



# Manchester-December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This month's life skills group will be:</i></p> <p>Healthy Recipes</p>	<p align="center"><b>This month's Educational Presentation Will be held on: Wednesday, December 15th @ 11am</b></p> <p align="center">(See Page 3 For More Information)</p> <p align="center">Join us for this in-person Presentation!</p> <p align="center">Where: Manchester Peer Center</p> <p align="center">Members from Derry will be joining us!</p> <p align="center">An Interactive Presentation to learn about all the different no-cost information and referral services dialing 211 on your phone has to offer!</p> <p align="center"><b>Guest Speaker Joe Frappiea</b></p> <p align="center">Will give us the 411 on 211!</p>		<p>1</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>2</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</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>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>7</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>9</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</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>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>14</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Educational Presentation 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>16</p> <p align="center"><u>Aviation Museum</u></p> <p align="center">Bring a lunch, we will eat there!</p> <p align="center">Van will leave Center @ 10:30 and return around 2:30</p> <p align="center">(Masks must be worn, and temperatures must be taken before entering the Museum)</p> <p align="center"><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</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>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>21</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>23</p> <p align="center">CHRISTMAS ARTY!!!</p>	<p>24</p> <p align="center">25</p> <p align="center"><b>Half-Day Friday</b> Close at 12:30</p> <p align="center"><b>Closed Saturday</b></p>	
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>28</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>30</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>31</p> <p align="center"><b>Half Day</b> Close at 12:30</p> <p align="center"><i>Happy New Year!</i></p>	<p align="center"><b>BOARD MEETING</b></p> <p align="center">Thursday December 16th 6:00pm Via Zoom</p> <p align="center">Members Encouraged to Attend! Contact the Office for</p>