



# Stepping Stone—July 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	 <p><b>PLEASE NOTE NO GROUPS:</b></p> <ul style="list-style-type: none"> <li>9 AM—7/2, 5</li> <li>11 AM—7/5</li> </ul>	<i>Until further notice            Community Trips and            Community Potluck are            postponed</i>  <i>* denotes date or time change</i>		1 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	2 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	3 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
4 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games 	5 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music	6 12:45 PM Stretching 1 PM Community Mtg	7 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	8 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	9 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	10 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
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 Proactive Behaviors 12 PM Behaviors, Habits & Interactions  <i>3:30 PM Board Mtg via zoom</i>	15 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	16 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	17 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
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:            ServiceLink with Jennifer Seher</i>	21 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	22 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	23 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	24 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
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 Proactive Behaviors 12 PM Behaviors, Habits & Interactions	29 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	30 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	31 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio