




# Stepping Stone—April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>REMOTE GROUPS</b> <b>Monday through Friday</b> 9 AM Nutrition via zoom 11 AM Check-in via zoom	 <b>PLEASE NOTE NO GROUPS:</b> • 9 AM—4/16, 30	<i>Until further notice Community Trips and Community Potluck are cancelled</i>  <i>* denotes date or time change</i>		1 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking 	2 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	3 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
4 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games 	5 10 AM Chair Yoga 12 PM IPS 2 PM Music	6 12:45 PM Stretching 1 PM Community Mtg	7 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	8 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking	9 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	10 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
11 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	12 10 AM Chair Yoga 12 PM IPS 2 PM Music  <i>10-11 AM Newsletter Workgroup</i>	13 12:45 PM Stretching 1 PM Community Mtg	14 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	15 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS 2 PM Walking	16 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	17 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
18 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	19 10 AM Chair Yoga 12 PM IPS 2 PM Music	20 12:45 PM Stretching 2 PM* Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>  <i>1 PM Educational Event: Center for Recovery Resources with Gail Moeller</i>	21 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	22 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking	23 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	24 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
25 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	26 10 AM Chair Yoga 12 PM IPS 2 PM Music	27 12:45 PM Stretching 1 PM Community Mtg	28 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	29 11:30 AM Happiness is Key 12:30 PM Discussion relating to IPS 2 PM Walking	30 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	