

# Next Step—August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	4 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	5 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	6 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
7 Closed	8 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?  <i>10-11 AM Newsletter Workgroup @ SS</i>	9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	10 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	11 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness  Open 9AM-3PM	12 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	13 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
14 Closed	15 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	16  Closed  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	18  Closed	19 11 AM Life Goals 1 PM Inspirational True Life Experiences	20 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
21 Closed	22 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: via Zoom Step-Up Step-Down w/ Ken Lewis</i>	25 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	26 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences  Closed 9-11 AM for Staff Meeting	27 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
28 Closed	29 9 AM Nutrition via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	31 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	* denotes date or time change Community Trips are postponed until further notice.	<b>REMOTE GROUPS</b> <b><u>Monday through Friday</u></b> 9 AM Nutrition via zoom 11 AM Check-in via zoom	<b>PLEASE NOTE NO GROUPS:</b> • 9 AM—8/19, 26 • 11 AM—8/19

