bring any questions you may have. There will be time at the end for Q&amp;A.</p>	