






# Derry - December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>BOARD MEETING</b></p> <p>Thursday, December 17th 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i></p> <p><b>Contact the Office for Access Credentials</b></p>	<p>1</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Physical Wellness Group* 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>5</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>6</p> <p><b>CLOSED</b></p>	<p>7</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>8</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	<p>10</p>  <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Physical Wellness Group* 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>12</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>13</p> <p><b>CLOSED</b></p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>16</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p><b>COMMUNITY MEETING</b> 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Physical Wellness Group* 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p> <p><b>Board Meeting 6:00pm via Zoom</b></p>	<p>18</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>19</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>20</p> <p><b>CLOSED</b></p>	<p>21</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>23</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	<p>24</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Physical Wellness Group* 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	<p>25</p> <p><b>CLOSED</b></p> 	<p>26</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<b>Spirit Week</b>						
<p>27</p> <p><b>CLOSED</b></p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>30</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	<p>31</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Physical Wellness Group* 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	<p><b>New Member Orientation</b></p> <p>This group meets on the last Friday of the month.</p> <p>Designed for new or returning members to meet other members and staff. Topics covered are member rights, Q&amp;A about anything relating to membership and the organization, and begin working on a Personal Wellness Plan.</p>	