





Next Step—March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom</p>  <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—3/3, 8, 10 • 11 AM—3/3 		<p>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</p>	<p>2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p>	<p>3 11 AM Life Goals 1 PM Inspirational True Life Experiences</p>	<p>4 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
5 Closed	<p>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?</p>	<p>7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS</p>	<p>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 3:30 PM Board Mtg via zoom</p>	<p>9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p>	<p>10 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> <p>Open 11 AM-3 PM</p>	<p>11 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
12 Closed	<p>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?</p> <p>10-11 AM Newsletter Workgroup @ SS</p> 	<p>14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS</p>	<p>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</p> <p>1 PM Educational Event: NAMI w/ Michelle Wagner</p>	<p>16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> <p>Open 9 AM-5 PM</p>	<p>17 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> 	<p>18 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
19 Closed	<p>20 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?</p> 	<p>21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p> <p>Open 9 AM-3 PM</p>	<p>22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom</p> <p>Closed</p>	<p>23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p> <p>Open 8 AM-3 PM</p>	<p>24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p>	<p>25 Closed</p>
26 Closed	<p>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?</p>	<p>28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS</p> <p>Open 9 AM-3 PM</p>	<p>29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Community Eats 1 PM Community Meeting 2:30 PM Meditation & Relaxation</p> <p>Open 11 AM-3 PM</p>	<p>30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness</p>	<p>31 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences</p>	<p>* denotes date or time change Community Trips are postponed until further notice.</p>