



Next Step—August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	3 2:30 PM IPS	4 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	5 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	6 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	7 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
8 Closed	9 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ SS</i>	10 2:30 PM IPS	11 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	12 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	13 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	14 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
15 Closed	16 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	17 2:30 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	18 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: Grievance, Suspension & Re-entry with Susan Seidler</i>	19 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	20 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	21 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
22 Closed	23 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	24 2:30 PM IPS	25 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	26 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	27 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	28 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
29 Closed	30 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	31 2:30 PM IPS	* 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>		REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: <ul style="list-style-type: none"> • 9 AM—8/13 • 11 AM—8/3, 4 