




Manchester-March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This months life skills group will be:</p> <p>Communication</p>	 <p>BOARD MEETING</p> <p>Thursday , March 17th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>1 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>2 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>Personal Positivity Journal 1:30PM</p>	<p>3 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>4 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>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 10:00AM</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>8 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 Therapy with Keady 1:30PM</p>	<p>9</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>Personal Positivity Journal 1:30PM</p>	<p>10</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>11</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Seated Exercise Group 11:30-12:00</p> <p>—</p> <p>Member Driven Group 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>DON'T FORGET TO Spring Forward!</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>15</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>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>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>Board Meeting 6:00pm - Zoom</p>	<p>18</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 12:00PM</p> <p>—</p> <p>Member Driven Group 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 10:00AM</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>22</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 Therapy with Keady 1:30PM</p>	<p>23</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>Personal Positivity Journal 1:30PM</p>	<p>24</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>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 10:00AM</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>29</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>30</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>Personal Positivity Journal 1:30PM</p>	<p>31</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>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>	