




Next Step, 109 Bank St., Lebanon—February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 12 PM Walking Group 1 PM Puzzles & Games	3 11 AM Creative Writing 1 PM IPS 3 PM WHAM	4 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	5 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	6 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	7 11:30 AM Empathy 1 PM Community Healing
8 Closed	9 12 PM Walking Group 1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	10 11 AM Creative Writing 1 PM IPS 3 PM WHAM 1 PM Educational Event: I.O.O.V. w/ Elisha Griffin and Susan Ginger at Stepping Stone via zoom	11 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	12 12 PM Check-in 2-4 PM Art Wellness 12 PM Baking Lesson at SS	13 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	14 11:30 AM Empathy 1 PM Community Healing 
15 Closed	16 Office Closed 12 PM Walking Group 1 PM Puzzles & Games 	17 Open 9 AM-3 PM 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	18 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	19 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	17 Open 9 AM-3 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	21 Closed
22 Closed	23 12 PM Walking Group 1 PM Puzzles & Games	24 11 AM Creative Writing 1 PM IPS 3 PM WHAM	25 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	26 12 PM Check-in 2-4 PM Art Wellness	27 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	28 11:30 AM Empathy 1 PM Community Healing
				* denotes date or time change		