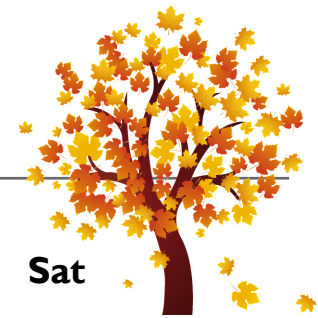


September 2023 Respite & Recreation



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|-----------|
| | | | | | 1 Health & Wellness: Supervised Open Gym 1:00p-3:00p Recreation: Outdoor Games 12p- | 2 |
| 3 | 4 LABOR DAY MARC CLOSED NO DAY SERVICES | 5 RESPITE: Pottery Night at Firestone Café 2:30p - 6:30p | 6 | 7 | 8 Health & Wellness: Supervised Open Gym 1:00p-3:00p | 9 |
| 10 RESPITE: The Hebron Harvest Fair 10:00a - 4:00p | 11 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 12 | 13 MARC INC. Bowling League * registration required * 2:30p - 4:30p | 14 RESPITE: Movie Night @ MARC 2:30p - 6:00p | 15 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 16 |
| 17 | 18 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 19 RESPITE: Dave & Busters 2:30p - 6:30p ECHN | 20 MARC INC. Bowling League * registration required * 2:30p - 4:30p | 21 RESPITE: Video-Game Club Night @ MARC 2:30p - 6:00p | 22 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 23 |
| 24 | 25 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 26 RESPITE: Cinemark Movie & Dinner Out 2:30p - 7:30p | 27 MARC INC. Bowling League * registration required * 2:30p - 4:30p | 28 RESPITE: Paint Night @ MARC 2:30p - 6:00p | 29 Health & Wellness: Supervised Open Gym 1:00p - 3:00p | 30 |

ECHN — DENOTES A DAY WHERE ECHN PREVENT-T2 COHORT WILL BE MEETING; MEETINGS ARE AT 12PM IN THE FITNESS CENTER

September's Respite Sponsor is The Town of Glastonbury, Thank You!