



# Stepping Stone—September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 11:30 AM Creative Cooking 1 PM Community and Personal Healing	2 10 AM Music that soothes the soul 12 PM IPS  <i>12-2 PM Labor Day Picnic @ NS</i>	3 12 PM Community Potluck 1 PM Community Mtg	4 12 PM Behaviors, Habits & Interactions 2 PM WRAP	5 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	6 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke  <i>1-7 PM Hampton Beach Seafood Festival</i>	7 12:30 PM Continuous Growth 2 PM Check-out	
8 11:30 AM Creative Cooking 1 PM Community and Personal Healing	9 10 AM Music that soothes the soul 12 PM IPS  <i>9:30-11:30 AM Newsletter Workgroup</i>	10 12 PM Community Potluck 1 PM Community Mtg	11 12 PM Behaviors, Habits & Interactions 2 PM WRAP  <i>3:30-5 PM Annual Board Mtg @ NS</i>	12 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group  <i>Hunger Action Day</i>	13 1 PM Check-in/Goals 3:00 PM Art Wellness	14 12:30 PM Continuous Growth 2 PM Check-out	
15 11:30 AM Creative Cooking 1 PM Community and Personal Healing	16 10 AM Music that soothes the soul 12 PM IPS  <i>1 PM Arbor View</i>	17 12 PM Community Potluck 1 PM Community Mtg  <i>10 AM Consumer Council</i>	18 12 PM Behaviors, Habits & Interactions 2 PM WRAP	19 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	20 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke  	21 12:30 PM Continuous Growth 2 PM Check-out	
22 11:30 AM Creative Cooking 1 PM Community and Personal Healing	23 10 AM Music that soothes the soul 12 PM IPS  	24 12 PM Community Potluck 2 PM* Community Mtg  <i>1 PM Educational Event: Employment w/Jane Morgan from WCBH</i>	25 12 PM Behaviors, Habits & Interactions 2 PM WRAP	26 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	27 1 PM Check-in/Goals 3:00 PM Art Wellness	28 12:30 PM Continuous Growth 2 PM Check-out	
29 11:30 AM Creative Cooking 1 PM Community and Personal Healing	30 10 AM Music that soothes the soul 12 PM IPS	 <b>HUNGER ACTION MONTH</b>				<i>* denotes date or time change</i>	