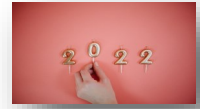




Derry-January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p>Home Decorating</p>					<p>BOARD MEETING</p> <p>Thursday, January 20th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>1</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>2</p> <p>CLOSED</p>	<p>3</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>4</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>5</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>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>6</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 1:30</p>	<p>7</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>8</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>9</p> <p>CLOSED</p>	<p>10</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>11</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>12</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>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>13</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 1:30</p>	<p>14</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>SEATED EXERCISE GROUP w/Kim Lowell 12:00PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>15</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>CLOSED</p> <p>MLK Jr. Day</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>19</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>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>20</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 1:30</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>21</p> <p>Seacoast Science Center Community Outing</p> <p>Vans will leave the Centers at 10 am.</p> <p>Masks must be worn on the van and at the Science Center.</p> <p>Please bring a lunch.</p> <p>We will return to the Centers for 3pm</p>	<p>22</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>23 / 30</p> <p>CLOSED</p>	<p>24 / 31</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>25</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>26</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>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Writing Group 1:30PM</p>	<p>27</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 1:30</p>	<p>28</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>SEATED EXERCISE GROUP w/Kim Lowell 12:00PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>29</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>