



Manchester-October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BOARD MEETING</p> <p>Thursday October 20th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p>THIS MONTH'S LIFE SKILLS:</p> <p>Social / Communication Skills</p>	<p><u>This Month's Educational Presentation</u></p> <p>H.E.A.R.T.S Peer Respite of Greater Nashua</p> <p>Join us on Monday, October 24th at 11am in person at the Manchester Center or from home over Zoom, to learn about Peer Respite, what it is, how it works, and who it helps. Presenters from H.E.A.R.T.S Peer Center and Respite in Nashua will be here to educate us!</p> <p>Zoom Info - See Page 2</p>		<p>Monday, October 31st both Centers will come together in Manchester to have a Halloween celebration! There will be pizza and drinks provided, and there are sign up sheets at both Centers if you would like to bring a treat!</p> <p>Costumes are encouraged!</p> <p>-Van seating is limited, so you must sign up if you need a ride-</p>		<p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>COMMUNITY MEETING 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>4</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Therapy 1pm-1:30pm</p> <p>Music Appreciation 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>6</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>7</p> <p>DELAYED OPENING Staff Development Will open at 12:30</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>8</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>9</p> <p>CLOSED</p>	<p>10</p> <p>CLOSED</p>	<p>11</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>12</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>13</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>15</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Resiliency 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>18</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Therapy 1pm-1:30pm</p> <p>Music Appreciation 1:30PM</p>	<p>19</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>20</p> <p>Coppal House Farm Corn Maze</p> <p>Bring a lunch, something to drink, and comfortable shoes!</p> <p>Sign-Ups Required</p> <p>Van will leave Center at 10:30 and return by 3:30</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>22</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>23 / 30</p> <p>CLOSED</p>	<p>24 / 31</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Educational Presentation 11 am</p> <p>Building Resiliency 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>25</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>26</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>27</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>29</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>