




Next Step—April 2022

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