



Derry - August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BOARD MEETING</p> <p>Thursday, August 18th 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>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Music Therapy 1:30PM</p>	<p>4</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Educational Presentation @ 11am</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>6</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>COMMUNITY MEETING 11:00AM</p> <p>—</p> <p>2Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>11</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>12</p> <p>CHUCKSTER'S -OUTING-</p> <p>Join us for a day of fun, community, go-karts, games, and pizza! If you don't want pizza, you can bring a lunch, or \$ to purchase food, drinks, or ice cream!</p> <p>Sign-Ups required</p> <p>Vans will leave Centers at 10:15am and return for 3pm</p>	<p>13</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>Late Opening</p> <p><i>-Staff Development-</i></p> <p>Centers Open at: 10:30am</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>16</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Music Therapy 1:30PM</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>19</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>20</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>25</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>26</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>27</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>31</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Stretching and Moving 1:15-1:30</p> <p>—</p> <p>Music Therapy 1:30PM</p>	<p>This month's life skills group will be:</p> <p>Gardening</p>	<p>This Month's Educational Presentation</p> <p>Social Security Administration</p> <p>Join us on Friday, August 5th at 11am at the Manchester Peer Center, or from home over Zoom to learn about Social Security, Social Security Disability, Medicare and other programs offered by the Social Security Administration. Learn how the process works, who is eligible, and how to apply!</p> <p>Bring any questions you may have, as there will be time at the end of the presentation for Q&A.</p>	