






Derry-October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM	3 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S 12:30PM — Conversations of Hope 1:30PM	5 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	6 Check-in/ Moving Towards 10:15AM — 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 CLOSED 	10 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:15AM — COMMUNITY MEETING 11:00AM COMMUNITY POTLUCK 11:45 — Writing Group 12:30PM — Conversations of Hope 1:30PM	12 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	13 Check-in/ Moving Towards 10:15AM — 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 10:15AM — Educational Presentation 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM	17 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S 12:30PM — Conversations of Hope 1:30PM	19 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM Board Meeting 5:00pm - Zoom	20 Outing Coppal House Farm Corn Maze! Bring a lunch! Sign up in person or call either Center Vans will leave Centers by 10:30 and return by 4:30	21 Weekend Relief OPEN 8:30AM-12:30PM
22 CLOSED	23 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Web Wisdom 1:30PM	24 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM	25 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S 12:30PM — Conversations of Hope 1:30PM	26 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	27 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Coping Skills 12:30PM — Stress Management and Relaxation 1:30PM	28 Weekend Relief OPEN 8:30AM-12:30PM
29 CLOSED	30 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM	31 Halloween Party 11:00AM to 3:30PM 	Educational Presentation Monday October 16th @ 11 am ServiceLink -See Page 2 For Details - Derry Center Zoom Info: Meeting ID: 429 970 7500 Passcode: 450045		 BOARD MEETING Thursday, October 19th 5:00 pm Over Zoom Contact the Office for Access Credentials	This Month's Life Skills: Painting