




Next Step—May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change			1 12 PM Check-in 2-4 PM Art Wellness	2 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	3 11:30 AM Empathy 1 PM Community Healing
4 Closed	5 12 PM Walking Group 12-1 PM Puzzles & Games	6 11 AM Creative Writing 1 PM IPS 3 PM WHAM	7 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 2 PM Trips & Events Brainstorm	8 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	9 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	10 11:30 AM Empathy 1 PM Community Healing
11 Closed 	12 12 PM Walking Group 12-1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	13 11 AM Creative Writing 1 PM IPS 3 PM WHAM	14 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 2 PM Trips & Events Brainstorm #2 	15 12 PM Check-in 2-4 PM Art Wellness 4-6 PM Lebanon Farmers Market	16 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	17 11:30 AM Empathy 1 PM Community Healing
18 Closed	19 12 PM Walking Group 12-1 PM Puzzles & Games	20 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom 1 PM Educational Event: NHPA w/Ken Lewis via zoom in Claremont	21 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg via zoom	22 12 PM Check-in 2-4 PM Art Wellness	23 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	24 11:30 AM Empathy 1 PM Community Healing
25 Closed	26 Office Closed 12 PM Walking Group 12-1 PM Puzzles & Games 	27 11 AM Creative Writing 1 PM IPS 3 PM WHAM	28 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	29 12 PM Check-in 2-4 PM Art Wellness 11 AM-1 PM Picnic at Moody Park w/walking & hiking	30 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	31 11:30 AM Empathy 1 PM Community Healing