



Next Step—July 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>REMOTE GROUPS <u>Monday through Friday</u></p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p> | <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—7/4, 5, 15 • 11 AM—7/4, 5 | <p>1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> | <p>2 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| 3 Closed | <p>4 OFFICE CLOSED</p> <p>Closed</p>  | <p>5 11 AM Creative Writing 1 PM IPS</p> | <p>6 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</p> | <p>7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> | <p>8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> | <p>9 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| 10 Closed | <p>11 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?</p> <p><i>10-11 AM Newsletter Workgroup @ SS</i></p> | <p>12 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS</p> | <p>13 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</p> <p><i>3:30-4:30 PM Board Mtg via zoom</i></p> | <p>14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> | <p>15 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> <p>Closed 9-11 AM for Staff Meeting</p> | <p>16 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| 17 Closed | <p>18 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?</p> | <p>19 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p> | <p>20 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</p> <p><i>1 PM Educational Event: HeadRest w/Cameron Ford</i></p> | <p>21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> | <p>22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 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 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?</p> | <p>26 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS</p> <p>Open 11AM-5PM</p> | <p>27 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</p> | <p>28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> | <p>29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> | <p>30 Closed</p> |
| 31 Closed | | | | | | |