







Next Step—November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change				1 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	2 11:30 AM Empathy 1 PM Community Healing
3 Closed  	4 11 AM Walking Group 12-1 PM Puzzles & Games 10-11 AM Newsletter Workgroup @ NS	5 11 AM Creative Writing 1 PM IPS 3 PM WHAM 	6 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: First-Aid w/Martha Hewitt	7 12 PM Check-in 2-4 PM Art Wellness	8 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	9 11:30 AM Empathy 1 PM Community Healing
10 Closed	11 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games 	12 11 AM Creative Writing 1 PM IPS 3 PM WHAM	13 1 PM Community Meeting 2:30 PM Meditation & Relaxation 4-5 PM Annual Board Mtg via zoom 	14 12 PM Check-in 2-4 PM Art Wellness	15 Open 11 AM-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	16 11:30 AM Empathy 1 PM Community Healing
17 Closed	18 11 AM Walking Group 12-1 PM Puzzles & Games	19 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	20 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	21 12 PM Check-in 2-4 PM Art Wellness 12-2 PM Thanksgiving Lunch @ SS	22 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	23 11:30 AM Empathy 1 PM Community Healing
24 Closed	25 11 AM Walking Group 12-1 PM Puzzles & Games	26 11 AM Creative Writing 1 PM IPS 3 PM WHAM	27 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	28 OFFICE CLOSED NS Open 9 AM-1 PM 10 AM* Check-in 	29 OFFICE CLOSED 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	30 11:30 AM Empathy 1 PM Community Healing