




# Next Step—September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>REMOTE GROUPS</b>  <b>Monday through Friday</b>            9 AM Nutrition via zoom            11 AM Check-in via zoom</p> <p><b>PLEASE NOTE NO GROUPS:</b></p> <ul style="list-style-type: none"> <li>• 9 AM—9/4-6, 8</li> <li>• 11 AM—9/4-6, 12</li> </ul>		<p><i>* denotes date or time change</i></p> <p><i>Community Trips are postponed until further notice</i></p>			1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	2 11:30 AM Empathy 1 PM Community Healing
3 Closed	4 OFFICE CLOSED  Closed  	5 11 AM Creative Writing 1 PM IPS 3 PM WHAM	6 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	8 Open 11 AM-7 PM  11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	9 11:30 AM Empathy 1 PM Community Healing
10 Closed	11 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games  <i>10-11 AM            Newsletter Workgroup @ SS</i>	12 9 AM Nutrition via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	13 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 <i>3:30 PM Board Mtg via zoom</i>	14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats  <p style="text-align: center;"><b>Hunger Action Day</b></p>	16 11:30 AM Empathy 1 PM Community Healing
17 Closed	18 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	19 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 1 IPS  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	20 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 <i>1 PM Educational Event:            First-Aid w/ Martha Hewitt</i>	21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	23 11:30 AM Empathy 1 PM Community Healing  
24 Closed	25 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	26 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM	27 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	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	30 11:30 AM Empathy 1 PM Community Healing