




Stepping Stone—June 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—6/1, 4, 11, 16, 17, 18, 21 • 11 AM—6/1, 16, 17, 18, 21 	1 12:45 PM Stretching 1 PM Community Mtg	2 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	3 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	4 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	5 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
6 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	7 10 AM Chair Yoga 12 PM IPS 2 PM Music	8 12:45 PM Stretching 2 PM* Community Mtg <i>1 PM Educational Event: NH Mental Health Peer Alliance with Greg Burdwood</i>	9 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	10 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	11 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	12 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
13 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	14 10 AM Chair Yoga 12 PM IPS 2 PM Music <i>10-11 AM Newsletter Workgroup</i>	15 12:45 PM Stretching 1 PM Community Mtg <i>10 AM NH Mental Health Peer Alliance via zoom</i>	16 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	17 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	18 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	19 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
20 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games 	21 10 AM Chair Yoga 12 PM IPS 2 PM Music 	22 12:45 PM Stretching 1 PM Community Mtg	23 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions	24 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	25 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	26 1 PM Collaging & Paper Crafts 2 PM Continuous Growth
27 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	28 10 AM Chair Yoga 12 PM IPS 2 PM Music	29 12:45 PM Stretching 1 PM Community Mtg	30 11 AM Movement & Music 12 PM Behaviors, Habits & Interactions			<i>Until further notice Community Trips and Community Potluck are cancelled</i> <i>* denotes date or time change</i>