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

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 Closed 	**2** 12 PM Walking Group 1 PM Puzzles & Games *11 AM-12 PM* *Newsletter Workgroup @ NS*	**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	**6** 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	**10** 11 AM Creative Writing 1 PM IPS 3 PM WHAM	**11** Office Closed 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	**12** 12 PM Check-in 2-4 PM Art Wellness  *1-3 PM Pizza Party, Claremont* *3:30 PM Annual Board Mtg, Claremont & via zoom*	**13** 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	**14** 11:30 AM Empathy 1 PM Community Healing
15 Closed	**16** 12 PM Walking Group 1 PM Puzzles & Games	**17** Open 9 AM-3 PM 11 AM Creative Writing 1 PM IPS *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	**20** Open 9 AM-3 PM 11 AM Life Goals 1 PM Community Eats	**21** 11:30 AM Empathy 1 PM Community Healing
22 Closed	**23** 12 PM Walking Group 1 PM Puzzles & Games	**24** 11 AM Creative Writing 1 PM IPS 3 PM WHAM *1-3 PM Thanksgiving Lunch @ SS*	**25** 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation *1 PM Educational Event: Sexual Harassment w/Shanon Laferte*	**26** Office Closed Closed 	**27** Office Closed 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					** denotes date or time change*