



# Manchester — February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	<p>1</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Addiction Cessation/ Smoking Cessation 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>5</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>6</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	<p>8</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p><b>Valentine's Day Outreach</b> 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>13</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	CLOSED	<p>16</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>—</p> <p><b>Newsletter Workgroup</b> 1:30PM</p>	<p>18</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p> <p>—</p> <p>Board Meeting 6:00PM - Zoom</p>	<p>19</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Field Trip to Livingston Park Weather Permitting Space in the van is limited, Sign-ups required. 12:30PM-2:30PM</p>	<p>20</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	<p>22</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>23</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>24</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>25</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p><b>"Make Your Home Your Castle"</b> <b>Presented by Marty Fuller</b> <b>11:00AM</b></p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills/ New Member Orientation</p> <p>—</p> <p><b>Feature Friday</b> <b>12:30</b></p>	<p>27</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED		<p></p> <p><b>BOARD MEETING</b></p> <p>Thursday, February 18th 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i> <b>Contact the Office for Access Credentials</b></p>	<p><b>*Back by popular demand!*</b></p> <p>February's Life Skills group will cover computer skills.</p> <p>Topics will include: Setting up and using a Google account, basic Microsoft Word skills, setting up and using an Indeed account, basic social media skills, and others.</p>		<p><b>Feature Fridays are Back!</b> Join us on the last Friday of every month to watch a documentary together, and join in on the discussion afterwards!</p> <p></p>	