



Next Step—February 2022

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