

# Next Step—June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change  <i>Community Trips and Community Potluck are postponed until further notice.</i>		1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	4 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
5 Closed	6 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: First-Aid w/Martha Hewitt</i>	9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	10 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	11 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
12 Closed	13 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games  <i>10-11 AM Newsletter Workgroup @ SS</i>	14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	17 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences  Closed 9-11 AM for Training/Staff Meeting	18 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
19 Closed	20 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	25 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
26 Closed	27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	<b>REMOTE GROUPS Monday through Friday</b>  9 AM Nutrition via zoom 11 AM Check-in via zoom	<b>PLEASE NOTE NO GROUPS:</b> • 9 AM—6/17

