



Next Step—January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>* denotes date or time change</i></p> <p><i>Community Trips and Community Potluck are postponed until further notice.</i></p> <p><i>What's in the Box? is postponed until we resume Willing Hands deliveries.</i></p>	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	<p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—1/1, 15, 18 • 11 AM—1/1, 18 		<p>1</p> <p>Closed</p> 	<p>2</p> <p>12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
3 Closed	<p>4</p> <p>11 AM Walking Group 2 PM Stretching</p>	<p>5</p> <p>12:30 PM WRAP 2:30 PM IPS</p>	<p>6</p> <p>12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM</p>	<p>7</p> <p>12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>8</p> <p>12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>9</p> <p>12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
10 Closed	<p>11</p> <p>11 AM Walking Group 2 PM Stretching</p> <p><i>10-11 AM Newsletter Workgroup @ SS</i></p>	<p>12</p> <p>12:30 PM WRAP 2:30 PM IPS</p>	<p>13</p> <p>12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>3:30 PM Board Mtg via zoom</i></p>	<p>14</p> <p>12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>15</p> <p>12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>16</p> <p>12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
17 Closed	<p>18</p> <p>11 AM Walking Group 2 PM Stretching</p> 	<p>19</p> <p>12:30 PM WRAP 2:30 PM IPS</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>20</p> <p>12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM</p>	<p>21</p> <p>12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>22</p> <p>12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>23</p> <p>12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
24 Closed	<p>25</p> <p>11 AM Walking Group 2 PM Stretching</p>	<p>26</p> <p>12:30 PM WRAP 2:30 PM IPS</p>	<p>27</p> <p>12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: Covid-19 via YouTube</i></p>	<p>28</p> <p>12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>29</p> <p>12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>30</p> <p>12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
31 Closed						