

## Derry - February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	Daily Check-in/ Moving Towards 10:30AM Laughing Group 11:00AM IPS Group 12:30PM Life Skills/Smoking Cessation 1:30PM	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 !	Daily Check-in/ Moving Towards 10:30AM  Conversations of Hope 11:00AM  TED Talks 12:30PM  Journaling 1:30PM	4 Daily Check-in/ Moving Towards 10:30AM  Walking Group/ Physical Wellness Group 11:00AM  Topics in WRAP 12:30PM  *Art Techniques 1:30PM	Daily Check-in/ Moving Towards 10:30AM ——— Member Driven Group/ Social Group 11:00AM ——— Healthy Living 12:30PM  Stress Management and Relaxation 1:30PM	Weekend Relief OPEN 8:30AM-12:30PM
7 CLOSED	B Daily Check-in/ Moving Towards 10:30AM Laughing Group 11:00AM IPS Group 12:30PM Life Skills 1:30PM	9 Daily Check-in/ Moving Towards 10:30AM Understanding and Managing Your Emotions 11:00AM Stretching and Moving 11:45AM-12:00PM Valentine's Day Outreach 12:30PM Music Appreciation 11:30PM	Daily Check-in/ Moving Towards 10:30AM  Conversations of Hope 11:00AM  TED Talks 12:30PM  Journaling 1:30PM	Daily Check-in/ Moving Towards 10:30AM  Walking Group/ Physical Wellness Group 11:00AM  Topics in WRAP 12:30PM  *Art Techniques 1:30PM	Daily Check-in/ Moving Towards 10:30AM  Member Driven Group/ Social Group 11:00AM  Healthy Living 12:30PM  Stress Management and Relaxation 1:30PM	Weekend Relief OPEN 8:30AM-12:30PM
CLOSED  Valentine 8	CLOSED  CLOSED  PRESIDENTS  PRESIDENTS	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	Daily Check-in/ Moving Towards 10:30AM  COMMUNITY MEETING 11:00AM  Newsletter Workgroup 12:30PM  Journaling 1:30PM	Daily Check-in/ Moving Towards 10:30AM  Walking Group/ Physical Wellness Group 11:00AM Topics in WRAP 12:30PM *Art Techniques 1:30PM	Daily Check-in/ Moving Towards 10:30AM  ———  Member Driven Group/ Social Group 11:00AM  ——  Field trip to Hood Park, Weather Permitting, Space in the van is limited, Sign-ups required. 12:30PM-2:30PM	Weekend Relief OPEN 8:30AM-12:30PM
21 CLOSED	Daily Check-in/ Moving Towards 10:30AM  Laughing Group 11:00AM  IPS Group 12:30PM  Life Skills 1:30PM	Daily Check-in/ Moving Towards 10:30AM  Understanding and Managing Your Emotions 11:00AM  Stretching and Moving 11:45AN-11:200PM  Creative Arts 12:30PM  Music Appreciation 11:30PM	Daily Check-in/ Moving Towards 10:30AM  Conversations of Hope 11:00AM  TED Talks 12:30PM  Journaling 1:30PM	Daily Check-in/ Moving Towards 10:30AM  "Make Your Home Your Castle" Presented by Marty Fuller 11:00AM  Topics in WRAP 12:30PM  *Art Techniques 1:30PM	Daily Check-in/ Moving Towards 10:30AM  Member Driven Group/ New Member Orientation 11:00AM  Feature Friday 12:30	Weekend Relief OPEN 8:30AM-I2:30PM
28 CLOSED		BOARD MEETING Thursday, February 18th 6:00pm Via Zoom  Members Encouraged to Attend! Contact the Office for Access Credentials	*New Group!  Our Creative Arts group is so popular that another art group was requested!  In this group each week we will learn a new art technique together. Could be painting, knitting, bracelet making, etc. If you have something you've been wanting to learn let us know!	This month's Life Skills groups will be on NH Resources. Join us as we research various NH resources available to us, and create a brochure for all of us to use!	Feature Fridays are Back!  Join us on the last Friday of every month to watch a documentary together, and join in on the discussion afterwards!	