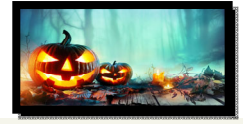


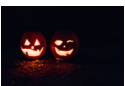





Derry-October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p>Boundaries</p>	<p>This months educational presentation will be held on:</p> <p><u>Thursday, October 21st @11am</u></p> <p>"Good Vibrations: Sounds For The Soul"</p> <p>This presentation will explore how sounds, music, and singing can affect our mental health (for better or worse) in a variety of ways.</p> <p>Join us to find out how to make some joyful noise!</p> <p>In person at the Manchester Center for everyone - including Derry Members! By Zoom if you participate from Home!</p> <p>Click Here to Zoom Meeting ID: 603 623 4523 Passcode: 377204</p>			 <p>BOARD MEETING</p> <p>Thursday, October 21st 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>2</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 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>6</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>7</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>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>9</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>10</p> <p>CLOSED</p>	<p>11</p> <p>CLOSED</p>  <p><i>Columbus Day</i></p>	<p>12</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>13</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>14</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>15</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>16</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>19</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 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>20</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>21</p> <p>Check-in/ Moving/Towards 10:30AM</p> <p>Educational Presentation 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Community Outing</p> <p>Coppal House Farm Corn Maze</p> <p>Feel free to bring a lunch or snacks for before or after the maze.</p> <p>Van will leave Center at 11am and leave Coppal House Farm at 2pm</p>	<p>23</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>24</p> <p>31</p> <p>CLOSED</p> <p>CLOSED</p> <p>Happy Halloween</p> 	<p>25</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>26</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>27</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Writing Group 1:30PM</p>	<p>28</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>29</p> <p>Harvest & Halloween Celebration</p> <p>Costume Contest</p> <p>Crafts & Snacks</p> <p>Spooky Movie</p> <p>All-Day Event</p> 	<p>30</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>