

Thankful **IN** November



Amesegennallo *Obrigadu*

GRACIAS

Merci

Shukran

DHANYA Vād

Thank you



Manchester ESS Easterseals wishes all of you a thankful November

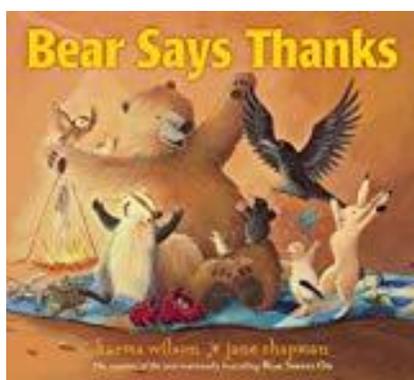
Learn more about ESNH Family Centered Early Supports and Services [here](#).

Thankful for all things Fall



Fall Sensory Bins

Sensory activities provide a fun way for kids to learn about textures, sounds, smells, and colors. We love fall, and we love sensory bins!



Books to be thankful for

A celebration of friendship and family featuring Karma Wilson's beloved bear character. Beautiful illustrations paired with rhyming text make this series the perfect read



Kids Pumpkin Pie

What child wouldn't love to help make (and eat) a no bake pumpkin pie that you can make in delicious ice cream cones (yum).

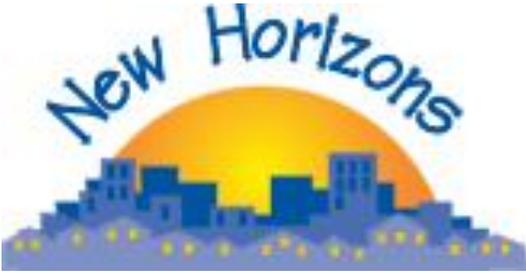


Gobble Gobble

Learn some turkey themed songs and finger plays at [PRESCHOOL INSPIRATIONS](#)

Watch a video about Manchester Easterseals ESS [here](#).

Holiday Assistance



199 Manchester St Manchester NH

Open for food distribution on Mondays, Wednesdays, and Fridays from 12pm-1pm and Thursdays 6pm-7pm

Families and individuals can utilize the pantry one time per month and receive pre-packed groceries based on the number of individuals residing in the household.



123 Hanover Street Manchester NH

Food pantry takes place on Thursday at 9:30am



Associated with NH Catholic Charities

700 East Industrial Park Drive, Manchester, NH

Sacred Heart Church Food Pantry: 247 S Main St, Manchester NH

The Sacred Heart Church Food Pantry serves hungry families of Sacred Heart Parish and the surrounding community at all times of the year.

Individuals needing support may contact the food pantry at 603-668-4004



**2019 CHRISTMAS ASSISTANCE PROGRAM
APPLICATIONS**

For Manchester/Bedford/Litchfield residents

DAYTIME HOURS:

Monday - Wednesday
9:00 A.M. – 12:00 P.M. (Noon)
Nov 11,12,13, 18,19,20 Dec 2,3,4,9,10,11

EVENING HOURS: (For working families)

Wednesdays
7:30 P.M. – 9:00 P.M.
Nov 13,20 Dec 4,11

NOTE: No children allowed in building on these dates

PLEASE BRING WITH YOU:

- Valid Photo ID
- Proof of address (bill or current mail)
- Identification for each child (birth certificate or health card with date of birth or household statement of benefits)
- A Christmas Spirit ... no Grinch's please :)

CHRISTMAS TOY SHOP:

- Bring your appointment slip to Double Tree Hotel on Monday, December 23, 2019
- No children allowed
- Food - Market Basket gift card based on family size
- Toys - for children up to 12 years old

God bless you



**2019 PROGRAMA DE REGALOS Y COMIDA DE NAVIDAD
APLICACIONES**

Para residentes de Manchester/Bedford/Litchfield

HORAS DURANTE EL DIA:

Lunes - Miercoles
9:00 A.M. – 12:00 P.M. (Mediodia)
Nov 11,12,13, 18,19,20 Dec 2,3,4,9,10,11

HORAS DE LA TARDE: (Para familias que trabajan)

Miercoles
7:30 P.M. – 9:00 P.M.
Nov 13,20 Dec 4,11

NOTA: No se permite niños en el edificio en estas fechas

FAVOR TRAER CON USTED:

- Identificación valida
- Prueba de dirección (factura o correo actual)
- Identificación para cada niño (certificado de nacimiento o tarjeta de seguro que identifique fecha de nacimiento o declaración de beneficios del hogar)
- Espiritu de Navidad no Grinches por favor :)

CHRISTMAS TOY SHOP:

- Traer su comprobante de cita al Double Tree Hotel el Lunes, Diciembre 23, 2019
- No se permite niños
- Tarjeta Market Basket - basado al tamaño de familia
- Juguetes - para niños hasta los 12 años

Dios les bendiga

The Salvation Army, 121 Cedar Street
Manchester, NH 03101
(603) 627-7013

Mindful Moments

Mindful Breathing

All you have to do is be still and focus on your breath for 60 seconds. Can be done sitting down or standing

Start by breathing in and out slowly. One breath cycle should last for ~6 seconds.

Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of you body.

Let go of your thought. Let go of things you have to do later in the day or work that needs your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.

Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.

Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

Mindfulness apps for children (both apps are free and available in English and Spanish)



[Breathe, Think, Do with Sesame:](#)

This free app teaches children belly breathing and how to calmly work through everyday problems with a Sesame Street monster. The app also includes tips and strategies to deal with their child's frustration or worries.



[Daniel Tiger for parents:](#)

This free app for parents includes songs, videos, and tips parents can use to talk to their child about working through different feelings, calming down, and new situations.

Listed below are mental and behavioral health providers in the Manchester Area.

Click on the logo for more info.



Calendar of Events

November

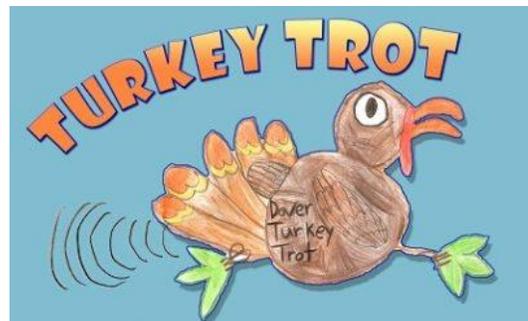
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Bedford Handmade
3 Baby& Me Storytime with Elmo	4	5	6	7	8 Toddler Tune&Tales at Derry Library	9
10 Veteran's Day Parade Manchester	11	12	13	14	15	16
17	18	19	20 Clifford the Red Dog at the Library	21	22	23 Festival of Trees
24	25	26	27	28 	29 Journey to the North Pole	30 Nashua Holiday Stroll



[PIZZAFEST + AUCTION](#)
[Saturday, November 2,](#)
[2019 Children's Museum](#)
[Dover](#)

Veteran's Day Parade in Manchester Sunday,
 November 10, 2019

The parade begins at 10:40 a.m. at Salmon and Elm streets before pausing at 11 a.m. in front of City Hall for taps to be played. It concludes at Veterans Memorial Park, where a short ceremony will take place. *Organized by the Manchester Veterans Council.*



Dover Turkey Trot November 28th