



DERRY - APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's life skills group will be:</p> <p>Medication Management</p> <p>Everything from mental health and heart medication to vitamins, resources to find less expensive options, and self-advocacy</p>	<p>BOARD MEETING</p> <p>Thursday, April 21st 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>		<p>THIS MONTH'S EDUCATIONAL PRESENTATION</p> <p>Speaking for Wildlife: New Hampshire's Wild History</p> <p>Wednesday, April 13th @ 11am</p> <p>Join us at either Center as a presenter from UNH talks to us over Zoom about NH wildlife!</p> <p>"The Wild History slide presentation takes participants on a virtual journey through New Hampshire's past, focusing on changes in the land and how wildlife populations have responded over time. You'll learn why changes in habitat in our past are behind the decline of many of our rarest species today, and why others are more abundant than in the past. You'll also learn what you can do to help."</p>		<p>1</p> <p>Check-in/ Moving Towards 10:15AM</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>2</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:15AM</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>7</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30</p>	<p>8</p> <p>Check-in/ Moving Towards 10:15AM</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>9</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>10</p> <p>CLOSED</p>	<p>11</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>12</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Speaking for Wildlife 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>14</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30</p>	<p>15</p> <p>Check-in/ Moving Towards 10:15AM</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>16</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>19</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>20</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Annual Member's Meeting</p> <p>Food & Refreshments Served 11am-1pm</p>	<p>21</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>22</p> <p>Check-in/ Moving Towards 10:15AM</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>23</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30</p>	<p>26</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>27</p> <p>Check-in/ Moving Towards 10:15AM</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>28</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30</p>	<p>29</p> <p>Joppa Hill Farm</p> <p>Join us for an educational and interactive farm tour at Joppa Hill Farm in Bedford, NH!</p> <p>-Sign-ups, and signed waiver required</p> <p>-Bring a lunch -Wear boots or shoes that can get dirty</p> <p>Vans will leave Centers at 10:30 and return by 2:30</p>	<p>30</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>