




Manchester-April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Board Meeting Thursday April 18th 5:00pm Via Zoom Ask Staff for Credentials</p>	<p>1 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>2 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>3 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>4 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>5 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Guided Meditation 2:30PM</p>	<p>6 Weekend Relief Open 8:30AM-12:30PM</p>
<p>7 CLOSED</p>	<p>8 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>9 Moving Toward/B.I.M 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>10 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>11 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>12 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Guided Meditation 2:30PM</p>	<p>13 Weekend Relief Open 8:30AM-12:30PM</p>
<p>14 CLOSED</p>	<p>15 Check-in/ Moving Toward 10:00AM — Educational Presentation See page 7 for details 11:00AM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>16 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>17 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>18 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM Board Meeting 5:00pm - Zoom</p>	<p>19 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Guided Meditation 2:30PM</p>	<p>20 Weekend Relief Open 8:30AM-12:30PM</p>
<p>21 CLOSED</p>	<p>22 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>23 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>24 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>25 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>26 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Art with Sean Watercolor 1:30PM — Guided Meditation 2:30PM</p>	<p>27 Weekend Relief Open 8:30AM-12:30PM</p>
<p>28 CLOSED</p>	<p>29 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>30 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>Educational Presentation N.E.R.D April 15th @ 11am At the Derry Center See page 7 for details</p>	<p>This Month's Life Skills: Strategies for Improving our Health</p>	<p>Join groups virtually with</p> <p>zoom</p> <p>Meeting ID: 603 623 4523</p> <p>Passcode: 377204</p>	