








Manchester — May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>BOARD MEETING</p> <p>Thursday, May 20th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>This month's Life Skills group will be on Money Management. Topics include balancing a checkbook, creating a budget, and more!</p> 				<p>1</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
2 CLOSED	<p>3</p> <p>Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Journaling 1:30PM</p>	<p>4</p> <p>Moving Towards/Goal Setting 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>6</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM</p>	<p>8</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
9 CLOSED 	<p>10</p> <p>Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Addiction Cessation/ Smoking Cessation 1:30PM</p>	<p>11</p> <p>Moving Towards/Goal Setting 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>12</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>13</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM</p>	<p>15</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
16 CLOSED	<p>17</p> <p>Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Journaling 1:30PM</p>	<p>18</p> <p>Moving Towards/Goal Setting 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Educational Event: YWCA Presentation 1:00PM-2:00PM</p>	<p>19</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COMMUNITY MEETING 1:230PM Newsletter Workgroup 1:30PM</p>	<p>20</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM Board Meeting 6:00pm - Zoom</p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM</p>	<p>22</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
23/30 CLOSED	<p>24</p> <p>Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Positive Thinking 12:30PM — Addiction Cessation/ Smoking Cessation 1:30PM</p> <p>31 CLOSED </p>	<p>25</p> <p>Moving Towards/Goal Setting 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>26</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — COVID Relief 12:30PM — Creative Arts 1:30PM</p>	<p>27</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills/ New Member Orientation 11:00AM — Feature Friday 12:30</p> 	<p>29</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>