






Stepping Stone—November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		* denotes date or time change			1 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke	2 12:30 PM Continuous Growth 2 PM Check-out
3 11:30 AM Creative Cooking 1 PM Community and Personal Healing 	4 10 AM Music that soothes the soul 12 PM IPS <i>9:30-11:30 AM Newsletter Workgroup</i>	5 12 PM Community Potluck 1 PM Community Mtg 	6 12 PM Behaviors, Habits & Interactions 2 PM WRAP	7 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	8 1 PM Check-in/Goals 3:00 PM Art Wellness	9 12:30 PM Continuous Growth 2 PM Check-out
10 11:30 AM Creative Cooking 1 PM Community and Personal Healing	11 10 AM Music that soothes the soul 12 PM IPS 	12 12 PM Community Potluck 1 PM Community Mtg <i>10 AM Consumer Council</i>	13 12 PM Behaviors, Habits & Interactions 2 PM WRAP <i>3:30 PM Board Mtg @ NS</i>	14 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS <i>Volunteering at The Soup Kitchen, 10AM-12PM</i>	15 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke 	16 12:30 PM Continuous Growth 2 PM Check-out
17 11:30 AM Creative Cooking 1 PM Community and Personal Healing	18 10 AM Music that soothes the soul 12 PM IPS <i>1 PM Arbor View</i>	19 12 PM Community Potluck 2 PM* Community Mtg <i>1 PM Educational Event: NH Vocational Rehab with Liz Willis</i>	20 12 PM Behaviors, Habits & Interactions 2 PM WRAP	21 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group <i>12-2 PM Ice Cream Social</i>	22 1 PM Check-in/Goals 3:00 PM Art Wellness	23 12:30 PM Continuous Growth 2 PM Check-out
24 11:30 AM Creative Cooking 1 PM Community and Personal Healing	25 10 AM Music that soothes the soul 12 PM IPS	26 12 PM Community Potluck 1 PM Community Mtg	27 12 PM Behaviors, Habits & Interactions 2 PM WRAP	28 OPEN 11 AM– 3 PM 11:30 AM Happiness is Key 	29 1 PM Check-in/Goals 3:00 PM Art Wellness	30 12:30 PM Continuous Growth 2 PM Check-out