




# Next Step—May 2017

| Sun  | Mon   | Tue   | Wed  | Thu   | Fri  | Sat   |
|--|---|---|--|---|--|---|
| * denotes date or time change                  | 1<br>12:30 PM Patterns, Behaviors & Relationships<br>3 PM Expression for Wellness   | 2<br>12:30 PM WRAP<br>2:30 PM IPS   | 3<br>12 PM Community Potluck<br>1 PM Community Meeting                                       | 4<br>12:30 PM Life Goals<br>2:30 PM Inspirational True Life Experiences   | 5<br>12 PM Check-in<br>2 PM Inspirational Movement with Karaoke  | 6<br>1 PM Inspirational Media<br>2:30 PM Community Healing  |
| 7<br>Closed                                    | 8<br>12:30 PM Patterns, Behaviors & Relationships<br>3 PM Expression for Wellness<br><br><i>9:30-11:30 AM<br/>Newsletter Workgroup @ SS</i>   | 9<br>12:30 PM WRAP<br>2:30 PM IPS   | 10<br>12 PM Community Potluck<br>1 PM Community Meeting                                      | 11<br>12:30 PM Life Goals<br>2:30 PM Inspirational True Life Experiences  | 12<br>12 PM Check-in<br>2 PM Inspirational Movement with Karaoke | 13<br>1 PM Inspirational Media<br>2:30 PM Community Healing   |
| 14<br>Closed<br><br><i>Happy Mother's Day!</i> | 15<br>12:30 PM Patterns, Behaviors & Relationships<br>3 PM Expression for Wellness  | 16<br>12:30 PM WRAP<br>2:30 PM IPS<br><br><i>10 AM Consumer Council<br/>1 PM Educational Event:<br/>DRC Peer Support Open House</i> | 17<br>12 PM Community Potluck<br>1 PM Community Meeting                                      | 18<br>12:30 PM Life Goals<br>2:30 PM Inspirational True Life Experiences  | 19<br>12 PM Check-in<br>2 PM Inspirational Movement with Karaoke | 20<br>1 PM Inspirational Media<br>2:30 PM Community Healing<br><br><i>12-2 PM Ben &amp; Jerry's<br/>Tour Waterbury, VT.</i>  |
| 21<br>Closed                                   | 22<br>12:30 PM Patterns, Behaviors & Relationships<br>3 PM Expression for Wellness<br><br><i>1 PM Arbor View</i>  | 23<br>12:30 PM WRAP<br>2:30 PM IPS  | 24<br>12 PM Community Potluck<br>1 PM Community Meeting<br><br><i>3:30 PM Board Mtg @ NS</i> | 25<br>12:30 PM Life Goals<br>2:30 PM Inspirational True Life Experiences  | 26<br>12 PM Check-in<br>2 PM Inspirational Movement with Karaoke | 27<br>1 PM Inspirational Media<br>2:30 PM Community Healing   |
| 28<br>Closed                                   | 29<br>12:30 PM Patterns, Behaviors & Relationships<br>3 PM Expression for Wellness<br><i>12-3 PM Memorial cookout</i><br><br><i>Memorial Day</i><br> | 30<br>12:30 PM WRAP<br>2:30 PM IPS  | 31<br>12 PM Community Potluck<br>1 PM Community Meeting                                      | <br><b>MENTAL HEALTH<br/>AWARENESS MONTH</b> |  |   |