




Next Step—December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 11 AM Walking Group 12-1 PM Puzzles & Games	3 11 AM Creative Writing 1 PM IPS 3 PM WHAM	4 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	5 12 PM Check-in 2-4 PM Art Wellness	6 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	7 11:30 AM Empathy 1 PM Community Healing
8 Closed	9 11 AM Walking Group 12-1 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ NS</i>	10 11 AM Creative Writing 1 PM IPS 3 PM WHAM	11 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	12 12 PM Check-in 2-4 PM Art Wellness <i>2 PM Arbor View Connections</i>	13 Open 11:30 AM-7 PM 11:30 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	14 11:30 AM Empathy 1 PM Community Healing
15 Closed	16 11 AM Walking Group 12-1 PM Puzzles & Games <i>1 PM Educational Event: In Our Own Voice w/Tim Weeks</i>	17 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	18 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	19 12 PM Check-in 2-4 PM Art Wellness <i>11 AM-1 PM Homemade Pizza party @ SS</i>	20 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	21 11:30 AM Empathy 1 PM Community Healing 
22 Closed	23 11 AM Walking Group 12-1 PM Puzzles & Games	24 11 AM Creative Writing 1 PM IPS 3 PM WHAM	25 Closed <i>Merry Christmas</i>  <i>Happy Hanukkah!</i>	26 12 PM Check-in 2-4 PM Art Wellness	27 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	28 11:30 AM Empathy 1 PM Community Healing
29 Closed	30 11 AM Walking Group 12-1 PM Puzzles & Games	31 11 AM Creative Writing 1 PM IPS 3 PM WHAM				<i>* denotes date or time change</i>