


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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	2 11:30 AM Empathy 1 PM Community Healing
3 Closed	4 12 PM Walking Group 1 PM Puzzles & Games	5 Open 10:15 AM-5 PM  11 AM Creative Writing 1 PM IPS 3 PM WHAM  <i>11 AM-12 PM            Newsletter Workgroup @ NS</i>	6 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	7 12 PM Check-in 2-4 PM Art Wellness	8 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	9 11:30 AM Empathy 1 PM Community Healing
10 Closed 	11 12 PM Walking Group 1 PM Puzzles & Games	12 11 AM Creative Writing 1 PM IPS 3 PM WHAM	13 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg, Claremont & via zoom 	14 12 PM Check-in 2-4 PM Art Wellness	15 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	16 11:30 AM Empathy 1 PM Community Healing
17 Closed	18 12 PM Walking Group 1 PM Puzzles & Games	19 11 AM Creative Writing 1 PM IPS 3 PM WHAM  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	20 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation  <i>1 PM Educational Event:            Mobil Crisis Team w/            Angela Montano</i>	21 12 PM Check-in 2-4 PM Art Wellness	22 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	23 11:30 AM Empathy 1 PM Community Healing
24 Closed	25 Office Closed  12 PM Walking Group 1 PM Puzzles & Games 	26 11 AM Creative Writing 1 PM IPS 3 PM WHAM	27 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	28 12 PM Check-in 2-4 PM Art Wellness   <i>11 AM-1PM Cookout @ Moody Park</i>	29 Open 1-7 PM  1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	30 11:30 AM Empathy 1 PM Community Healing
31 Closed					<i>* denotes date or time change</i>	