





Stepping Stone—November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p> 	<p>2 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p>10-11 AM Newsletter Workgroup</p>	<p>3 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p> 	<p>4 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>5 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>6 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>7 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>8 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>9 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>10 12:45 PM Stretching 1 PM Community Mtg</p>	<p>11 The office is closed. 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p> 	<p>12 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>13 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>14 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>15 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>16 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>17 CLOSED</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>18 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p> <p>3:30 PM Board Mtg via zoom</p>	<p>19 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>20 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>21 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>22 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>23 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>24 12:45 PM Stretching 1 PM Community Mtg</p>	<p>25 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>26 The office is closed. 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS</p> 	<p>27 The office is closed. 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>28 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>29 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>30 10 AM Chair Yoga 12 PM IPS 2 PM Music</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 NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—11/6, 9, 11, 16-19, 26-27 • 11 AM—11/9, 11, 16-19, 26-27 • 3 PM—11/9, 11, 18, 26-27 	<p><i>Date-TBD</i> 1 PM Educational Event: Anger Management w/ Raymond Yanklowitz, MLADC</p>	<p><i>Until further notice Community Trips and Community Potluck are cancelled</i></p> <p>* denotes date or time change</p>