




# Stepping Stone—October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>* denotes date or time change</i></p> <h2 style="font-style: italic;">MENTAL ILLNESS AWARENESS WEEK</h2>						
2 Happiness is Key ALL DAY	3 12 PM Discussion relating to IPS 2 PM Check-out	4 12 PM Community Potluck 1 PM Community Mtg	5 12 PM Continuous Growth 1:30 PM News & Stories that Inspire	6 10:30 AM Walking Group 12 PM Behaviors, Habits & Interactions 2 PM WRAP	7 12:15 PM Check-in/Goals 1:25 PM IPS	8 12 PM Art Wellness 2 PM Community and Personal Healing
9 Happiness is Key ALL DAY	10 12 PM Discussion relating to IPS 2 PM Check-out  <i>9:30-11:30 AM Newsletter Workgroup @ SS</i> 	11 12 PM Community Potluck 1 PM Community Mtg	12 12 PM Continuous Growth 1:30 PM News & Stories that Inspire	13 12 PM Behaviors, Habits & Interactions 2 PM WRAP	14 12:15 PM Check-in/Goals 1:25 PM IPS 3:30 PM Karaoke	15 12 PM Art Wellness 2 PM Community and Personal Healing
16 Happiness is Key ALL DAY	17 12 PM Discussion relating to IPS 2 PM Check-out	18 12 PM Community Potluck 2 PM* Community Mtg <i>10 AM Consumer Council 1 PM Educational Event: Voting With Jeff Dickinson @ SS</i>	19 12 PM Continuous Growth 1:30 PM News & Stories that Inspire  <i>1 PM Arbor View</i>	20 10:30 AM Walking Group 12 PM Behaviors, Habits & Interactions 2 PM WRAP	21 12:15 PM Check-in/Goals 1:25 PM IPS  	22 12 PM Art Wellness 2 PM Community and Personal Healing
23 Happiness is Key ALL DAY	24 12 PM Discussion relating to IPS 2 PM Check-out	25 12 PM Community Potluck 1 PM Community Mtg	26 12 PM Continuous Growth 1:30 PM News & Stories that Inspire	27 12 PM Behaviors, Habits & Interactions 2 PM WRAP   <i>10 AM—Noon</i>	28 12:15 PM Check-in/Goals 1:25 PM IPS 3:30 PM Karaoke	29 12 PM Art Wellness 2 PM Community and Personal Healing
30 Happiness is Key ALL DAY	31 12 PM Discussion relating to IPS 2 PM Check-out <i>Hallowesta 3:30-4:45 PM @ SS</i> 