

# JULY 2021

## SRSS ACTIVITY SNAPSHOT

### PLUS:

- Daily Reflective Discussion Questions
- Team Restoration Picks
- Bedtime Stories

## WEEK 1

LIVE

Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9
Coffee & Connecting 9-10am EDT	Paint Night 4-6pm EDT	Nibble & Natter 5-6pm EDT	Campfire & S'mores 8pm EDT	Scavenger Hunt 9-10am EDT
Relaxation Massage Step Up Challenge	Yoga Foundations	Stretches Karate	Yoga Practice	Self-Reg Baking

## WEEK 2

LIVE

Monday July 12	Tuesday July 13	Wednesday July 14	Thursday July 15	Friday July 16
Coffee & Connecting 9-10am EDT	Yoga Nidra 4-5pm EDT	Nibble & Natter 5-6pm EDT	Board Games Night 8pm EDT	Scavenger Hunt 9-10am EDT
Neck Massage Step Up Challenge	Art Corner	Line Dancing	Chair Yoga	Self-Reg Gardening

## WEEK 3

LIVE

Monday July 19	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July 23
Coffee & Connecting 9-10am EDT	Karate 4-5pm EDT	Nibble & Natter 5-6pm EDT	Movie Night: The Stressed Detective 8pm EDT	SRSS Celebration End 3pm EDT
Arm Massage Step Up Challenge	Meditation & Breathwork	Paint Session	Yoga Nidra	Self-Reg Cooking

**Join whenever you want over July to access new content released daily!**

*Live Paint, Yoga & Karate sessions will be recorded for later viewing.*