
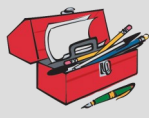







# Derry - May



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|---|--|--|--|---|---|--|
|   |  <p><b>BOARD MEETING</b></p> <p>Thursday, May 20th<br/>6:00pm<br/>Via Zoom</p> <p>Members Encouraged to Attend!<br/>Contact the Office for Access Credentials</p> | <p>This month's Life Skills group will be on building and using a <b>Wellness Toolbox.</b></p>    |  |   |   | <p>1</p> <p>Weekend Relief<br/>OPEN<br/>8:30AM-12:30PM</p> |
| 2<br><b>CLOSED</b>  | 3 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Laughing Group<br/>11:00AM</p> <p>IPS Group<br/>12:30PM</p> <p>Life Skills<br/>1:30PM</p>   | 4 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Understanding and Managing Your Emotions<br/>11:00AM</p> <p>Stretching and Moving<br/>11:45AM-12:00PM</p> <p>Creative Arts<br/>12:30PM</p> <p>Music Appreciation<br/>1:30PM</p>     | 5 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Conversations of Hope<br/>11:00AM</p> <p>TED Talks<br/>12:30PM</p> <p>Journaling<br/>1:30PM</p>                                 | 6 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Walking Group/<br/>Physical Wellness Group<br/>11:00AM</p> <p>Topics in WRAP<br/>12:30PM</p> <p>Art Techniques<br/>1:30PM</p>  | 7 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Member Driven Group/<br/>Social Group<br/>11:00AM</p> <p>Healthy Living<br/>12:30PM</p> <p>Stress Management and Relaxation<br/>1:30PM</p>   | 8 <p>Weekend Relief<br/>OPEN<br/>8:30AM-12:30PM</p>        |
| 9<br><b>CLOSED</b><br> | 10 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Laughing Group<br/>11:00AM</p> <p>IPS Group<br/>12:30PM</p> <p>Life Skills<br/>1:30PM</p>  | 11 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Strong Feelings<br/>11:00AM</p> <p>Stretching and Moving<br/>11:45AM-12:00PM</p> <p>Creative Arts<br/>12:30PM</p> <p>Music Appreciation<br/>1:30PM</p>                             | 12 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Conversations of Hope<br/>11:00AM</p> <p>TED Talks<br/>12:30PM</p> <p>Journaling<br/>1:30PM</p>                                | 13 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Walking Group/<br/>Physical Wellness Group<br/>11:00AM</p> <p>Topics in WRAP<br/>12:30PM</p> <p>Art Techniques<br/>1:30PM</p>   | 14 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Member Driven Group/<br/>Social Group<br/>11:00AM</p> <p>Healthy Living<br/>12:30PM</p> <p>Stress Management and Relaxation<br/>1:30PM</p>  | 15 <p>Weekend Relief<br/>OPEN<br/>8:30AM-12:30PM</p>       |
| 16<br><b>CLOSED</b>   | 17 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Laughing Group<br/>11:00AM</p> <p>IPS Group<br/>12:30PM</p> <p>Life Skills<br/>1:30PM</p>  | 18 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Understanding and Managing Your Emotions<br/>11:00AM</p> <p>Stretching and Moving<br/>11:45AM-12:00PM</p> <p><b>Educational Event:<br/>YWCA Presentation<br/>1:00PM-2:00PM</b></p> | 19 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p><b>COMMUNITY MEETING</b><br/>11:00AM</p> <p><b>Newsletter Workgroup</b><br/>12:30PM</p> <p>Journaling<br/>1:30PM</p>           | 20 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Walking Group/<br/>Physical Wellness Group<br/>11:00AM</p> <p>Topics in WRAP<br/>12:30PM</p> <p>Art Techniques<br/>1:30PM</p> <p><b>Board Meeting</b><br/>6:00pm - Zoom</p> | 21 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Member Driven Group/<br/>Social Group<br/>11:00AM</p> <p>Healthy Living<br/>12:30PM</p> <p>Stress Management and Relaxation<br/>1:30PM</p>  | 22 <p>Weekend Relief<br/>OPEN<br/>8:30AM-12:30PM</p>       |
| 23/30<br><b>CLOSED</b>  | 24 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Laughing Group<br/>11:00AM</p> <p>IPS Group<br/>12:30PM</p> <p>Life Skills<br/>1:30PM</p>  | 25 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Strong Feelings<br/>11:00AM</p> <p>Stretching and Moving<br/>11:45AM-12:00PM</p> <p>Creative Arts<br/>12:30PM</p> <p>Music Appreciation<br/>1:30PM</p>                             | 26 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Conversations of Hope<br/>11:00AM</p> <p>Trip to local park<br/>12:30-2:30<br/>Space is limited,<br/>sign-ups are required</p> | 27 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Walking Group/<br/>Physical Wellness Group<br/>11:00AM</p> <p>Topics in WRAP<br/>12:30PM</p> <p>Art Techniques<br/>1:30PM</p>   | 28 <p>Daily Check-in/<br/>Moving Towards<br/>10:30AM</p> <p>Member Driven Group/<br/>New Member Orientation<br/>11:00AM</p> <p><b>Feature Friday<br/>12:30-2:30</b></p>  | 29 <p>Weekend Relief<br/>OPEN<br/>8:30AM-12:30PM</p>       |
|   | 31<br><b>CLOSED</b><br>   |  |  |   |   |  |