





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

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