



# Stepping Stone—February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change		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	1 12:30 PM Continuous Growth 2 PM Check-out
2 1 PM Community and Personal Healing	3 10 AM Music that soothes the soul 12 PM IPS	4 12 PM Community Potluck 2 PM* Community Mtg  <i>1 PM Educational Event: Crisis Respite w/Kim Metcalfe</i>	5 12 PM Behaviors, Habits & Interactions 2 PM WRAP	6 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	7 1 PM Check-in/Goals 3:00 PM Art Wellness	8 12:30 PM Continuous Growth 2 PM Check-out
9 1 PM Community and Personal Healing	10 10 AM Music that soothes the soul 12 PM IPS  <i>9:30-11:30 AM Newsletter Workgroup</i>  <i>1 PM Arbor View</i>	11 12 PM Community Potluck 1 PM Community Mtg	12 12 PM Behaviors, Habits & Interactions 2 PM WRAP	13 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group	14 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke  <b>Happy VALENTINE'S DAY</b> 	15 12:30 PM Continuous Growth 2 PM Check-out
16 1 PM Community and Personal Healing	17 10 AM Music that soothes the soul 12 PM IPS  	18 12 PM Community Potluck 1 PM Community Mtg  <i>11 AM Consumer Council</i>	19 12 PM Behaviors, Habits & Interactions 2 PM WRAP	20 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS  <i>12-2 PM Imperial Buffet Claremont</i>	21 1 PM Check-in/Goals 3:00 PM Art Wellness	22 12:30 PM Continuous Growth 2 PM Check-out
23 1 PM Community and Personal Healing	24 10 AM Music that soothes the soul 12 PM IPS	25 12 PM Community Potluck 1 PM Community Mtg	26 12 PM Behaviors, Habits & Interactions 2 PM WRAP	27 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	28 1 PM Check-in/Goals 3:00 PM Art Wellness	29 12:30 PM Continuous Growth 2 PM Check-out