





Next Step, 109 Bank St., Lebanon—September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 12 PM Walking Group 1 PM Puzzles & Games 	2 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>11 AM-12 PM Newsletter Workgroup @ NS</i>	3 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	4 12 PM Check-in 2-4 PM Art Wellness	5 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	6 11:30 AM Empathy 1 PM Community Healing
7 Closed	8 12 PM Walking Group 1 PM Puzzles & Games	9 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>Hunger Action Day!</i>	10 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation <i>3:30 PM Board Mtg, Claremont & via zoom</i>	11 12 PM Check-in 2-4 PM Art Wellness <i>2 PM Arbor View Connections</i>	12 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	13 11:30 AM Empathy 1 PM Community Healing
14 Closed	15 12 PM Walking Group 1 PM Puzzles & Games	16 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	18 12 PM Check-in 2-4 PM Art Wellness <i>10 AM-2 PM Faneuil Hall</i>  <i>6:30-8:30 PM Health Care Forum</i>	19 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	20 11:30 AM Empathy 1 PM Community Healing
21 Closed	22 12 PM Walking Group 1 PM Puzzles & Games 	23 11 AM Creative Writing 1 PM IPS 3 PM WHAM	24 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: DRC w/Deborah Opramolla</i>	25 12 PM Check-in 2-4 PM Art Wellness	26 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	27 11:30 AM Empathy 1 PM Community Healing
28 Closed	29 12 PM Walking Group 1 PM Puzzles & Games	30 11 AM Creative Writing 1 PM IPS 3 PM WHAM				<i>* denotes date or time change</i>