

# Stepping Stone—January 2021

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><b>REMOTE GROUPS</b> <b>Monday through Friday</b></p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	<p><b>PLEASE NOTE NO GROUPS:</b></p> <ul style="list-style-type: none"> <li>• 9 AM—1/1, 15, 18</li> <li>• 11 AM—1/1, 18</li> </ul>	<p>1 1 PM Check-in/Goals 3 PM Art Wellness</p> <p><b>2021</b> <b>Happy New Year</b></p>	<p>2 1 PM Cross-stitch 2 PM Continuous Growth</p>
<p>3 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles &amp; Games</p>	<p>4 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>5 12:45 PM Stretching 1 PM Community Mtg</p>	<p>6 11 AM Movement &amp; Music 12 PM Behaviors, Habits &amp; Interactions</p>	<p>7 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>8 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>9 1 PM Cross-stitch 2 PM Continuous Growth</p>
<p>10 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles &amp; Games</p>	<p>11 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>12 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg</p>	<p>13 11 AM Movement &amp; Music 12 PM Behaviors, Habits &amp; Interactions</p> <p><i>3:30 PM Board Mtg via zoom</i></p>	<p>14 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>15 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>16 1 PM Cross-stitch 2 PM Continuous Growth</p>
<p>17 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles &amp; Games</p>	<p>18 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>19 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>20 11 AM Movement &amp; Music 12 PM Behaviors, Habits &amp; Interactions</p>	<p>21 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>22 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke</p>	<p>23 1 PM Cross-stitch 2 PM Continuous Growth</p>
<p>24 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles &amp; Games</p>	<p>25 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>26 10 AM Walking 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: Covid-19 via YouTube</i></p>	<p>27 11 AM Movement &amp; Music 12 PM Behaviors, Habits &amp; Interactions</p>	<p>28 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>29 1 PM Check-in/Goals 3 PM Art Wellness</p>	<p>30 1 PM Cross-stitch 2 PM Continuous Growth</p>
<p>31 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles &amp; Games</p>						