



Derry-March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This months life skills group will be:</p> <p>Transportation Help</p> <p>(Who to call if you breakdown, how to set up a rideshare service, etc.)</p>	<p>BOARD MEETING</p> <p>Thursday, March 17th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>1</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>2</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>3</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>4</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>5</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>6</p> <p>CLOSED</p>	<p>7</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>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Therapy with Keady 1:30PM</p>	<p>9</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>10</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>11</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Seated Exercise Group 11:30-12:00</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>12</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>13</p> <p>CLOSED</p>	<p>14</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>15</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>16</p> <p>Seacoast Science Center</p> <p>Join us in learning about some amazing sea life, and the incredible ocean that provides it all! Bring a lunch!</p> <p><u>Masks must be worn!</u></p> <p>Van will leave the Center at 10am, and return to the Center at 2:30pm</p>	<p>17</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>Board Meeting 6:00pm - Zoom</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:00PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>19</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>20</p> <p>CLOSED</p>	<p>21</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>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Therapy with Keady 1:30PM</p>	<p>23</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>24</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>25</p> <p>CLOSED</p>	<p>26</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>27</p> <p>CLOSED</p>	<p>28</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>29</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>30</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>31</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>This Month's Educational Presentation</p> <p>Music Therapy with Keady Kanelos from Manchester's Community Music School</p> <p>March 8th & 22nd at 1:30 pm in person at the Manchester Center</p> <p>This interactive presentation will teach us how the music we listen to, and the instruments we play, can have an impact on our brain by enhancing concentration and learning, ward off the effects of brain aging, improve the quality of life for Alzheimer's patients, and help various mood disorders.</p>	