

July



2020

ALL Meetings/Support Groups are VIRTUAL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* CP = Cerebral Palsy * MS = Multiple Sclerosis * SG = Support Group * Keep Abreast = is a group for breast cancer survivors</p>	<p>* CLUB CONNECT = Is a group where people with physical disabilities come to Socialize with friends</p>	<p>* TAG = The Adult Support Group for people with Spina Bifida * Rolling Inspiration = Support Group for people with Spinal Cord Injuries</p>	<p>1 Club Connect – G 1:00 – 3:00 pm MS Support 6:00 – 8:00 pm</p>	<p>2 Chair Yoga - G 3:00 – 4:00 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>3 Hathal Yoga - G 11:50 am – 12:15 pm Bridging The Gap - Z 1:00 – 1:30 pm</p>	<p>4 Adult Chronic Pain 10:00 – 11:30 am</p>
<p>5 * Stronger Together = a social group for women who have a disability * AHIA = Alamo Head Injury</p>	<p>6 Bridging The Gap - Z 1:00 – 1:30 pm Rockin'CP – G 2:30 – 4:30 pm KeepAbreast - Z 6:00 – 8:00 pm</p>	<p>7 CG Culture Club – Z 1:00 – 1:45 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>8 Club Connect – Z 1:00 – 3:00 pm MS Support 6:00 – 8:00 pm</p>	<p>9 Chair Yoga - G 3:00 – 4:00 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>10 Hathal Yoga - G 11:50 am – 12:15 pm Bridging The Gap - Z 1:00 – 1:30 pm</p>	<p>11 Teen/Parent Chronic Pain 10:00 – 11:30 am Amputee SG 10:00 am – 12:00 pm</p>
<p>12 * Bridging the Gap = A virtual meeting where members can check in with each other and say Hi</p>	<p>13 Bridging The Gap - Z 1:00 – 1:30 pm Rockin'CP – G 2:30 – 4:30 pm</p>	<p>14 Bridging The Gap - Z 6:00 – 6:30 pm Adult Chronic Pain 6:00 – 7:30 pm</p>	<p>15 Club Connect – G 1:00 – 3:00 pm MS Support 6:00 – 8:00 pm Caregiver SG - Z 6:00 – 7:00 pm</p>	<p>16 Chair Yoga - G 3:00 – 4:00 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>17 Hathal Yoga - G 11:50 am – 12:15 pm Bridging The Gap - Z 1:00 – 1:30 pm</p>	<p>18 Low Vision Club – G 10:00 am – 12:00 pm Stronger Together – G 1:00 – 2:00 pm</p>
<p>19 * Z = This is a Zoom meeting * G = This is a GoTo meeting</p>	<p>20 Bridging The Gap - Z 1:00 – 1:30 pm Rockin'CP – G 2:30 – 4:30 pm</p>	<p>21 Bridging The Gap - Z 6:00 – 6:30 pm Teen/Parent Chronic Pain 6:00 – 7:30 pm</p>	<p>22 Club Connect – G 1:00 – 3:00 pm MS Support 6:00 – 8:00 pm AHIA - SG 6:00 – 7:00 pm</p>	<p>23 Chair Yoga - G 3:00 – 4:00 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>24 Hathal Yoga - G 11:50 am – 12:15 pm Bridging The Gap - Z 1:00 – 1:30 pm</p>	<p>25 TAG - Z 11:00 am – 12:00 pm Virtual RI 12:30 – 2:30 pm</p>
<p>26</p>	<p>27 Bridging The Gap - Z 1:00 – 1:30 pm Rockin'CP – G 2:30 – 4:30 pm</p>	<p>28 Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>29 Club Connect – G 1:00 – 3:00 pm MS Support 6:00 – 8:00 pm</p>	<p>30 Chair Yoga - G 3:00 – 4:00 pm Bridging The Gap - Z 6:00 – 6:30 pm</p>	<p>31 Hathal Yoga - G 11:50 am – 12:15 pm Bridging The Gap - Z 1:00 – 1:30 pm</p>	

Any Questions Please contact: Shelia Brown 210-672-4097 or email: sbrown@warmspringsconnectability.org
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