





Stepping Stone—March 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|---|
| <p>1 1 PM Community and Personal Healing</p> <p>ADD Puzzles & Games</p> | <p>2 10 AM Music 12 PM IPS</p> <p>ADD Chair Yoga</p> | <p>3 12 PM Community Potluck 1 PM Community Mtg</p> <p>ADD Walking ADD Post-lunch Stretching</p> | <p>4 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p> <p>ADD Cross-stitch</p> | <p>5 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS</p> | <p>6 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke</p> | <p>7 12:30 PM Continuous Growth</p> <p>REMOVE 2 PM Check-out</p> <p>ADD Movement & Music</p> |
| <p>8 1 PM Community and Personal Healing</p> <p>ADD Puzzles & Games</p>  | <p>9 10 AM Music 12 PM IPS</p> <p>9:30-11:30 AM Newsletter Workgroup</p> <p>ADD Chair Yoga</p> | <p>10 12 PM Community Potluck 2 PM* Community Mtg</p> <p>ADD Post-lunch Stretching</p> <p>1 PM Educational Event: Diabetes with Ann Merritt</p> | <p>11 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p> <p>ADD Cross-stitch</p> <p>3:30 PM Board Mtg @ NS</p> | <p>12 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group</p> | <p>13 1 PM Check-in/Goals 3:00 PM Art Wellness</p> | <p>14 12:30 PM Continuous Growth</p> <p>REMOVE 2 PM Check-out</p> <p>ADD Movement & Music</p> |
| <p>15 1 PM Community and Personal Healing</p> <p>ADD Puzzles & Games</p> | <p>16 10 AM Music that soothes the soul 12 PM IPS</p> <p>ADD Chair Yoga</p> | <p>17 12 PM Community Potluck</p> <p>1 PM Community Mtg</p> <p>ADD Walking ADD Post-lunch Stretching</p>  <p>11 AM Consumer Council</p> | <p>18 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p> <p>ADD Cross-stitch</p> | <p>19 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS</p> | <p>20 1 PM Check-in/Goals 3:00 PM Art Wellness 3:30 PM Karaoke</p>  | <p>21 12:30 PM Continuous Growth</p> <p>REMOVE 2 PM Check-out</p> <p>ADD Movement & Music</p> |
| <p>22 1 PM Community and Personal Healing</p> <p>ADD Puzzles & Games</p> | <p>23 10 AM Music that soothes the soul 12 PM IPS</p> <p>ADD Chair Yoga</p> | <p>24 12 PM Community Potluck 1 PM Community Mtg</p> <p>ADD Post-lunch Stretching</p> | <p>25 12 PM Behaviors, Habits & Interactions 2 PM WRAP</p> <p>ADD Cross-stitch</p> | <p>26 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking Group</p> <p>12-2 PM Pizza Hut</p>  | <p>27 1 PM Check-in/Goals 3:00 PM Art Wellness</p> | <p>28 12:30 PM Continuous Growth</p> <p>REMOVE 2 PM Check-out</p> <p>ADD Movement & Music</p> |
| <p>29 1 PM Community and Personal Healing</p> <p>ADD Puzzles & Games</p> | <p>30 10 AM Music that soothes the soul 12 PM IPS</p> <p>ADD Chair Yoga</p> <p>1 PM Arbor View</p> | <p>31 12 PM Community Potluck 1 PM Community Mtg</p> <p>ADD Walking ADD Post-lunch Stretching</p> | | <p>* denotes date or time change</p> | | <p>ITEMS IN RED: Recommended changes for discussion and vote.</p> |