




Stepping Stone—September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HUNGER ACTION MONTH						1 12:30 PM Continuous Growth 2 PM Check-out
2 11 AM-1:30 PM Art Wellness	3 12 PM IPS 1:30 PM Music that soothes the soul 	4 12 PM Community Potluck 1 PM Community Mtg	5 12 PM Behaviors, Habits & Interactions 2 PM WRAP <i>12-2 PM Labor Day Picnic @ NS</i>	6 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 2 PM Walking Group	7 2 PM Check-in/Goals 4:30 PM Community and Personal Healing <i>2-7 PM Hampton Beach Seafood Festival</i>	8 12:30 PM Continuous Growth 2 PM Check-out
9 11 AM-1:30 PM Art Wellness	10 12 PM IPS 1:30 PM Music that soothes the soul <i>9:30-11:30 AM Newsletter Workgroup</i>	11 12 PM Community Potluck 1 PM Community Mtg	12 12 PM Behaviors, Habits & Interactions 2 PM WRAP <i>3:30-5 PM Annual Board Mtg @ SS</i>	13 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key <i>Hunger Action Day</i>	14 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing	15 12:30 PM Continuous Growth 2 PM Check-out
16 11 AM-1:30 PM Art Wellness	17 12 PM IPS 1:30 PM Music that soothes the soul <i>1 PM Arbor View</i>	18 12 PM Community Potluck 1 PM Community Mtg <i>10 AM Consumer Council</i>	19 12 PM Behaviors, Habits & Interactions 2 PM WRAP	20 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 2 PM Walking Group	21 2 PM Check-in/Goals 4:30 PM Community and Personal Healing 	22 12:30 PM Continuous Growth 2 PM Check-out
23 11 AM-1:30 PM Art Wellness 	24 12 PM IPS 1:30 PM Music that soothes the soul	25 12 PM Community Potluck 2 PM* Community Mtg <i>1 PM Educational Event: Alternatives Conf w/Heather Bachler</i>	26 12 PM Behaviors, Habits & Interactions 2 PM WRAP	27 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key	28 2 PM Check-in/Goals 4:30 PM Community and Personal Healing	29 12:30 PM Continuous Growth 2 PM Check-out
30 11 AM-1:30 PM Art Wellness						* denotes date or time change