



Manchester-October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	3 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM	5 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM	6 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	7 Weekend Relief Open 8:30AM-12:30PM
8 CLOSED	9 CLOSED  INDIGENOUS PEOPLES DAY	10 Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Music Appreciation 1:30PM	11 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM	12 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM	13 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	14 Weekend Relief Open 8:30AM-12:30PM
15 CLOSED	16 Check-in/ Moving Toward 10:00AM — Educational Presentation 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	17 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	18 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM	19 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 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 Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	24 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	25 Check-in/ /Gratitude 10:00AM — Laughing Group 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM	26 Check-in/ Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM	27 Check-in/ /Gratitude 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	28 Weekend Relief Open 8:30AM-12:30PM
29 CLOSED	30 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	31 Halloween Party 11:00AM to 	Educational Presentation Monday October 16th @ 11 am ServiceLink -See Page 2 For Details - Manchester Center Zoom Info: Meeting ID: 603 623 4523 Passcode: 377204		 BOARD MEETING Thursday, October 19th 5:00pm Via Zoom Contact the Office for Access Credentials	This Month's Life Skills: Self Advocacy