




# Stepping Stone—October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b><i>MENTAL ILLNESS AWARENESS WEEK</i></b>						
1 11 AM -1:30 PM Art Wellness	2 12 PM Check-in/Goals 1:30 PM News & Stories that Inspire	3 12 PM Community Potluck 1 PM Community Mtg	4 CLOSED FOR MTG	5 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	6 12:30 PM IPS 2:30 PM Community and Personal Healing 3:30 PM Karaoke	7 12 PM Continuous Growth 2 PM Check-out
8 11 AM -1:30 PM Art Wellness	9 12 PM Check-in/Goals 1:30 PM News & Stories that Inspire  	10 12 PM Community Potluck 1 PM Community Mtg  9:30-11:30 AM Newsletter Workgroup	11 12 PM Behaviors, Habits & Interactions 2 PM WRAP	12 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	13 12:30 PM IPS 2:30 PM Community and Personal Healing	14 12 PM Continuous Growth 2 PM Check-out
15 11 AM -1:30 PM Art Wellness	16 12 PM Check-in/Goals 1:30 PM News & Stories that Inspire  1 PM Arbor View	17 12 PM Community Potluck 2 PM* Community Mtg  10 AM Consumer Council  Educational Event: 1 PM NEW Member Policies	18 12 PM Behaviors, Habits & Interactions 2 PM WRAP	19 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	20 12:30 PM IPS 2:30 PM Community and Personal Healing 3:30 PM Karaoke  	21 12 PM Continuous Growth 2 PM Check-out
22 11 AM -1:30 PM Art Wellness	23 12 PM Check-in/Goals 1:30 PM News & Stories that Inspire	24 12 PM Community Potluck 1 PM Community Mtg	25 12 PM Behaviors, Habits & Interactions 2 PM WRAP  2 PM Lake Sunapee Boat Tour	26 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	27 12:30 PM IPS 2:30 PM Community and Personal Healing	28 12 PM Continuous Growth 2 PM Check-out
29 11 AM -1:30 PM Art Wellness	30 12 PM Check-in/Goals 1:30 PM News & Stories that Inspire	31 12 PM Community Potluck 1 PM Community Mtg   <i>HALLOWEEN</i> <i>3:30-4:45 PM</i>				*denotes date or time change