



Next Step—May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 11 AM Walking Group 1 PM Stretching 12-2 PM Puzzles & Games 2 PM What's in the box?	3 11 AM Creative Writing 1 PM IPS	4 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	5 12 PM Check-in 2 PM Art Wellness	6 11 AM Life Goals 1 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 1 PM Stretching 12-2 PM Puzzles & Games 2 PM What's in the box?	10 11 AM Creative Writing 1 PM IPS	11 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>3:30-4 PM Board Mtg via zoom</i>	12 12 PM Check-in 2 PM Art Wellness	13 11 AM Life Goals 1 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 1 PM Stretching 12-2 PM Puzzles & Games 2 PM What's in the box? <i>10-11 AM Newsletter Workgroup @ SS</i>	17 11 AM Creative Writing 1 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	18 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	19 12 PM Check-in 2 PM Art Wellness	20 11 AM Life Goals 1 PM Inspirational True Life Experiences Closed 9-11 AM for Staff Meeting	21 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
22 Closed	23 11 AM Walking Group 1 PM Stretching 12-2 PM Puzzles & Games 2 PM What's in the box?	24 11 AM Creative Writing 1 IPS	25 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	26 12 PM Check-in 2 PM Art Wellness	27 11 AM Life Goals 1 PM Inspirational True Life Experiences	28 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
29 Closed	30 OFFICE CLOSED 11 AM Walking Group 1 PM Stretching 12-2 PM Puzzles & Games 	31 11 AM Creative Writing 1 IPS	* denotes date or time change <i>Community Trips and Community Potluck are postponed until further notice.</i> <i>1 PM Educational Event: First-Aid w/ Martha Hewitt Date: TBD</i>	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: • 9 AM—5/9-13, 20, 30 • 11 AM—5/9-13, 30	