



# Manchester-October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p><b>Budgeting</b></p>	<p><b>This months educational presentation will be held on:</b></p> <p><b>Thursday, October 21st @11am</b></p> <p><b>"Good Vibrations: Sounds For The Soul"</b></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><a href="#">Click Here to Zoom</a></p> <p>Meeting ID: 603 623 4523 Passcode: 377204</p>			<p><b>BOARD MEETING</b></p> <p>Thursday, October 21st 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>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 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 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Positive Thinking 12:30PM</p> <p>Self Care 1:30PM</p>	<p>5</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>6</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>7</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>8</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>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>12</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>13</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>14</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>15</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>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 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Positive Thinking 12:30PM</p> <p>Self Care 1:30PM</p>	<p>19</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>20</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>21</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p><b>Educational Presentation</b> 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p> <p><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Community Outing</b> Coppal House Farm Corn Maze</p> <p>Feel free to bring a lunch or snacks for before or after the maze.</p> <p><i>Van will leave Center at 11am and leave Coppal House Farm at 2pm</i></p>	<p>23</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>24</p> <p>CLOSED</p> <p>31</p> <p>CLOSED</p> <p><b>Happy Halloween</b></p>	<p>25</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>26</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>27</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>28</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>29</p> <p>Harvest &amp; Halloween Celebration</p> <p>Costume Contest</p> <p>Crafts &amp; 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>