







# Derry - March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<p>1</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills/Smoking Cessation 1:30PM</p>	<p>2</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>3</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>4</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>5</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>6</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<b>CLOSED</b>	<p>8</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>9</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>10</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>11</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p><b>WRAP Info Session</b> 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>12</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>13</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<b>CLOSED</b>	<p>15</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>16</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>17</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p><b>COMMUNITY MEETING</b> 11:00AM</p> <p><b>Newsletter Workgroup</b> 12:30PM</p> <p>Journaling 1:30PM</p> 	<p>18</p> <p><b>Art For Insight Workshop</b> 10:30-12:30</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p> <p><b>Board Meeting</b> 6:00PM - Zoom</p>	<p>19</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ New Member Orientation 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>20</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p> 
<b>CLOSED</b>	<p>22</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>23</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>24</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>25</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Field Trip to Hood Park Weather Permitting. Space is limited, Sign-ups are required. 12:30PM-2:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p><b>Feature Friday</b> 12:30</p> 	<p>27</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<b>CLOSED</b>	<p>29</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>30</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>31</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>This month's Life Skills groups will continue to be on NH Resources.</p> <p>Join us as we research various NH resources available to us, and create a brochure for all of us to use!</p>		<p><b>BOARD MEETING</b></p> <p>Thursday, March 18th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! <b>Contact the Office for Access Credentials</b></p>