





MANCHESTER-APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's life skills group will be:</p> <p>How to Effect Positive Change</p> <p>-Assertive, not aggressive -Self Advocacy -Self Esteem -And More</p>	 <p>BOARD MEETING</p> <p>Thursday , April 21st 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! 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 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 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 10:00AM — IPS Group 11:00AM — Depression and Anxiety 12:30PM — Art with a Purpose 1:30PM</p>	<p>5</p> <p>Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Personal Positivity Journal 1:30PM</p>	<p>7</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Seated Exercise Group 11:30-12:00 — Member Driven Group 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 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Art with a Purpose 1:30PM</p>	<p>12</p> <p>Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:00AM — Speaking for Wildlife 11:00AM — Coping Skills 12:30PM — Personal Positivity Journal 1:30PM</p>	<p>14</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:00PM — Member Driven Group 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 10:00AM — IPS Group 11:00AM — Depression and Anxiety 12:30PM — Art with a Purpose 1:30PM</p>	<p>19</p> <p>Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>20</p> <p>Check-in/ Moving Towards 10:00AM — Annual Member's Meeting Food & Refreshments Served 11am-1pm</p>	<p>21</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM Board Meeting 6:00pm - Zoom</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Seated Exercise Group 11:30-12:00 — Member Driven Group 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 10:00AM — IPS Group 11:00AM — Depression and Anxiety 12:30PM — Art with a Purpose 1:30PM</p>	<p>26</p> <p>Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM</p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM — Topics in WRAP 11:00AM — Coping Skills 12:30PM — Personal Positivity Journal 1:30PM</p>	<p>28</p> <p>Moving Towards/Goal Setting 10:00AM — Laughing Group 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</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!</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>