





Stepping Stone—January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12 PM Behaviors, Habits & Interactions 2 PM WRAP 	2 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	3 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke	4 12:30 PM Continuous Growth 2 PM Check-out
5 11:30 AM Creative Cooking 1 PM Community and Personal Healing	6 10 AM Music that soothes the soul 12 PM IPS <i>1 PM Arbor View</i>	7 12 PM Community Potluck 1 PM Community Mtg	8 12 PM Behaviors, Habits & Interactions 2 PM WRAP	9 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS <i>11:30 AM – 12:30 PM Volunteering at Claremont Soup Kitchen</i>	10 1 PM Check-in/Goals 3:00 PM Art Wellness	11 12:30 PM Continuous Growth 2 PM Check-out
12 11:30 AM Creative Cooking 1 PM Community and Personal Healing	13 10 AM Music that soothes the soul 12 PM IPS <i>9:30-11:30 AM Newsletter Workgroup</i>	14 12 PM Community Potluck 1 PM Community Mtg	15 12 PM Behaviors, Habits & Interactions 2 PM WRAP <i>3:30 PM Board Mtg @ NS</i>	16 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	17 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke 	18 12:30 PM Continuous Growth 2 PM Check-out
19 11:30 AM Creative Cooking 1 PM Community and Personal Healing	20 10 AM Music that soothes the soul 12 PM IPS 	21 12 PM Community Potluck 2 PM* Community Mtg <i>11 AM Consumer Council 1 PM Educational Event: First-Aid w/Martha Hewitt</i>	22 12 PM Behaviors, Habits & Interactions 2 PM WRAP	23 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	24 1 PM Check-in/Goals 3:00 PM Art Wellness	25 12:30 PM Continuous Growth 2 PM Check-out
26 11:30 AM Creative Cooking 1 PM Community and Personal Healing	27 10 AM Music that soothes the soul 12 PM IPS	28 12 PM Community Potluck 1 PM Community Mtg	29 12 PM Behaviors, Habits & Interactions 2 PM WRAP	30 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS <i>12-2 PM Game Day</i>	31 1 PM Check-in/Goals 3:00 PM Art Wellness	<i>* denotes date or time change</i>