







Next Step—March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change					1 11:30 AM Empathy 1 PM Community Healing
2 Closed	3 Open 10AM-3PM 12 PM Walking Group 12-1 PM Puzzles & Games	4 11 AM Creative Writing 1 PM IPS 3 PM WHAM	5 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	6 12 PM Check-in 2-4 PM Art Wellness	7 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	8 11:30 AM Empathy 1 PM Community Healing
9 Closed  SPRING	10 12 PM Walking Group 12-1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	11 11 AM Creative Writing 1 PM IPS 3 PM WHAM	12 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg via zoom 	13 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	14 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	15 11:30 AM Empathy 1 PM Community Healing
16 Closed	17 12 PM Walking Group 12-1 PM Puzzles & Games  St. Patrick's Day	18 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	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  1st of Spring	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 12 PM Walking Group 12-1 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS 3 PM WHAM	26 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Member Rights w/Corey Sheehan	27 12 PM Check-in 2-4 PM Art Wellness  11 AM-1 PM Ice Cream Social @ NS 	28 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	29 11:30 AM Empathy 1 PM Community Healing
30 Closed	31 12 PM Walking Group 12-1 PM Puzzles & Games					