



Derry-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BOARD MEETING</p> <p>Thursday November 17th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>This month's life skills group will be:</p> <p>Decorating on a Budget</p>	<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Music Therapy 1pm-1:30pm</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Educational Presentation 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>4</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Staff Development</p> <p>CLOSING @ 12pm</p>	<p>5</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>6</p> <p>CLOSED</p>	<p>7</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>8</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>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>COMMUNITY MEETING 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>11</p> <p>CLOSED</p>	<p>12</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>13</p> <p>CLOSED</p>	<p>14</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>15</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Music Therapy 1pm-1:30pm</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>16</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>17</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Mindfulness and Meditation 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>18</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Strong Feelings 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>19</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>20</p> <p>CLOSED</p>	<p>21</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>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Educational Presentation Better Life Partners 11:00AM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>23</p> <p>Thanksgiving Day Celebration</p> <p>11am-2pm</p> <p>(See Page 3)</p>	<p>24</p> <p>25</p> <p>CLOSED HAPPY THANKSGIVING</p>	<p>26</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>	
<p>27</p> <p>CLOSED</p>	<p>28</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>29</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Music Therapy 1pm-1:30pm</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Writing Group 12:30PM</p> <p>—</p> <p>Understanding Stigma 1:30PM</p>	<p>Voting Rights</p> <p>James Ziegra</p> <p>Join us on November 3rd at 11am in-person at the Manchester Center or over Zoom to learn about the importance of voting, an overview of basic voting rights, how to register, and the right to</p>	<p>This Month's Educational Presentation</p> <p>Better Life Partners</p> <p>Tuesday, Nov. 22nd @ 11am</p> <p>Andrew Warner from Better Life Partners will be at the Manchester Center to tell his story, and talk about what he did, and didn't find helpful in his journey toward recovery. He will also discuss harm reduction, Narcan, and possibilities for improvement in our communities. Bring any questions, and/or personal experiences to discuss at the end.</p>	