


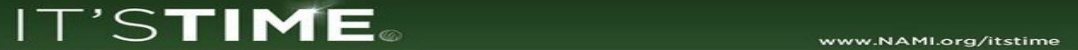


Stepping Stone—May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	 <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> 9 AM—5/7, 14, 17, 19, 31 11 AM—5/14, 17, 19, 31 	<p><i>Until further notice Community Trips and Community Potluck are cancelled</i></p> <p><i>* denotes date or time change</i></p>				1 PM Collaging & Paper Crafts 2 PM Continuous Growth
2 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	3 10 AM Chair Yoga 12 PM IPS 2 PM Music	4 12:45 PM Stretching 1 PM Community Mtg	5 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	6 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	7 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	8 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
9 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games 	10 10 AM Chair Yoga 12 PM IPS 2 PM Music 10-11 AM Newsletter Workgroup	11 12:45 PM Stretching 1 PM Community Mtg	12 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions 3:30 PM Board Mtg via zoom	13 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	14 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	15 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
16 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	17 10 AM Chair Yoga 12 PM IPS 2 PM Music	18 12:45 PM Stretching 2 PM* Community Mtg 10 AM NH Mental Health Peer Alliance via zoom 1 PM Educational Event: NAMI with Michelle Wagner and Karen Prive via Zoom	19 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	20 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	21 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	22 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
23 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	24 10 AM Chair Yoga 12 PM IPS 2 PM Music	25 12:45 PM Stretching 1 PM Community Mtg	26 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	27 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	28 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	29 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
30 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	31 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music 		 <p>May is Mental Health Awareness Month</p> 