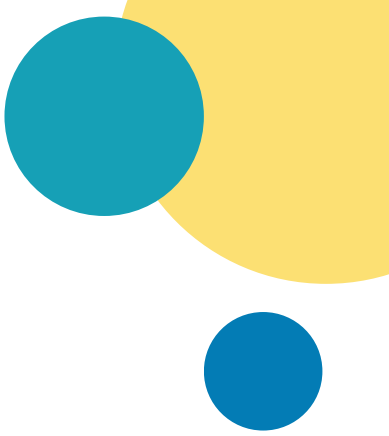


July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Closed!	2 Closed!	3 Closed!	4 	5
6 	7 Opening Day!!! 11:15 - 12 Lunch	8 11:15 - 12 Lunch 12-1 Stress Management Group	9 11:15 - 12 Lunch 12-2 Member Meeting	10 11:15 - 12 Lunch 12-1 Peer Support Group 1-2 Exercise Group	11 11:15 - 12 Lunch 1-2 Self-Care Group	12
13	14 11:15 - 12 Lunch 12-1 Stress Management Group	15 11:15 - 12 Lunch 12-1 Art and Crafts 1-2 Exercise Group	16 11:15 - 12 Lunch 12 - 1 BINGO!!!	17 11:15 - 12 Lunch 12-1 Peer Support Group 1-2 Exercise Group	18 11:15 - 12 Lunch 1-2 Self-Care Group 2- 3 Creative Writing	19
20	21 11:15 - 12 Lunch 12-1 Stress Management Group	22 11:15 - 12 Lunch 12 - 1 Art and Crafts 1-2 Exercise Group	23 11:15 - 12 Lunch 12 -3 The Cafe Meow 	24 11:15 - 12 Lunch 12-1 Peer Support Group 1-2 Exercise Group	25 11:15 - 12 Lunch 1-2 Self-Care Group	26
27	28 11:15 - 12 Lunch 12-1 Stress Management Group	29 11:15 - 12 Lunch 12-1 Art and Crafts 1-2 Exercise Group	30 11:15 - 12 Lunch 12-1 Gardening Group	31 11:15 - 12 Lunch 12 -1 Peer Support Group 1-2 Exercise Group		