



Manchester-January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This months life skills group will be:</i></p> <p>Healthy Habits</p>					<p>BOARD MEETING Thursday, January 20th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>1</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
2 CLOSED	3 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Depression and Anxiety 12:30PM — Self Care 1:30PM	4 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	5 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Creative Arts 1:30PM	6 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	7 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM	8 Weekend Relief Open 8:30AM-12:30PM
9 CLOSED	10 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Self Care 1:30PM	11 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	12 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Creative Arts 1:30PM	13 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	14 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Seated Exercise Group w/ Kim Lowell 12:00PM — Member Driven Group 1:30PM	15 Weekend Relief Open 8:30AM-12:30PM
16 CLOSED	17 CLOSED -MLK Jr. Day- 	18 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	19 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Creative Arts 1:30PM	20 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM Board Meeting 6:00pm - Zoom	21 Seacoast Science Center Community Outing Vans will leave the Centers at 10 am. Masks must be worn on the van, and at the Science Center. Please bring a lunch. We will return to the Centers for 3pm	22 Weekend Relief Open 8:30AM-12:30PM
23 / 30 CLOSED	24 / 31 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Depression and Anxiety 12:30PM — Self Care 1:30PM	25 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	26 Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Creative Arts 1:30PM	27 Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	28 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Seated Exercise Group w/ Kim Lowell 12:00PM — Member Driven Group 1:30PM	29 Weekend Relief Open 8:30AM-12:30PM