




# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Question of the day  <b>10:15 Yoga</b>  <b>11:00 Coloring Contest Starts</b>            11:15 Atlas of the Heart            1:00 The Body Keeps the Score</p>	<p>2</p> <p>Question of the day            10:00 Walking Group            10:30 Stop Believing the Lies About Who You Are            11:30 Digital/Book Coloring            12:30 Trivia  <b>7:00 NA Meeting</b></p>	<p>3</p> <p>Question of the day            9:45 Meditation            10:15 Women's Group            11:15 Men's Group            1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>4</p> <p>Question of the day            9:45 Meditation            10:15 Awaken to Your True Self            11:15 Creative Arts            1:00 Contributions to Member Newsletter  <b>6:30 NA Meeting</b></p>	<p>5</p> <p>Question of the day            9:45 Meditation            10:15 Artist Recovery            11:30 Clean Team            1:00 Singing and Dancing</p>
<p>8</p> <p>Question of the day  <b>10:15 Yoga</b>            11:30 Atlas of the Heart            1:00 The Body Keeps the Score</p>	<p>9</p> <p>Question of the day            10:00 Walking Group            10:30 Stop Believing the Lies About Who You Are            11:30 Digital/Book Coloring  <b>12:30 Reiki with Renee</b>  <b>7:00 NA Meeting</b></p>	<p>10</p> <p>Question of the day            9:45 Meditation            10:15 Women's Group            11:15 Men's Group            1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>11</p> <p>Question of the day            9:45 Meditation            10:15 Awaken to Your True Self            11:15 Crocheting and Knitting Lessons            1:00 Self Advocacy/Advocacy</p>	<p>12</p> <p>Question of the day            9:45 Meditation            10:15 Artist Recovery            11:30 Clean Team            1:00 Fun and Games            1:00 Pre-Thrift Shop Group</p>
<p>15</p> <p>Question of the day  <b>10:15 Yoga</b>            11:30 Atlas of the Heart            1:00 The Body Keeps the Score</p>	<p>16</p> <p>Question of the day  <b>10:00 NH Mental Health Peer Alliance</b>            10:00 Walking Group            10:30 Stop Believing the Lies About Who You Are            11:00 Digital/Book Coloring  <b>12:30 Reiki with Renee</b>  <b>7:00 NA Meeting</b></p>	<p>17</p> <p>Question of the day  <b>8:30 Staff Meeting</b>            9:45 Meditation            10:15 Women's Group            11:15 Men's Group  <b>12:30 Community Meeting/BBQ/Monthly Education</b></p>	<p>18</p> <p>Question of the day            9:45 Meditation            10:15 Awaken to Your True Self            11:15 Creative Arts            1:00 Finding Your Roots/Ancestral Stories  <b>6:30 NA Meeting</b></p>	<p>19</p> <p>Question of the day            9:45 Meditation  <b>10:00 Field Trip: York Short Sands Beach</b>            10:15 Artist Recovery            11:30 Clean Team            1:00 Singing and Dancing  <b>7:00 Recoveries Anonymous</b></p>
<p>22</p> <p>Question of the day  <b>10:15 Yoga</b>            11:30 Atlas of the Heart            1:00 The Body Keeps the Score</p>	<p>23</p> <p>Question of the day            10:00 Walking Group            10:30 Stop Believing the Lies About Who You Are            11:00 Digital/Book Coloring  <b>12:30 Reiki with Renee</b>  <b>7:00 NA Meeting</b></p>	<p>24</p> <p>Question of the day            9:45 Meditation            10:15 Women's Group            11:15 Men's Group            1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>25</p> <p>Question of the day            9:45 Meditation            10:15 Awaken to Your True Self            11:15 Creative Arts            1:00 Cooking  <b>6:30 NA Meeting</b></p>	<p>26</p> <p>Question of the day            9:45 Meditation            10:15 Artist Recovery            11:30 Clean Team  <b>12:00 Coloring Contest Winners Announced</b>            1:00 Fun and Games  <b>7:00 Recoveries Anonymous</b></p>
<p>29</p> <p><b>CLOSED</b></p> 	<p>30</p> <p>Question of the day            10:00 NH Mental Health Peer Alliance            10:00 Walking Group            10:30 Stop Believing the Lies About Who You Are            11:00 Digital/Book Coloring  <b>12:30 Reiki with Renee</b>  <b>7:00 NA Meeting</b></p>	<p>31</p> <p>Question of the day            9:45 Meditation            10:15 Women's Group            11:15 Men's Group            1:00 Winning Against Relapse by Mary Ellen Copeland, PhD  <b>5:00 Board Meeting</b></p>		

CALENDAR SUBJECT TO CHANGE