




Next Step—February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	2 12:30 PM WRAP 2:30 PM IPS	3 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	4 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	5 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	6 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
7 Closed	8 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ SS</i>	9 12:30 PM WRAP 2:30 PM IPS	10 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	11 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	12 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	13 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
14 Closed 	15 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games 	16 12:30 PM WRAP 2:30 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	18 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	19 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	20 Closed
21 Closed	22 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	23 12:30 PM WRAP 2:30 PM IPS	24 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: <u>THE BOY, THE MOLE,</u> <u>THE FOX AND THE HORSE</u></i>	25 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	26 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	27 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
28 Closed			REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	 PLEASE NOTE NO GROUPS: • 9 AM—2/12, 15, 26 • 11 AM—2/15		* denotes date or time change <i>Community Trips and Community Potluck are postponed until further notice. What's in the Box? is postponed until we resume Willing Hands deliveries.</i>