



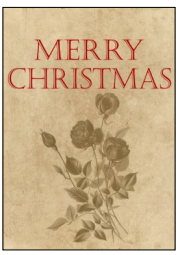




# Manchester-December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Christmas Celebration</u></b></p> <p><b>See front page for details!</b></p>		<p>Join groups virtually with</p> <p><b>zoom</b></p> <p>Meeting ID: <b>603 623 4523</b></p> <p>Passcode: <b>377204</b></p>	<p><b>Board Meeting</b></p>  <p>Thursday December 21st 5:00pm</p> <p><b>Strategic Planning Retreat</b></p> <p><i>By Invitation Only</i></p>	<p><b>This Month's Life Skills:</b></p> <p><b>Shifting Perspective</b></p>	<p><sup>1</sup> Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p><sup>2</sup></p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p><sup>3</sup></p> <p><b>CLOSED</b></p>	<p><sup>4</sup></p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p><sup>5</sup></p> <p>Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p><sup>6</sup></p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Creative Writing 1:30PM</p>	<p><sup>7</sup></p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM</p>	<p><sup>8</sup></p> <p><b>CLOSED</b></p> <p><b>Staff Development Day</b></p> 	<p><sup>9</sup></p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p><sup>10</sup></p> <p><b>CLOSED</b></p>	<p><sup>11</sup></p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p><sup>12</sup></p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — <b>COMMUNITY MEETING</b> 12:30PM — Music Appreciation 1:30PM</p>	<p><sup>13</sup></p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Coping With Anxiety 1:30PM</p>	<p><sup>14</sup></p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p>	<p><sup>15</sup></p> <p>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p><sup>16</sup></p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p><sup>17</sup></p> <p><b>CLOSED</b></p>	<p><sup>18</sup></p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p><sup>19</sup></p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p><sup>20</sup></p> <p>Check-in/ /Gratitude 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Creative Writing 1:30PM</p>	<p><sup>21</sup></p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p> <p><b>Board Meeting</b> Strategic Planning Retreat</p>	<p><sup>22</sup></p> <p><b>CHRISTMAS CELEBRATION</b></p> <p>See front page for details</p> 	<p><sup>23</sup></p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p><sup>24 / 31</sup></p> <p><b>CLOSED</b></p> 	<p><sup>25</sup></p> <p><b>CLOSED</b></p> 	<p><sup>26</sup></p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p><sup>27</sup></p> <p>Check-in/ /Gratitude 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Coping With Anxiety 1:30PM</p>	<p><sup>28</sup></p> <p>Check-in/ Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p>	<p><sup>29</sup></p> <p>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p><sup>30</sup></p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>