



# Next Step—July 2021

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