


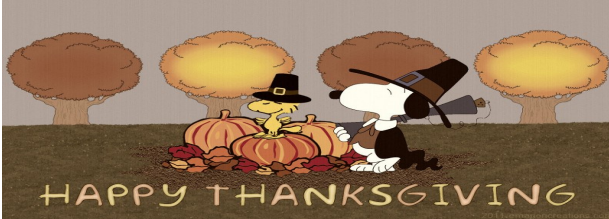



Next Step—November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	2 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: Voting w/James Ziegler</i>	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	4 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	5 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
6 Closed 	7 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?	8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 	9 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	10 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	11 OFFICE CLOSED 11 AM Life Goals 1 PM Inspirational True Life Experiences 	12 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
13 Closed	14 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? <i>10-11 AM Newsletter Workgroup @ SS</i>	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	16 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 <i>3:30 PM Board Mtg via zoom</i>	17 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	18 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences Closed 9-11 AM for Staff Meeting	19 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
20 Closed	21 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?	22 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>	23 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	24 OFFICE CLOSED Closed 	25 OFFICE CLOSED Closed	26 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
27 Closed	28 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?	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	30 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 <i>Community Trips are postponed until further notice.</i>	 REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: • 9 AM—11/9, 11, 18, 24, 25 • 11 AM—11/11, 24, 25