



Weekly NERLC Groups WEEKS OF MAY & JUNE

M

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 10am-11am **Welcome to the chat hour** ([Lawrence Senior Center](#))
 10am-11am **Bienvenidos a la hora de charla** ([Lawrence Senior Center](#))
 11am-12pm **Men's Group with Matt** ([Virtual Zoom](#))
 2pm-3pm **A Group for Peer Video Gamers** ([Virtual Zoom](#))

T

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 11am-12pm **Self-Care Together** ([Virtual Zoom](#))
 2pm-3pm **Peer Support Group with Matt** ([Virtual Zoom](#))

W

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 11am-12pm **Ted Talks with Jen** (In person [NILP Lynn](#))
 11am -12pm **Young Adult Peer Support with Kristin** ([Virtual Zoom](#))
 2pm-3pm **Peer Support Group with Matt** ([Virtual Zoom](#))

TH

10am-11am **Good Morning Group** ([Virtual zoom](#))
 8 Dimensions of Wellness Group with Jen (In person [Lynn Senior Center](#))
 10am-11am **Walking Group** (In person [Lowell Heritage Park](#))
 11am- 11:30am **Awareness Meditation** (In person [Lowell Heritage Park](#))
 11am-12pm **Building Skills with a Cup of Jo** (In person [NILP Lynn](#))
 The Artist's Way Book Club with Tracy (In person [Acton Senior Center](#))
 12pm-1pm **Journaling Group with Lisa** (In person [NILP Lynn](#))

F

10am-11am **Good Morning Group** ([Virtual zoom](#))
 Healthy Habits Group (In person [Lawrence Public Library](#))
 11am-12pm **Habitos Saludables Spanish Group** (In person [Lawrence Public Library](#))
 Midday Peer Meeting with Dave ([Virtual Zoom](#))
 12pm-1pm **Older Adult Peer Support Group with Tracy** ([Virtual Zoom](#))
 2pm-3pm **LGBTQIA+ Group with Kristin** ([Virtual Zoom](#))