

# Next Step, 109 Bank St., Lebanon—March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Open 10 AM-3 PM  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 2 PM* Community Meeting 2:30 PM Meditation & Relaxation  <i>1 PM Educational Event: First-Aid with Martha Hewitt</i>	5 12 PM Check-in 2-4 PM Art Wellness  <i>10 AM Arbor View Connections</i>	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   <b>SPRING</b>	9 12 PM Walking Group 1 PM Puzzles & Games  <i>11 AM-12 PM Newsletter Workgroup @ NS</i>	10 11 AM Creative Writing 1 PM IPS 3 PM WHAM	11 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation <i>3:30 PM Board Mtg, Claremont &amp; via zoom</i>  	12 12 PM Check-in 2-4 PM Art Wellness	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 12 PM Walking Group 1 PM Puzzles & Games	17 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>  	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  <i>10 AM Arbor View Connections</i>	20 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	21 11:30 AM Empathy 1 PM Community Healing
22 Closed	23 12 PM Walking Group 1 PM Puzzles & Games  <i>11 AM-12:30 PM Ice Cream Social at NS</i>  	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
29 Closed	30 12 PM Walking Group 1 PM Puzzles & Games	31 11 AM Creative Writing 1 PM IPS 3 PM WHAM				* denotes date or time change