




Next Step—February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: <ul style="list-style-type: none"> • 9 AM—2/9, 19 • 11 AM—2/13, 19 	<i>* denotes date or time change</i> <i>Community Trips are postponed until further notice</i>		1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	3 11:30 AM Empathy 1 PM Community Healing
4 Closed	5 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games <i>10-11 AM</i> <i>Newsletter Workgroup @ SS</i>	6 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	7 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	8 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	9 Open 11 AM-7 PM 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	10 11:30 AM Empathy 1 PM Community Healing
11 Closed	12 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	13 9 AM Nutrition via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	14 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 	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	16 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	17 11:30 AM Empathy 1 PM Community Healing
18 Closed	19 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games 	20 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	21 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	22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	23 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	24 11:30 AM Empathy 1 PM Community Healing
25 Closed	26 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	28 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	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness		<i>*Date/Time: TBD</i> <i>1 PM Educational Event:</i> <i>In Our Own Voice</i>