

ICMH Summer Calendar

MONDAY

BODY MOVEMENT
10:30-NOON

BEACH CLEANUP
ROTATING LOCATIONS
10:30-11:30

MEN'S GROUP
1-2:30

CBT
1-2:30
14 JULY - 25 AUG

SENIORS' COFFEE
1-3

**OPEN COMPUTER
LAB**
1-3

TUESDAY

COFFEE & CHAT
10:30-NOON

**CRD WILDLY DIVERSE
GUIDED WALK**
10-11:30
JULY 8TH

COOKING CLUB
11-1

ART
12:30-3:30

CRAFTING & MENDING
1-3

MINDFULNESS
1-2:30
8 JULY - 12 AUG

EMP MARKET
2-3
ALL JULY/AUG

YOGA WITH SARA
4-5
12 AUG - 28 OCT

WEDNESDAY

JOURNALING
9:30-10:30

**CONTAINER
GARDENING**
10:30-NOON

**YOGA AT SHIPS
POINT**
12-12:45

COOKING CLUB
11-1

ART
12:30-3:30

SENIORS' COFFEE
1-3

**OPEN COMPUTER
LAB**
1-3

THURSDAY

GAMES DAY
10:30-3

ANXIETY GROUP
11-12:30
10 JULY - 14 AUG

**EXPLORING
INDIGENOUS
PERSPECTIVES
GUIDED TOUR**
10-11:30
JULY 17TH

TALK & STEP
2-3

**CRAFT & CONNECT
AT LUTHER COURT**
3-4

FRIDAY

VIRTUAL GOALS
9-10

OUTDOOR ART DAY
1-3
JULY 18TH

COOKING CLUB
11-1

ART
12:30-3:30

**EMOTIONAL
WELLNESS**
1-2:30
15 AUG - 19 SEPT

JOIN US FOR OUR
ANNUAL
SUMMER BBQS!
JULY 11TH
AUGUST 8TH