



SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Question of the day 9:30 Trip to Hampton Beach 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy meals on a Budget 6:30 NA Meeting	2 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
5 Closed Labor Day	6 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting	7 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences	8 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Writing your Personal Story 6:30 NA Meeting	9 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
12 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	13 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting	14 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences	15 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy Meals on a Budget 6:30 NA Meeting	16 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts
19 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	20 Question of the day 9:45 Meditation 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting	21 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 12:30 Community Meeting/Mobil Van Presentation	22 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Soup or Salad Making 6:30 NA Meeting	23 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
26 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	27 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting	28 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences 5:00 Board Meeting via Zoom (Members Welcome!)	29 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Trivia 1:00 Writing your Personal Story 6:30 NA Meeting	30 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts