





Next Step—May 2024

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—5/16, 24, 27, 31 • 11 AM—5/14, 16, 24, 27, 31 		<p><i>* denotes date or time change</i></p> <p><i>Community Trips are postponed until further notice</i></p>	<p>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</p>	<p>2 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>3 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>4 11:30 AM Empathy 1 PM Community Healing</p>
<p>5 Closed</p>	<p>6 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p> <p>10-11 AM Newsletter Workgroup @ SS</p>	<p>7 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>8 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</p>  <p>3:30 PM Board Mtg via zoom</p> <p>2 PM Trips & Events Brainstorm</p>	<p>9 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>10 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>11 11:30 AM Empathy 1 PM Community Healing</p>
 <p>HAPPY MOTHER'S DAY</p>	<p>13 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>14 9 AM Nutrition via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>15 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</p> <p>2 PM Trips & Events Brainstorm #2</p>	<p>16 OFFICE CLOSED</p> <p>12 PM Check-in 2-4 PM Art Wellness</p>	<p>17 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>18 11:30 AM Empathy 1 PM Community Healing</p>
<p>19 Closed</p>	<p>20 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>21 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>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</p>	<p>23 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p> <p>1-3 PM Fore-U Mini Golf @ W Lebanon</p>	<p>24 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>25 11:30 AM Empathy 1 PM Community Healing</p>
<p>26 Closed</p>	<p>27 OFFICE CLOSED</p>  <p>memorial DAY</p>	<p>28 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>29 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</p> <p>1 PM Educational Event: NH Employment Security w/ Rose Brooke</p>	<p>30 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>31 Open 11 AM-7 PM</p> <p>11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	