




Stepping Stone—February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 AM Chair Yoga 12 PM IPS 2 PM Music	2 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg	3 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	4 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking	5 1 PM Check-in/Goals 3 PM Art Wellness	6 1 PM Cross-stitch 2 PM Continuous Growth
7 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	8 10 AM Chair Yoga 12 PM IPS 2 PM Music <i>10-11 AM Newsletter Workgroup</i>	9 12:45 PM Stretching 1 PM Community Mtg	10 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	11 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking	12 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke	13 1 PM Cross-stitch 2 PM Continuous Growth
14 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games 	15 10 AM Chair Yoga 12 PM IPS 2 PM Music 	16 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	18 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking	19 1 PM Check-in/Goals 3 PM Art Wellness	20 1 PM Cross-stitch 2 PM Continuous Growth
21 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	22 10 AM Chair Yoga 12 PM IPS 2 PM Music	23 12:45 PM Stretching 2 PM* Community Mtg <i>1 PM Educational Event: <u>THE BOY, THE MOLE,</u> <u>THE FOX AND THE HORSE</u></i>	24 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	25 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking	26 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Karaoke	27 1 PM Cross-stitch 2 PM Continuous Growth
28 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games			REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	 PLEASE NOTE NO GROUPS: • 9 AM—2/12, 15, 26 • 11 AM—2/15		<i>Until further notice Community Trips and Community Potluck are cancelled</i> <i>* denotes date or time change</i>