





Stepping Stone—December 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>1 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p>	<p>2 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>3 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>4 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>5 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>6 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>7 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>8 12:45 PM Stretching 1 PM Community Mtg</p>	<p>9 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>10 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p> <p></p>	<p>11 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>12 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>13 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>14 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>15 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p>	<p>16 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>17 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>18 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>19 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>20 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>21 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p> <i>First day of winter</i></p>	<p>22 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: Grievance Procedure w/ Shanon Pyatt</i></p>	<p>23 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>24 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>25</p> <p></p> <p>Closed</p>	<p>26 12 PM Movement & Music 2 PM Continuous Growth</p>
<p>27 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games</p>	<p>28 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>29 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p>	<p>30 12 PM Behaviors, Habits & Interactions 1 PM Cross-stitch</p>	<p>31 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom 3 PM WRAP via zoom</p>	<p></p> <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—12/4, 18, 25 • 11 AM—12/25 • 3 PM—12/25