






Manchester — January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>BOARD MEETING</p> <p>Thursday, January 21st 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i></p> <p>Contact the Office for Access Credentials</p>	<p>New Member Orientation</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&A about anything relating to membership and the organization, and begin working on a Personal Wellness Plan.</p>			<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Addiction Cessation Smoking Cessation 1:30PM</p>	<p>5</p> <p>Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation 11:00AM — *Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>6</p> <p>Bodies in Motion/Weight Mgmt 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>7</p> <p>Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>8</p> <p>Daily Check-in/ Moving Towards 10:00AM — Life Skills Group 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM</p>	<p>9</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>10</p> <p>CLOSED</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Journaling 1:30PM</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation 11:00AM — *Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>13</p> <p>Bodies in Motion/Weight Mgmt 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:00AM — Life Skills Group 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM</p>	<p>16</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>CLOSED</p> 	<p>19</p> <p>Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation 11:00AM — *Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>20</p> <p>Bodies in Motion/Weight Mgmt 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — COMMUNITY MEETING 1:30PM</p>	<p>21</p> <p>Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p> <p>Board Meeting 6:00pm via Zoom</p>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:00AM — Life Skills Group 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM</p>	<p>23</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>24/31</p> <p>CLOSED</p>	<p>25</p> <p>Daily Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Journaling 1:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:00AM — Mindfulness and Meditation 11:00AM — *Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>27</p> <p>Bodies in Motion/Weight Mgmt 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:00AM — Life Skills Group 11:00AM — Walking Group 12:30PM — Member Driven Group 1:30PM</p>	<p>30</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>