



# Manchester-December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BOARD MEETING</b></p> <p><b>Thursday</b> <b>December 15th</b> <b>6:00pm</b> <b>Via Zoom</b></p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p><b>THIS MONTH'S LIFE SKILLS:</b></p> <p><b>Handling With Stress Over the Holidays</b></p>			<p>1 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>2 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>3 Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>4</p> <p><b>CLOSED</b></p>	<p>5</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Mindfulness and Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>6</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>8</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>9</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><b>Craft Fair &amp; Bake Sale</b></p> <p>10am-2pm</p> <p>Manchester Center 377 South Willow St.</p>
<p>11</p> <p><b>CLOSED</b></p>	<p>12</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>13</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Coping with Grief 12:30PM</p> <p><b>Music Therapy</b> 1pm-1:30pm</p> <p>Music Appreciation 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>15</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><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>16</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>18</p> <p><b>CLOSED</b></p> <p>Happy Hanukkah</p>	<p>19</p> <p><b>Late Opening</b> Staff Development</p> <p>Building Resiliency 11:00AM</p> <p>Mindfulness and Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>20</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Coping with Grief 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>22</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>23</p> <p><b>Holiday Celebration</b></p> <p>11am-2pm</p>	<p>24</p> <p><b>CLOSED</b></p>
<p>25</p> <p><b>CLOSED</b></p>	<p>26</p> <p><b>CLOSED</b></p>	<p>27</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Coping with Grief 12:30PM</p> <p><b>Music Therapy</b> 1pm-1:30pm</p> <p>Music Appreciation 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>29</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>30</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>31</p> <p><b>CLOSED</b></p>