






Next Step—January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Upper Valley Humane Society-TBD <i>* denotes date or time change</i>		1 Office Closed 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	2 12 PM Check-in 2-4 PM Art Wellness 	3 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	4 11:30 AM Empathy 1 PM Community Healing
5 Closed	6 11 AM Walking Group 12-1 PM Puzzles & Games	7 11 AM Creative Writing 1 PM IPS 3 PM WHAM	8 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg via zoom 	9 Open 10:30 AM-5 PM 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	10 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	11 11:30 AM Empathy 1 PM Community Healing
12 Closed	13 11 AM Walking Group 12-1 PM Puzzles & Games 10-11 AM Newsletter Workgroup @ NS	14 11 AM Creative Writing 1 PM IPS 3 PM WHAM 9:30 AM—12 PM BPAC, Concord NH	15 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Advocacy in legislation w/ New Futures	16 12 PM Check-in 2-4 PM Art Wellness	17 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	18 11:30 AM Empathy 1 PM Community Healing
19 Closed	20 Office Closed 11 AM Walking Group 12-1 PM Puzzles & Games 	21 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	22 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	23 12 PM Check-in 2-4 PM Art Wellness	24 Open 11AM-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	25 11:30 AM Empathy 1 PM Community Healing
26 Closed	27 11 AM Walking Group 12-1 PM Puzzles & Games	28 11 AM Creative Writing 1 PM IPS 3 PM WHAM	29 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	30 12 PM Check-in 2-4 PM Art Wellness	31 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	