





Next Step—September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		REMOTE GROUPS <u>Monday through Friday</u> 9 AM Nutrition via zoom 11 AM Check-in via zoom	 PLEASE NOTE NO GROUPS: <ul style="list-style-type: none"> • 9 AM—9/5, 9, 12, 23, 28 • 11 AM—9/5, 9, 12, 28 	1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	3 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
4 Closed	5 OFFICE CLOSED NS CLOSED LABOR DAY 	6 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	7 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	8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	9 11 AM Life Goals 1 PM Inspirational True Life Experiences	10 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
11 Closed	12 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching 2 PM What's in the box?	13 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS <i>10-11 AM Newsletter Workgroup @ SS</i>	14 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: Grievance, Suspension & Re-entry w/Susan Seidler 3:30 PM Annual Board Mtg via zoom</i>	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	17 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
18 Closed	19 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?	20 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>	21 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	22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness 	23 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences Closed 9-11 AM for Staff Meeting Hunger Action Day	24 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
25 Closed	26 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?	27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	28 11 PM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	<i>* denotes date or time change Community Trips are postponed until further notice.</i>