




Stepping Stone—January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* denotes date or time change		1 Closed 	2 12 PM Behaviors, Habits & Interactions 2 PM WRAP	3 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	4 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing	5 12:30 PM Continuous Growth 2 PM Check-out
6 11 AM-1:30 PM Art Wellness	7 12 PM IPS 1:30 PM Music that soothes the soul	8 12 PM Community Potluck 1 PM Community Mtg	9 12 PM Behaviors, Habits & Interactions 2 PM WRAP 3:30 PM Board Mtg @ NS	10 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	11 4:30 PM Community and Personal Healing Closed until 2:30 PM for staff training. Open 2:30-7 PM	12 12:30 PM Continuous Growth 2 PM Check-out
13 11 AM-1:30 PM Art Wellness	14 12 PM IPS 1:30 PM Music that soothes the soul 9:30-11:30 AM Newsletter Workgroup 1 PM Arbor View	15 12 PM Community Potluck 1 PM Community Mtg 10 AM Consumer Council	16 12 PM Behaviors, Habits & Interactions 2 PM WRAP 1-3 PM Vt. Institute of Natural Science	17 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	18 2 PM Check-in/Goals 3:30 PM Karaoke 4:30 PM Community and Personal Healing 	19 12:30 PM Continuous Growth 2 PM Check-out
20 11 AM-1:30 PM Art Wellness	21 12 PM IPS 1:30 PM Music that soothes the soul 	22 12 PM Community Potluck 2 PM* Community Mtg 1 PM Educational Event: West Central Behavioral Health with Suellen Griffin	23 12 PM Behaviors, Habits & Interactions 2 PM WRAP	24 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	25 2 PM Check-in/Goals 4:30 PM Community and Personal Healing	26 12:30 PM Continuous Growth 2 PM Check-out
27 11 AM-1:30 PM Art Wellness	28 12 PM IPS 1:30 PM Music that soothes the soul	29 12 PM Community Potluck 1 PM Community Mtg	30 12 PM Behaviors, Habits & Interactions 2 PM WRAP	31 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS		