





Manchester-September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p>Recovery</p> <p>Group titles in blue will be recovery based</p>	<p>This months educational presentation will be held on:</p> <p>September 22nd @ 11am Please join us in person in Manchester, or by Zoom in Derry to learn about Mindfulness</p>	 <p>BOARD MEETING</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 10:00AM</p> <p>Topics In WRAP 11:00AM</p> <p>COVID Relief 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>2</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 1:30PM</p>	<p>4</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>5</p> <p>CLOSED</p>	<p>6</p> <p>CLOSED</p> 	<p>7</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>COVID Relief 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>9</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 1:30PM</p>	<p>11</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>12</p> <p>CLOSED</p>	<p>13</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>COMMUNITY MEETING 12:30PM</p> <p>Self Care 1:30PM</p>	<p>14</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>COVID Relief 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>16</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Community Outing Mack's Apples for a Picnic and Apple Picking. If members would like to picnic, bring food from home. Van will leave the Center at 11am, and will leave the Orchard at 2pm to return</p>	<p>18</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Positive Thinking 12:30PM</p> <p>Self Care 1:30PM</p>	<p>21</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Educational Presentation on Mindfulness 11:00AM</p> <p>Covid Relief 12:30PM</p> <p>Creative Arts</p>	<p>23</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 1:30PM</p>	<p>25</p> <p>Center Closed</p> <p>Rally4Recovery 11am-2pm</p> <p>Veterans Memorial Park Manchester</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Positive Thinking 12:30PM</p> <p>Self Care 1:30PM</p>	<p>28</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Covid Relief 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>30</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>		