



Derry-January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 CLOSED	3 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM	5 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	6 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Topics in WRAP 12:30PM — Stress Management and Relaxation 1:30PM	7 Weekend Relief OPEN 8:30AM-12:30PM
8 CLOSED	9 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	10 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:30AM — COMMUNITY MEETING 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM	12 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	13 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Coping Skills 12:30PM — Stress Management and Relaxation 1:30PM	14 Weekend Relief OPEN 8:30AM-12:30PM
15 CLOSED	16 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	17 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM	19 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM Board Meeting 5:00pm - Zoom	20 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Facing Addictions 12:30PM — Stress Management and Relaxation 1:30PM	21 Weekend Relief OPEN 8:30AM-12:30PM
22 CLOSED	23 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	24 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	25 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM	26 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	27 Block Party Social EAT • DRINK • PLAY Arcade, laser tag, axe throwing, and more! Pizza will be provided. Sign-ups Required Van will leave Center at 10:30 and return by 3:00	28 Weekend Relief OPEN 8:30AM-12:30PM
29 CLOSED	30 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM	31 Check-in/ Moving Towards 10:30AM — Educational Presentation 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	 BOARD MEETING Thursday January 19th 5:00pm Via Zoom Members Encouraged to Attend! Contact the Office for Access Credentials	THIS MONTH'S LIFE SKILLS: Budgeting	Educational Presentation New Hampshire Housing New Hampshire Housing is a self-supporting public corporation that promotes, finances and supports affordable housing. They operate rental and homeownership programs designed to assist low-and -moderate-income persons with obtaining affordable housing. Join us at the Manchester Center or over Zoom at 11:00am on Tuesday, January 31st	