

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change					1 11:30 AM Empathy 1 PM Community Healing
2 Closed  DAYLIGHT SAVINGS	3 12 PM Walking Group 1 PM Puzzles & Games	4 11 AM Creative Writing 1 PM IPS 3 PM WHAM 	5 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Sexual Harassment w/ Shanon Laferte	6 12 PM Check-in 2-4 PM Art Wellness  11 AM-12 PM AVA Art Gallery 2 PM Arbor View Connections	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	10 12 PM Walking Group 1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	11 Office Closed 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 Annual Board Mtg , Claremont & via zoom 	13 12 PM Check-in 2-4 PM Art Wellness	14 Closed	15 11:30 AM Empathy 1 PM Community Healing
16 Closed	17 12 PM Walking Group 1 PM Puzzles & Games	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 2 PM Arbor View Connections	21 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 1 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS 3 PM WHAM	26 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	27 Office Closed Closed 	28 Office Closed Open 9 AM-3 PM 11 AM Life Goals 1 PM Community Eats	29 11:30 AM Empathy 1 PM Community Healing
30 Closed						