






Stepping Stone—November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>* denotes date or time change</i></p>				<p>1 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 2 PM Walking Group 4:30-6 PM WRAP® Workshop @ SS</p>	<p>2 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing</p>	<p>3 12:30 PM Continuous Growth 2 PM Check-out</p>
<p>4 11 AM-1:30 PM Art Wellness</p> 	<p>5 12 PM IPS 1:30 PM Music that soothes the soul 1 PM Arbor View</p>	<p>6 12 PM Community Potluck 1 PM Community Mtg</p> 	<p>7 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p>	<p>8 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 4:30-6 PM WRAP® Workshop @ SS</p>	<p>9 2 PM Check-in/Goals 4:30 PM Community and Personal Healing</p>	<p>10 12:30 PM Continuous Growth 2 PM Check-out</p>
<p>11 11 AM-1:30 PM Art Wellness</p> 	<p>12 12 PM IPS 1:30 PM Music that soothes the soul</p>	<p>13 12 PM Community Potluck 1 PM Community Mtg 9:30-11:30 AM Newsletter Workgroup 2 PM Thanksgiving Dinner @ SS</p>	<p>14 12 PM Behaviors, Habits & Interactions 2 PM WRAP 3:30 PM Board Mtg @ SS</p>	<p>15 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 2 PM Walking Group 4:30-6 PM WRAP® Workshop @ SS</p>	<p>16 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing</p> 	<p>17 12:30 PM Continuous Growth 2 PM Check-out</p>
<p>18 11 AM-1:30 PM Art Wellness</p>	<p>19 12 PM IPS 1:30 PM Music that soothes the soul</p>	<p>20 12 PM Community Potluck 1 PM Community Mtg 10 AM Consumer Council</p>	<p>21 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p>	<p>22 OPEN 9 AM– 1 PM</p> 	<p>23 2 PM Check-in/Goals 4:30 PM Community and Personal Healing</p>	<p>24 12:30 PM Continuous Growth 2 PM Check-out</p>
<p>25 11 AM-1:30 PM Art Wellness</p>	<p>26 12 PM IPS 1:30 PM Music that soothes the soul</p>	<p>27 12 PM Community Potluck 2 PM* Community Mtg 1 PM Educational Event: First Aid w/Martha Hewitt</p>	<p>28 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p>	<p>29 11:30 AM Discussion relating to IPS 1:30 PM Happiness is Key 10AM-4PM Mall of NH</p>	<p>30 2 PM Check-in/Goals 4:30 PM Community and Personal Healing</p>	