






# Next Step—March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>REMOTE GROUPS</b> <b>Monday through Friday</b> 9 AM Nutrition via zoom 11 AM Check-in via zoom  <b>PLEASE NOTE NO GROUPS:</b> <ul style="list-style-type: none"> <li>• 9 AM—3/8</li> <li>• 11 AM—3/12</li> </ul>	<i>* denotes date or time change</i>  <i>Community Trips are postponed until further notice</i>			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 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games	5 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	6 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	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  10-11 AM Newsletter Workgroup @ SS	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  3:30 PM Board Mtg via zoom 	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	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 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom <b>First day of Spring!</b>	20 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	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 PM IPS 3 PM WHAM	27 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: HIV/HCV w/Laura Byrne	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
31 Closed	