



# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>3 Question of the day 9:45 Walking 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>4 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Newsletter Group 1:00 Vision Board/Collage</p>	<p>5 Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>6 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>9 Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>10 Question of the day 9:45 Walking 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>11 <b>Spring Cleaning</b>  <b>Free Pizza for those who help</b>  <b>12:30 Community Meeting/Neuro-psych evaluations</b></p>	<p>12 Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>13 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
<p>16 Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>17 Question of the day 9:45 Walking 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>18 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 1:00 Healthy Meals on a Budget</p>	<p>19 Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Bingo 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>20 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>23 Question of the day 9:45 Walking 10:15 Wellness Topic <b>11:00 Scenic Ride/Ice cream</b> 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>24 Question of the day 9:45 Walking 10:00 Journaling 10:15 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>25 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Gardening <b>5:00 Board Meeting via Zoom (Members Welcome!)</b></p>	<p>26 Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>27 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
<p>30 Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>31 Question of the day 9:45 Walking 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b></p>			