






Next Step—November 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 1 PM Community Meeting 2:30 PM Meditation & Relaxation	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	4 11:30 AM Empathy 1 PM Community Healing
5 Closed  FALL	6 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>	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM 	8 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: Member Rights w/Corey Shaheen 3:30 PM Annual Board Mtg via zoom</i>	9 12 PM Check-in 2-4 PM Art Wellness	10 OFFICE CLOSED 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	11 11:30 AM Empathy 1 PM Community Healing 
12 Closed	13 11 AM Walking Group 12-1 PM Puzzles & Games	14 Open 11 AM-5 PM 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	15 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	16 12 PM Check-in 2-4 PM Art Wellness	17 Open 11 AM-7 PM 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	18 11:30 AM Empathy 1 PM Community Healing
19 Closed	20 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	22 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	23 OFFICE CLOSED Closed 	24 OFFICE CLOSED Open 12-7 PM 1 PM Book Club 4:30 PM Community Eats	25 11:30 AM Empathy 1 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	28 9 AM Nutrition via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM	29 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	30 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	REMOTE GROUPS <u>Monday through Friday</u> 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: • 9 AM—11/9, 10, 13-17, 23, 24 • 11 AM—11/9, 10, 13-17, 23, 24, 28	 <i>* denotes date or time change Community Trips are postponed until further notice</i>