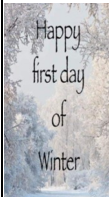


Next Step, 109 Bank St., Lebanon—December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12 PM Walking Group 1 PM Puzzles & Games	2 11 AM Creative Writing 1 PM IPS 3 PM WHAM	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 2 PM Arbor View Connections	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 11 AM-12 PM Newsletter Workgroup @ NS	9 11 AM Creative Writing 1 PM IPS 3 PM WHAM	10 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	11 12 PM Check-in 2-4 PM Art Wellness	12 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	13 11:30 AM Empathy 1 PM Community Healing
14 Closed  Happy Hanukkah!	15 12 PM Walking Group 1 PM Puzzles & Games	16 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom Entertainment Cinema Movies	17 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: WISE w/ Bailey Ray	18 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	19 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  Happy first day of Winter	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 1 PM Community Meeting 2:30 PM Meditation & Relaxation	25 Office Closed Closed  Merry Christmas	26 Office Closed 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 	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	31 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation			* denotes date or time change