






Derry~May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	3 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Stretching and Moving 1:15-1:30 — Understanding Stigma 1:30PM	5 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Spring Cleaning — Come help clean and organize the Center for spring! The more, the merrier! (Derry Center only)	6 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM	7 Weekend Relief OPEN 8:30AM-12:30PM
8 CLOSED 	9 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	10 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:30AM — COMMUNITY MEETING 11:00AM — Writing Group 12:30PM — Music Therapy 1:30PM	12 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Topics in WRAP 12:30PM — Mindfulness and Meditation 1:30PM	13 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Seated Exercise Group 11:30-12:00 — Stress Management and Relaxation 1:30PM	14 Weekend Relief OPEN 8:30AM-12:30PM
15 CLOSED	16 Check-in/ Moving Towards 10:30AM — Educational Presentation 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	17 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Writing Group 12:30PM — Stretching and Moving 1:15-1:30 — TED Talks 1:30PM	19 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Topics in WRAP 12:30PM — Mindfulness and Meditation 1:30PM Board Meeting 6:00pm - Zoom	20 Picnic at Livingston Park Join us for a picnic in the park! Pack a lunch, and bring a blanket or camping chair to sit on. We'll take a walk around Dorr's Pond, and enjoy nature, fresh air, and good conversation! Sign-ups required Vans will leave Centers at 11 am and return by 2:30	21 Weekend Relief OPEN 8:30AM-12:30PM
22 CLOSED	23 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	24 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	25 Delayed Opening for Staff Development (Will Open at 10:30) — Walking Group/ Physical Wellness Group 11:00AM — Writing Group 12:30PM — Music Therapy 1:30PM	26 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Topics in WRAP 12:30PM — Mindfulness and Meditation 1:30PM	27 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Seated Exercise Group 11:30-12:00 — Stress Management and Relaxation 1:30PM	28 Weekend Relief OPEN 8:30AM-12:30PM
29 CLOSED	30 CLOSED 	31 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	<p align="center"><u>Educational Presentation</u></p> <p align="center">NAMI: In Our Own Voice</p> <p align="center">Monday May, 16th @ 11am</p> <p>Join us at either Center or from home for this Zoom Presentation that will be given by someone with a lived experience from NAMI to discuss recovering from mental health struggles, and stigma.</p>		<p>This month's life skills group will be:</p> <p align="center">Building Self-Confidence</p>	 <p align="center">BOARD MEETING</p> <p align="center">Thursday, May 19th 6:00pm Via Zoom</p> <p align="center">Members Encouraged to Attend!</p> <p align="center">Contact the Office for Access Credentials</p>