






# Manchester — September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>BOARD MEETING</b></p> <p>Wednesday September 16th Right After our Members Annual Meeting 11:00am - 1:00pm</p> <p><i>Members - Please Attend!</i></p>	<p>1</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation* 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>5</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>6</p> <p>CLOSED</p>	<p>7</p> <p>CLOSED</p> 	<p>8</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation* 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>12</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>13</p> <p>CLOSED</p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Keeping Sober/Smoking Cessation 1:30PM</p>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation* 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>16</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p><b>MEMBERS ANNUAL MEETING</b> 11:00am - 1:00pm Elect Your Board of Directors Share Your Successes</p> <p>—</p> <p><b>COMMUNITY MEETING</b> 1:30PM</p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>18</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>19</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation* 11:00AM</p> <p>—</p> <p>Depression Peer Support Group 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p> 	<p>23</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p><b>"Staying Positive in Times Like These"</b> <b>Presented by Marty Fuller</b> <b>11:00AM-12:00PM</b></p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>24</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>25</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills <b>New Member Orientation</b> 11:00AM <b>Feature Friday</b> <b>12:30pm-2:30pm</b></p>	<p>26</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Principles and Tasks 11:00AM</p> <p>—</p> <p>More Than a Label 12:30PM</p> <p>—</p> <p>Keeping Sober 1:30PM</p>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation* 11:00AM</p> <p>—</p> <p><b>Field trip to local park/nature reserve to walk and view the fall foliage</b> <b>12:30PM-2:30pm</b></p>	<p>30</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>WRAP INFO SESSION 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>		<p>*Back by Popular Demand!*</p> <p>-September's Life Skills group will cover computer skills.</p> <p>Topics will include: Setting up and using a Google account, basic Microsoft Word skills, setting up and using an Indeed account, basic social media skills, and others.</p>	