



Manchester — March



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>WRAP INFO SESSION 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 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	<p>15</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>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>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Newsletter Workgroup 1:30PM</p>	<p>18</p> <p>Art For Insight Workshop 10:30-12:30</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/ New Member Orientation 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</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>Laughing Group 11:00AM</p> <p>—</p> <p>Field Trip to Livingston Park Weather Permitting. Space is limited, Sign-ups are required. 12:30PM-2:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Feature Friday 12:30</p>	<p>27</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	<p>29</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>30</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>31</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>This month's Life Skills groups will 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>BOARD MEETING</p> <p>Thursday, March 18th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>