







Derry-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/Physical Wellness Group 11:00AM</p> <p>—</p> <p>TED Talks 12:30PM</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>4</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Art Techniques 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>6</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>COMMUNITY MEETING 11:00AM</p> <p>—</p> <p>TED Talks 12:30PM</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>11</p> <p>CLOSED</p> 	<p>12</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>13</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/Physical Wellness Group 11:00AM</p> <p>—</p> <p>Educational Event See Page 3 12:30PM</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Art Techniques 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>19</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>20</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/Physical Wellness Group 11:00AM</p> <p>—</p> <p>TED Talks 12:30PM</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>25</p> <p>26</p> <p>CLOSED</p> 	<p>27</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>	
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p><i>This months life skills group will be:</i></p> <p>Cooking and Nutrition</p>	<p>This months educational presentation will be held on:</p> <p>Wednesday, November 17th @ 12:30</p> <p><i>"If You Ever Lose Hope"</i></p> <p>We will be joined by author Jennifer Helfand by Zoom, who will read us her book, speak about how the book came to be, how she healed from depression, her travels, pictures from which are the books illustration collages, and answer any questions anyone may have.</p> <p>Please join us at the Manchester or Derry Center, or by Zoom (See Page 3)</p>	 <p>BOARD MEETING</p> <p>Thursday, November, 18th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	