



Derry-December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This month's life skills group will be:</i></p> <p>Social Skills</p>	<p>This month's Educational Presentation will be held on: Wednesday, December 15th @ 11am (See Page 3 For More Information)</p> <p>Join us for this in-person Presentation! Where: Manchester Peer Center Members from Derry will be joining us! An Interactive Presentation to learn about all the different no-cost information and referral services dialing 211 on your phone has to offer! Guest Speaker Joe Frappiea Will give us the 411 on 211!</p>		<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/Physical Wellness Group 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Writing Group 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30</p>	<p>3</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>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>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>7</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</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>COMMUNITY MEETING 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Writing Group 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30</p>	<p>10</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>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 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</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>Educational Presentation 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Writing Group 1:30PM</p>	<p>16</p> <p>Aviation Museum Bring a lunch, we will eat there! Van will leave Center @ 10:30 and return around 2:30 (Masks must be worn, and temperatures must be taken before entering the Museum) Board Meeting 6:00pm - Zoom</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 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</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>Walking Group/Physical Wellness Group 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Writing Group 1:30PM</p>	<p>23</p> <p>CHRISTMAS PARTY!!</p>		<p>24</p> <p>25</p> <p>Half-Day Friday Close at 12:30 Closed Saturday</p>
<p>26</p> <p>CLOSED</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>Life Skills 1:30</p>	<p>28</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</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>Walking Group/Physical Wellness Group 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Writing Group 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Art Techniques 1:30</p>	<p>Half day Close at 12:30</p> <p>BOARD MEETING</p> <p>Thursday, December 16th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	