




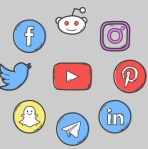





# Derry - November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>CLOSED</b>	2 Daily Check-in/ Moving Towards 10:30AM ----- Laughing Group 11:00AM ----- Principles and Tasks 12:30PM ----- Life Skills/Smoking Cessation 1:30PM	3 Movie Day 10:30-2:20 If you need a ride to vote, sign-up at the Center!  	4 Daily Check-in/ Moving Towards 10:30AM ----- Conversations of Hope 11:00AM ----- TED Talks 12:30PM ----- Journaling 1:30PM	5 Daily Check-in/ Moving Towards 10:30AM ----- Physical Wellness Group* 11:00AM ----- Topics in WRAP 12:30PM ----- 10 Values of IPS 1:30PM	6 Daily Check-in/ Moving Towards 10:30AM ----- Member Driven Group/ Social Group 11:00AM ----- Healthy Living 12:30PM ----- Stress Management and Relaxation 1:30PM	7            <b>Weekend Relief OPEN 8:30AM-12:30PM</b>
8 <b>CLOSED</b>	9 Daily Check-in/ Moving Towards 10:30AM ----- Laughing Group 11:00AM ----- Principles and Tasks 12:30PM ----- Life Skills 1:30PM	10 Daily Check-in/ Moving Towards 10:30AM ----- Understanding and Managing Your Emotions 11:00AM ----- Stretching and Moving 11:45AM-12:00PM ----- Creative Arts 12:30PM ----- Music Appreciation 1:30PM	11 <b>CLOSED For Veteran's Day</b>  	12 Daily Check-in/ Moving Towards 10:30AM ----- Physical Wellness Group* 11:00AM ----- Topics in WRAP 12:30PM ----- 10 Values of IPS 1:30PM	13 Daily Check-in/ Moving Towards 10:30AM ----- Member Driven Group/ Social Group 11:00AM ----- Healthy Living 12:30PM ----- Stress Management and Relaxation 1:30PM	14            <b>Weekend Relief OPEN 8:30AM-12:30PM</b>
15 <b>CLOSED</b>	16 Daily Check-in/ Moving Towards 10:30AM ----- Laughing Group 11:00AM ----- Principles and Tasks 12:30PM ----- Life Skills 1:30PM	17 Daily Check-in/ Moving Towards 10:30AM ----- Strong Feelings 11:00AM ----- Stretching and Moving 11:45AM-12:00PM ----- Creative Arts 12:30PM ----- Music Appreciation 1:30PM	18 Daily Check-in/ Moving Towards 10:30AM ----- <b>COMMUNITY MEETING</b> 11:00AM ----- TED Talks 12:30PM ----- Journaling 1:30PM	19 Daily Check-in/ Moving Towards 10:30AM ----- Physical Wellness Group* 11:00AM ----- Topics in WRAP 12:30PM ----- 10 Values of IPS 1:30PM  <b>Board Meeting 6:00pm via Zoom</b>	20 Daily Check-in/ Moving Towards 10:30AM ----- <b>Advocacy Essentials with New Futures 11:00AM-12:00PM</b> ----- Healthy Living 12:30PM ----- Stress Management and Relaxation 1:30PM	21            <b>Weekend Relief OPEN 8:30AM-12:30PM</b>
22 <b>CLOSED</b>	23 Daily Check-in/ Moving Towards 10:30AM ----- Laughing Group 11:00AM ----- Principles and Tasks 12:30PM ----- Life Skills 1:30PM	24 Daily Check-in/ Moving Towards 10:30AM ----- Understanding and Managing Your Emotions 11:00AM ----- Stretching and Moving 11:45AM-12:00PM ----- Creative Arts 12:30PM ----- Music Appreciation 1:30PM	25 <b>Thanksgiving Craft Day And Pizza Party!</b>  	26 <b>CLOSED FOR THANKSGIVING BREAK</b>  	27 <b>Gobble til you Wobble</b>	28            <b>Weekend Relief OPEN 8:30AM-12:30PM</b>
29 <b>CLOSED</b>	30 Daily Check-in/ Moving Towards 10:30AM ----- Laughing Group 11:00AM ----- Principles and Tasks 12:30PM ----- Life Skills 1:30PM	 <b>BOARD MEETING</b>  Thursday, November 19th 6:00pm Via Zoom  <i>Members Encouraged to Attend!</i> <b>Contact the Office for Access Credentials</b>		This month's life skills group is: <b>Social Media Skills.</b>  Topics include: Facebook, Instagram and other social media platforms.  	 <b>We are Thankful for YOU!</b>	