



Next Step—March 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|---|
| | 1 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games | 2 12:30 PM WRAP 2:30 PM IPS | 3 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM | 4 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness | 5 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences | 6 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing |
| 7 Closed | 8 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ SS</i> | 9 12:30 PM WRAP 2:30 PM IPS | 10 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> | 11 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness | 12 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences | 13 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing |
| 14 Closed  | 15 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games | 16 12:30 PM WRAP 2:30 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i> | 17 Happy St Patrick's Day! 12:30 PM Patterns, Behaviors & Relationships 2 PM Community Meeting* 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: First-Aid w/Martha Hewitt</i> | 18 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness | 19 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences | 20 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing  |
| 21 Closed | 22 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games | 23 12:30 PM WRAP 2:30 PM IPS | 24 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM | 25 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness | 26 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences | 27 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing |
| 28 Closed | 29 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games | 30 12:30 PM WRAP 2:30 PM IPS | 31 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM | REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom | PLEASE NOTE NO GROUPS: • 9 AM—3/12 | * denotes date or time change <i>Community Trips and Community Potluck are postponed until further notice. What's in the Box? is postponed until we resume Willing Hands deliveries.</i> |