

Stepping Stone—October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Until further notice Community Trips and Community Potluck are cancelled</i></p>	<p><i>* denotes date or time change</i></p>	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Community and Personal Healing via zoom 11 AM Check-in via zoom 3 PM WRAP via zoom</p>	<p>PLEASE NOTE: <i>On 10/8, 9, 12, & 13, there will be no 9 AM group On 10/12, there will be no 3 PM group</i></p>	<p>1 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>2 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>3 CLOSED</p>
<p>4 CLOSED</p>	<p>5 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>6 12:45 PM Stretching 1 PM Community Mtg</p>	<p>7 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>8 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>9 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>10 CLOSED</p>
<p>11 CLOSED</p>	<p>12 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p>The office is closed.</p>	<p>13 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p> <p>10 AM Mental Health Peer Alliance via zoom (used to be Consumer Council)</p>	<p>14 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>15 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>16 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>17 CLOSED</p>
<p>18 CLOSED</p>	<p>19 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p>10-11:30 AM Newsletter Workgroup</p>	<p>20 12:45 PM Stretching 2 PM* Community Mtg</p> <p>10 AM Mental Health Peer Alliance via zoom (used to be Consumer Council)</p> <p>1 PM Educational Event: Members Rights & Sexual Harassment</p>	<p>21 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>22 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>23 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>24 CLOSED</p>
<p>25 CLOSED</p>	<p>26 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>27 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p>	<p>28 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>29 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>30 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>31 CLOSED</p> 