

<u>Monday</u> 8:30-11:30 A.M.	<u>Tuesday</u> 8:30-11:30 A.M. 3:00-7:30 P.M.	<u>Wednesday</u> 8:30-11:30 A.M.	<u>Thursday</u> 8:30-11:30 A.M. 3:00-7:30 P.M.	<u>Friday</u> 8:30-11:30 A.M. 3:00-7:30 P.M.	<u>Saturday</u> 8:30-11:30 A.M.	<u>Sunday</u> 8:30-11:30 A.M. 3:00-7:30 P.M.
2 NO Empowerment Team: State Workers Holiday 9 AM Lifestyles 10 am: Meditation Techniques	3 9:00 What is IPS Co-Reflection? 10:30 Affirmations 7:00 Live Music	4 9:15 Current Events/Upcoming Trips/Events/ 10:00 Let us laugh 10:15 Balancing Act PSA Directors Mtg. BBH	5 9:30 WRAP 4 P.M. What is IPS? IPS Peer Skills 5 P.M. Potluck Meal Prep 6 P.M. Clean Up	6 9 A.M. Relaxation/Focus on Breathing 10:00 Lifestyles 1 P.M. DDA 5 P.M. Potluck Meal 7 PM Connection	7 9:30 Your Home is Your Castle 10:00 Healthy Choices 10:30 Inspirations	8 10:00 What is WRAP? 10:30 Inspirations
9 9A.M. -Lifestyles 10 A.M. –Meditation Techniques	10 9:00 What is IPS Co-Reflection? 10:30 Affirmations 4:30-5:30 Meal Prep 7:00 Live Music BBH-NH MH State Planning Council	11 9:15 Current Events/Upcoming Trips/Events/ 10:00 Let us laugh 10:15 Balancing Act	12 4 P.M. What is IPS? IPS Peer Skills 5 P.M. Potluck Meal Prep 6 P.M. Clean Up	13 10:00 Lifestyles 1 P.M. DDA 5 P.M. Potluck Meal 7 PM Connection	14 9:30 Your Home is Your Castle 10:00 Healthy Choices 10:30 Inspirations	15 10:00 What is WRAP? 10:30 Inspirations
16 9A.M. -Lifestyles 10 A.M. –Meditation Techniques NoEmpowerment Team: MLK Day	17 <i>9:00 What is IPS Co-Reflection?</i> NH MH Consumer Council BBH 10:30 Affirmations 4:30-5:30 Meal Prep 7:00 Live Music	18 9:15 Current Events/Upcoming Trips/Events/ 10:00 Let us laugh 10:15 Balancing Act	19 9:30 WRAP 4 P.M. What is IPS? IPS Peer Skills 5 P.M. Potluck Meal Prep 6 P.M. Clean Up	20 9 A.M. Relaxation/Focus on Breathing 10:00 Lifestyles 1 P.M. DDA 5 P.M. Potluck Meal 7 PM Connection	21 9:30 Your Home is Your Castle 10:00 Healthy Choices 10:30 Inspirations	22 10:00 What is WRAP? 10:30 Inspirations
23 9A.M. -Lifestyles 10 A.M. –Meditation Techniques <u>4th Monday of the Month: Council on Aging</u> 11a.m.-2 p.m. at Chinese New Year: Year of the Dragon	24 9:00 What is IPS Co-Reflection? 10:30 Affirmations 4:30-5:30 Meal Prep Dinner/Music	25 9:15 Current Events/Upcoming Trips/Events/ 10:00 Let us laugh 10:15 Balancing Act 5:30 PM Board Mtg: Concord	26 9:30 WRAP 4 P.M. What is IPS? IPS Peer Skills 4:30 PM Monthly Members Mtg.	27 9 A.M. Relaxation/Focus on Breathing 10:00 Lifestyles 1. P.M. DDA 5 p.m Potluck 7 P.M. Connection	28 9:30 Your Home is Your Castle 10:00 Healthy Choices 11 AM Birthday Bash	29 10:30 Inspirations
30 9A.M. -Lifestyles 10 A.M. –Meditation Techniques BBH	31 9:00 What is IPS Co-Reflection? 10:30 Affirmations 4:30-5:30 Meal Prep 6:00-6:30 Clean Up 7:00 Live Music	Feb. 1 9:15 Current Events/Upcoming Trips/Events/ 10:00 Let us laugh	Feb. 2 9:30 WRAP 4 P.M. What is IPS? IPS Peer Skills 5 P.M. Potluck Meal 6 P.M. Clean Up	Feb. 3 9 A.M. Relaxation/Focus on Breathing 10:00 Lifestyles 1 P.M. DDA 5 P.M. Potluck Meal 7 PM Connection	Feb. 4 9:30 Your Home is Your Castle 10:00 Healthy Choices 10:30 Inspirations	Feb. 5 10:30 Inspirations