






# Derry-September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p><b>Recovery</b></p> <p>Group titles in <b>blue</b> will be recovery based</p>	<p><b>This month's Educational Presentation will be held on:</b></p> <p>September 22nd @ 11am Please join us in person in Manchester, or by Zoom in Derry to learn about <b>Mindfulness</b></p>	 <p><b>BOARD MEETING</b></p> <p>Thursday, September 16th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p><b>TED Talks</b> 12:30PM</p> <p><b>Conversation Of Hope</b> 1:30PM</p>	<p>2</p> <p>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>3</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p><b>Healthy Living</b> 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>4</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>5</p> <p><b>CLOSED</b></p>	<p>6</p> <p><b>CLOSED</b></p> 	<p>7</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>Strong Feelings</b> 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>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>COMMUNITY MEETING</b> 11:00AM</p> <p><b>TED Talks</b> 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p><b>Healthy Living</b> 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>11</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>12</p> <p><b>CLOSED</b></p>	<p>13</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p><b>Life Skills</b> 1:30PM</p>	<p>14</p> <p>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>15</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p><b>TED Talks</b> 12:30PM</p> <p><b>Conversations Of Hope</b> 1:30PM</p>	<p>16</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Art Techniques 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>Community Outing</b> Mack's Apples for a <b>Picnic and Apple Picking.</b> If members want to picnic, bring food from home. <b>Van will leave the Center at 11am, and will leave the Orchard at 2pm to return.</b></p>	<p>18</p> <p>Center Closed</p> <p><b>Derryfest 10am-4pm</b></p> <p>MacGregor Park Derry</p>
<p>19</p> <p><b>CLOSED</b></p>	<p>20</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p><b>Life Skills</b> 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>Strong Feelings</b> 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>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>Educational Presentation on Mindfulness</b> 11:00AM</p> <p><b>TED Talks</b> 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>23</p> <p>Check-in/ Moving/Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Art Techniques 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Feature Friday 12:30-2:30</p> 	<p>25</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>26</p> <p><b>CLOSED</b></p>	<p>27</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p><b>Life Skills</b> 1:30PM</p>	<p>28</p> <p>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>29</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p><b>TED Talks</b> 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>30</p> <p>Check-in/ Moving/Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Art Techniques 1:30PM</p>		