



## 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](#) )