


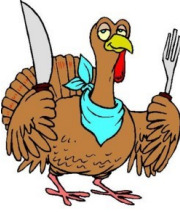





Manchester — November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 CLOSED	2 Daily Check-in/ Moving Towards 10:00AM — Principles and Tasks 11:00AM — More Than a Label 12:30PM — Keeping Sober/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 10:00AM — 10 Values of IPS 11:00AM — Stretching and Moving 11:45AM-12:00PM — Topics in WRAP 12:30PM — Creative Arts	5 Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	6 Daily Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM	7 Weekend Relief Open 8:30AM-12:30PM	
8 CLOSED	9 Daily Check-in/ Moving Towards 10:00AM — Principles and Tasks 11:00AM — More Than a Label 12:30PM — Keeping Sober/Smoking Cessation 1:30PM	10 Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation* 11:00AM — Depression Peer Support Group 12:30PM — Music Appreciation 1:30PM	11 CLOSED in Observation of Veteran's Day 	12 Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	13 Daily Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM	14 Weekend Relief Open 8:30AM-12:30PM	
15 CLOSED	16 Daily Check-in/ Moving Towards 10:00AM — Principles and Tasks 11:00AM — CLOSING EARLY AT 12:30 FOR MANCHESTER STAFF DEVELOPMENT	17 Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation* 11:00AM — Depression Peer Support Group 12:30PM — Music Appreciation 1:30PM	18 Daily Check-in/ Moving Towards 10:00AM — 10 Values of IPS 11:00AM — Stretching and Moving 11:45AM-12:00PM — COMMUNITY MEETING 1:30PM — Creative Arts 1:30PM	19 Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM Board Meeting 6:00pm via Zoom	20 Daily Check-in/ Moving Towards 10:00AM Advocacy Essentials with New Futures 11:00AM-12:00PM Walking Group 12:30PM — Member Driven Group 1:30PM	21 Weekend Relief Open 8:30AM-12:30PM	
22 CLOSED	23 Daily Check-in/ Moving Towards 10:00AM — Principles and Tasks 11:00AM — More Than a Label 12:30PM — Keeping Sober 1:30PM	24 Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation* 11:00AM — Depression Peer Support Group 12:30PM — Music Appreciation 1:30PM	25 Thanksgiving Craft Day And Pizza Party! 	26 27 CLOSED FOR THANKSGIVING BREAK 		28 Weekend Relief Open 8:30AM-12:30PM	
29 CLOSED	30 Daily Check-in/ Moving Towards 10:00AM — Principles and Tasks 11:00AM — More Than a Label 12:30PM — Journaling 1:30PM	 BOARD MEETING Thursday, November 19th 6:00pm Via Zoom <i>Members Encouraged to Attend!</i> Contact the Office for Access Credentials	This month's life skills group is: Job and Volunteer Skills Topics include: Where to look for job and volunteer opportunities, how to create a resume and cover letter, interview skills, and more! 