


Next Step—May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 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?	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	3 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	4 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	5 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences	6 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
7 Closed	8 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>	9 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS	10 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 <i>3:30 PM Board Mtg via zoom</i>	11 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	12 11 AM Life Goals 1 PM Inspirational True Life Experiences	13 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
14 Closed 	15 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?	16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 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: Basic Computers w/Chris Manns</i>	18 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	19 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Inspirational True Life Experiences Open 11 AM-7 PM	20 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
21 Closed	22 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?	23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	24 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	25 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2 PM Art Wellness	26 1 PM Inspirational True Life Experiences Open 12-7 PM	27 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
28 Closed	29 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games 1 PM Stretching Open 9 AM-3 PM MEMORIAL DAY	30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS	31 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	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: • 9 AM—5/12, 19, 26, 29 • 11 AM—5/12, 26, 29		<i>* denotes date or time change Community Trips are postponed until further notice.</i>