



# Manchester — April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>BOARD MEETING</b></p> <p>Thursday, April 15th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</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>1</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>2</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>3</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p>	<p>5</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>6</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>7</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>8</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>9</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>10</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>11</p> <p>CLOSED</p>	<p>12</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>13</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>14</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>15</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><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>16</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><b>Chair Yoga and Meditation Workshop</b> Presented by Jessica Legere via Zoom 1:30PM</p>	<p>17</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p>	<p>19</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>20</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>21</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> 1:230PM</p> <p>—</p> <p><b>Newsletter Workgroup</b> 1:30PM</p>	<p>22</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>23</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>24</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>25</p> <p>CLOSED</p>	<p>26</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>27</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>28</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p><b>Trip to Local Park</b> 12:30-2:30 Space is Limited, Sign-ups are Required Location TBD</p>	<p>29</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>30</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills/ New Member Orientation 11:00AM</p> <p>—</p> <p><b>Feature Friday</b> 12:30</p>	