



Next Step—February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>* denotes date or time change</i>					1 11:30 AM Empathy 1 PM Community Healing
2 Closed	3 11 AM Walking Group 12-1 PM Puzzles & Games	4 11 AM Creative Writing 1 PM IPS 3 PM WHAM	5 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Nutrition with Ann Merritt</i>	6 12 PM Check-in 2-4 PM Art Wellness	7 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	8 Closed
9 Closed	10 11 AM Walking Group 12-1 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ NS</i>	11 Open 9 AM-3 PM 11 AM Creative Writing 1 PM IPS <i>11 AM Entertainment Cinema movies</i>	12 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	13 12 PM Check-in 2-4 PM Art Wellness <i>2 PM Arbor View Connections</i>	14 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation <i>happy Valentine's day</i>	15 11:30 AM Empathy 1 PM Community Healing
16 Closed	17 Office Closed 11 AM Walking Group 12-1 PM Puzzles & Games 	18 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	19 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	20 12 PM Check-in 2-4 PM Art Wellness	21 Open 11AM-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	22 11:30 AM Empathy 1 PM Community Healing
23 Closed	24 11 AM Walking Group 12-1 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS 3 PM WHAM	26 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	27 12 PM Check-in 2-4 PM Art Wellness	28 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	