



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	3 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	4 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	5 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget 6:30 NA Meeting	6 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
9 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	10 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	11 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	12 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Writing Your Story 6:30 NA Meeting	13 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
16 <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">MARTIN LUTHER KING</p> <p style="text-align: center;">DAY</p>	17 Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	18 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 12:30 Community Meeting	19 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget 6:30 NA Meeting	20 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
23 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	24 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	25 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	26 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Making a Healthy Meal 6:30 NA Meeting	27 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
30 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	31 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting			

Calendar Subject to Change