



January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed Happy New Year!
3 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	4 9:45 Chair Chi 10:15 Journaling 10:30 Creative Arts 12:30 Wellness 7:00 NA Meeting	5 9:45 Meditation 10:15 Boundaries 11:15 Fun & Games 12:30 Healthy Habits for the New Year 5:00 Board Meeting via Zoom (Members Welcome!)	6 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan 6:30 NA Meeting	7 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Movie 7:30 AA Meeting
10 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	11 9:45 Chair Chi 10:15 Journaling 10:30 Creative Arts 12:30 Wellness 7:00 NA Meeting	12 9:45 Meditation 10:15 Boundaries 11:15 Fun & Games 12:30 Healthy Meals on a Budget	13 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan 6:30 NA Meeting	14 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Virtual Tour 7:30 AA Meeting
17 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	18 9:45 Chair Chi 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 Wellness 7:00 NA Meeting	19 9:45 Meditation 10:00 Boundaries 11:00 Community Soup Making 12:30 Community Meeting	20 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan 6:30 NA Meeting	21 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Movie 7:30 AA Meeting
24 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	25 9:45 Chair Chi 10:15 Journaling 11:00 Creative Arts 12:30 Wellness 7:00 NA Meeting	26 9:45 Meditation 10:15 Boundaries 11:00 Trivia 11:00 Cooking 5:00 Board Meeting via Zoom (Members Welcome!)	27 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan 6:30 NA Meeting	28 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Virtual Tour 7:30 AA Meeting
31 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors				

Calendar subject to change.