





Derry-September

CELEBRATE RECOVERY
#RecoveryMonth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BOARD MEETING</p> <p>Thursday September 15th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for</p>	<p>Groups listed in GREEN will be Recovery themed for this month</p>	<p><u>This Month's Educational Presentation</u></p> <p>Social Security Administration- Rescheduled Join us on Thursday, September 15th at 10am at either Center, or from home over Microsoft Teams, to learn about Social Security, Disability, 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>		<p>1</p> <p>Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Topics in WRAP 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>3</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p>		<p>6</p> <p>Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Strong Feelings 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>10</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>11</p> <p>CLOSED</p>	<p>12</p> <p>Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:30AM COMMUNITY MEETING 11:00AM — Writing Group 12:30PM — Stretching and Moving 1:15-1:30 Music Therapy 1:30PM</p>	<p>15</p> <p>Educational Presentation @10am — Strong Feelings 12:30PM — Mindfulness and Meditation 1:30PM Board Meeting 6:00pm - Zoom</p>	<p>16</p> <p>Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>17</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p>	<p>19</p> <p>Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM</p>	<p>20</p> <p>Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Strong Feelings 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>24</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>25</p> <p>CLOSED</p>	<p>26</p> <p>Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM</p>	<p>27</p> <p>Brookdale Fruit Farm -Outing- Join us for the day to walk the orchard, have a picnic lunch, and explore the farm stand! If you would like to pick and bring home apples, please bring \$5 (1/2 peck) <i>Must sign-up</i> Vans will leave Centers at 10:30 and return by 2:30</p>	<p>28</p> <p>Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Stretching and Moving 1:15-1:30 Music Therapy 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Facing Addiction 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>This month's life skills group will be:</p> <p>Changing & Stopping Unhealthy Habits</p>