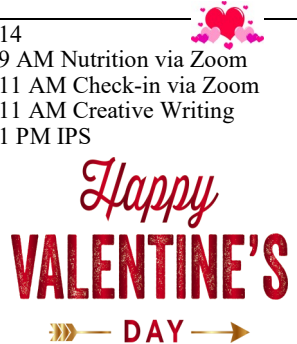



Next Step—February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 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	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	4 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
5 Closed	6 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?	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	8 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	9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	10 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences Closed 9-11 AM for Staff Meeting	11 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
12 Closed	13 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>	14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS  Happy VALENTINE'S DAY	15 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 <i>1 PM Educational Event: HIV/HCV w/Laura Byrne</i>	16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	17 11 AM Life Goals 1 PM Inspirational True Life Experiences	18 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
19 Closed	20 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching Open 9 AM-3 PM  Presidents Day	21 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>	22 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	23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom Closed	25 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
26 Closed	27 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?	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS		* denotes date or time change Community Trips are postponed until further notice.	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: • 9 AM—2/8, 10, 17, 20 • 11 AM—2/17, 20	