



Next Step—July 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—7/3, 4, 14, 31 • 11 AM—7/3, 4, 31 			<p>* denotes date or time change</p> <p>Community Trips are postponed until further notice.</p>			1 11:30 AM Empathy 1 PM Community Healing
2 Closed	3 11 AM Walking Group 12-1 PM Puzzles & Games	4 OFFICE CLOSED 11 AM Creative Writing 1 PM IPS 3 PM WHAM 	5 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	6 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 4:30 PM Community Eats Open 3-7 PM	8 11:30 AM Empathy 1 PM Community Healing
9 Closed	10 Closed 10-11 AM Newsletter Workgroup @ SS	11 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	12 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg via zoom	13 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	14 9-11 AM CLOSED FOR STAFF MTG Open 11 AM-3 PM 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club	15 Closed
16 Closed	17 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	18 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	19 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Our Board of Directors w/ Lori B. Yanklowitz & Mark Nichols	20 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	22 11:30 AM Empathy 1 PM Community Healing
23 Closed	24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	25 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM	26 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	29 11:30 AM Empathy 1 PM Community Healing
30 Closed	31 11 AM Walking Group 12-1 PM Puzzles & Games					