




Stepping Stone—March 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 3:30 PM Movie & Conversation	6 1 PM Collaging & Paper Crafts 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 <i>3:30 PM Board Mtg via zoom</i>	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 Movie & Conversation	13 1 PM Collaging & Paper Crafts 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 2 PM Community Mtg* <i>10 AM NH Mental Health Peer Alliance via zoom</i> <i>1 PM Educational Event: First-Aid with Martha Hewitt</i>	17 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions <i>Happy St Patrick's Day!</i>	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 3:30 PM Movie & Conversation	20 1 PM Collaging & Paper Crafts 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 1 PM Community Mtg	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 Movie & Conversation	27 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
28 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	29 10 AM Chair Yoga 12 PM IPS 2 PM Music	30 10 AM Walking 12:45 PM Stretching 1 PM Community Mtg	31 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom  PLEASE NOTE NO GROUPS: • 9 AM—3/12		<i>Until further notice Community Trips and Community Potluck are cancelled</i> <i>* denotes date or time change</i>