




# Stepping Stone—October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12 PM IPS 1:30 PM Music that soothes the soul	2 12 PM Community Potluck 1 PM Community Mtg	3 12 PM Behaviors, Habits & Interactions 2 PM WRAP	4 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key	5 2 PM Check-in/Goals 2 PM* Walking Group 3:30 PM Karaoke 4:30 PM Community and Personal Healing	6 12:30 PM Continuous Growth 2 PM Check-out
<b>MENTAL ILLNESS AWARENESS WEEK</b>						
7 11 AM-1:30 PM Art Wellness	8 12 PM IPS 1:30 PM Music that soothes the soul  	9 12 PM Community Potluck 1 PM Community Mtg  9:30-11:30 AM Newsletter Workgroup	10 12 PM Behaviors, Habits & Interactions 2 PM WRAP	11 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key  4:30-6 PM WRAP® Workshop @ SS	12 2 PM Check-in/Goals 4:30 PM Community and Personal Healing	13 12:30 PM Continuous Growth 2 PM Check-out
14 11 AM-1:30 PM Art Wellness	15 12 PM IPS 1:30 PM Music that soothes the soul  1 PM Arbor View	16 12 PM Community Potluck 1 PM Community Mtg  10 AM Consumer Council	17 12 PM Behaviors, Habits & Interactions 2 PM WRAP	18 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 2 PM Walking Group  4:30-6 PM WRAP® Workshop @ SS	19 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing  	20 12:30 PM Continuous Growth 2 PM Check-out
21 11 AM-1:30 PM Art Wellness	22 12 PM IPS 1:30 PM Music that soothes the soul	23 12 PM Community Potluck 1 PM Community Mtg	24 12 PM Behaviors, Habits & Interactions 2 PM WRAP  1 PM Educational Event: SNAP w/ Lynne Lorensen @ NS  	25 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key  4:30-6 PM WRAP® Workshop @ SS	26 2 PM Check-in/Goals 4:30 PM Community and Personal Healing	27 12:30 PM Continuous Growth 2 PM Check-out
28 11 AM-1:30 PM Art Wellness	29 12 PM IPS 1:30 PM Music that soothes the soul	30 12 PM Community Potluck 1 PM Community Mtg  3:30-4:45 PM <b>Hallowesta</b>	31 12 PM Behaviors, Habits & Interactions 2 PM WRAP  7-8:30 PM Haunted Footsteps Ghost Tour Salem Mass.			* denotes date or time change