




Stepping Stone—October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12 PM Community Potluck 1 PM Community Mtg	2 12 PM Behaviors, Habits & Interactions 2 PM WRAP	3 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	4 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke	5 12:30 PM Continuous Growth 2 PM Check-out
MENTAL ILLNESS AWARENESS WEEK						
6 11:30 AM Creative Cooking 1 PM Community and Personal Healing	7 10 AM Music that soothes the soul 12 PM IPS <i>9:30-11:30 AM Newsletter Workgroup</i>	8 12 PM Community Potluck 1 PM Community Mtg	9 12 PM Behaviors, Habits & Interactions 2 PM WRAP	10 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	11 1 PM Check-in/Goals 3:00 PM Art Wellness	12 12:30 PM Continuous Growth 2 PM Check-out
13 11:30 AM Creative Cooking 1 PM Community and Personal Healing	14 10 AM Music that soothes the soul 12 PM IPS 	15 12 PM Community Potluck 1 PM Community Mtg <i>10 AM Consumer Council</i>	16 12 PM Behaviors, Habits & Interactions 2 PM WRAP	17 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	18 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke 	19 12:30 PM Continuous Growth 2 PM Check-out
20 11:30 AM Creative Cooking 1 PM Community and Personal Healing	21 10 AM Music that soothes the soul 12 PM IPS <i>1 PM Arbor View</i>	22 12 PM Community Potluck 1 PM Community Mtg	23 12 PM Behaviors, Habits & Interactions 2 PM WRAP	24 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	25 1 PM Check-in/Goals 3:00 PM Art Wellness	26 12:30 PM Continuous Growth 2 PM Check-out
27 11:30 AM Creative Cooking 1 PM Community and Personal Healing	28 10 AM Music that soothes the soul 12 PM IPS	29 12 PM Community Potluck 2 PM* Community Mtg <i>1 PM Educational Event: Office of Consumer & Family Affairs—Tom Grinley</i>	30 12 PM Behaviors, Habits & Interactions 2 PM WRAP	31 Halloween 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS <i>3:30-4:45 PM Halloweenista</i>	 <i>5-9:30 PM Haunted Footsteps Ghost Tour & Free time Salem Mass.</i>	<i>* denotes date or time change</i>