




Next Step—September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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—9/6, 9, 10, 13, 24 11 AM—9/6, 9, 10, 13 	1 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	2 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	3 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences Opening at 10AM	4 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
5 Closed	6 OFFICE CLOSED 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games 	7 2:30 PM IPS	8 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM 3:30 PM Board Mtg via zoom	9 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	10 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	11 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
12 Closed	13 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	14 2:30 PM IPS 10-11 AM <i>Newsletter Workgroup @ SS</i>	15 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	16 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	17 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences <i>Hunger Action Day</i>	18 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
19 Closed	20 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	21 2:30 PM IPS 10 AM NH Mental Health Peer Alliance via zoom	 22 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM 1 PM Educational Event: <i>The Voting Process w/James Ziegler</i>	23 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	24 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences Closed 9-11AM for staff meeting	25 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
26 Closed	27 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	28 2:30 PM IPS	29 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	30 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	* 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>	