






# Next Step—November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	2 1 PM Creative Writing 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 2 PM Art Wellness  <i>1 PM Educational Event: HIV/HCV w/Laura Byrne</i>	5 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences  Closed 9-11AM for staff meeting	6 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
7 Closed  <b>FALL</b>	8 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games  <i>10-11 AM Newsletter Workgroup @ SS</i>	9 1 PM Creative Writing 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 <i>OFFICE CLOSED</i> 12 PM Check-in 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 1 PM Creative Writing 2:30 PM IPS  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	18 12 PM Check-in 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 1 PM Creative Writing 2:30 PM IPS	24 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	25 <i>OFFICE CLOSED</i>  Closed	26 <i>OFFICE CLOSED</i>  Closed	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 1 PM Creative Writing 2:30 PM IPS	<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> • 9 AM—11/5, 11, 25, 26 • 11 AM—11/11, 25, 26		<i>* denotes date or time change</i>  <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>