






# Next Step—December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change Community Trips are postponed until further notice.	<b>REMOTE GROUPS</b> <b>Monday through Friday</b> 9 AM Nutrition via zoom 11 AM Check-in via zoom	 <b>PLEASE NOTE NO GROUPS:</b> • 9 AM—12/14, 16, 26 • 11 AM—12/26	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 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?	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 AM Patterns, Behaviors & Relationships 12 PM Community Eats 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM 1 PM Educational Event: Member Rights w/Susan Seidler	8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 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 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?  10-11 AM Newsletter Workgroup @ SS	13 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	14 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in  Open 9AM-1:30PM	16 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences  Closed 9-11 AM for Staff Meeting	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  10 AM NH Mental Health Peer Alliance via zoom	21  9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM 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 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	24 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
25 Closed 	26 OFFICE CLOSED  Closed	27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM 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	31 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing