






Manchester — October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Back by popular demand!</p> <p>September's Life Skills Group will cover Computer Skills</p> <p>Topics will Include:</p> <p>Setup & Use of a Google Account</p> <p>Basic Microsoft Word skills</p> <p>Setup & Use of Indeed</p> <p>Basic Social Media skills</p> <p>... and more!</p>	 <p>BOARD MEETING</p> <p>Thursday, October 15th 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i></p> <p>Contact the Office for Access Credentials</p>		<p>1</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>2</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>3</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p>	<p>5</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>6</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>7</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>8</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>9</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>10</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>11</p> <p>CLOSED</p>	<p>12</p> <p>CLOSED FOR COLUMBUS DAY</p> 	<p>13</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>14</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>COMMUNITY MEETING 1:30PM</p>	<p>15</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>OTRTW Board Meeting 6:00pm via Zoom</p>	<p>16</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Trip to Local Park & Photo Scavenger Hunt 12:30-2:30</p>	<p>17</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p>	<p>19</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>20</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>21</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>"Taking Charge and Getting Results" Presented by Marty Fuller 11:00AM-12:00PM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>22</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>23</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>24</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>25</p> <p>CLOSED</p>	<p>26</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>27</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>28</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>10 Values of IPS 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>WRAP INFO SESSION 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>29</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>30</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Movie Day 10:30am-2:30pm Sign-ups required</p> <p>Wear a costume and join us for some of our favorite fall movies!</p> 	<p>31</p> <p>Weekend Relief Open 8:30AM-12:30PM</p> <p>Movie Day</p> 