



Manchester-August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This Month's Life Skills:</p> <p>Finding Purpose</p>	<p>BOARD MEETING</p> <p>Thursday, August 17th 5:00pm</p> <p>Via Zoom</p> <p>Contact the Office for Access Credentials</p>	<p>1 Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>2 Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH & Family Relationships 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>3 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>Life Skills 1:30PM</p>	<p>4 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>5</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>6</p> <p>CLOSED</p>	<p>7</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>8</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>10</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>Life Skills 1:30PM</p>	<p>11</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>12</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>13</p> <p>CLOSED</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>15</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>16</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH & Family Relationships 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>17</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>Web Wisdom 1:30PM</p> <p>Board Meeting 5:00pm - Zoom</p>	<p>18</p> <p>Chuckster's</p> <p>Vans will leave Center's at 10:15am and return by 4:30pm</p> <p>Please see Page 7 for details</p>	<p>19</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>22</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH & Family Relationships 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>24</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>Web Wisdom 1:30PM</p>	<p>25</p> <p>Growing Together</p> <p>Check-in 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:30AM</p> <p>—</p> <p>Physical Wellness/Outdoor Games 1:30PM</p>	<p>26</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Educational Presentation 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>29</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>MH & Family Relationships 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>31</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>Web Wisdom 1:30PM</p>	<p>Educational Presentation</p> <p>Breathwork</p> <p>August 28th @11am</p> <p>In-person at the Manchester Center or over Zoom</p> <p>See page 3 for details</p>	