



# Stepping Stone—August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	2 10 AM Chair Yoga 12 PM IPS 2 PM Music	3 12:45 PM Stretching 1 PM Community Mtg	4 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	5 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	6 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	7 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
8 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	9 10 AM Chair Yoga 12 PM IPS 2 PM Music  <i>10-11 AM Newsletter Workgroup</i>	10 12:45 PM Stretching 1 PM Community Mtg	11 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	12 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	13 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	14 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
15 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	16 10 AM Chair Yoga 12 PM IPS 2 PM Music	17 12:45 PM Stretching 2 PM* Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>  <i>1 PM Educational Event: Grievance, Suspension &amp; Re-entry with Shanon Laferte</i>	18 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	19 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	20 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	21 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
22 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	23 10 AM Chair Yoga 12 PM IPS 2 PM Music	24 12:45 PM Stretching 1 PM Community Mtg	25 11 AM Proactive Behaviors 12 PM Behaviors, Habits & Interactions	26 10 AM Walking 11:30 AM Happiness is Key 1:30 PM Discussion relating to IPS	27 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	28 1 PM Collaging & Paper Crafts 2 PM Rock-on Cardio
29 1 PM Community and Personal Healing 11:30 AM-2:30 PM Puzzles & Games	30 10 AM Chair Yoga 12 PM IPS 2 PM Music	31 12:45 PM Stretching 1 PM Community Mtg		<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—8/13 • 11 AM—8/3, 4	<i>Until further notice Community Trips and Community Potluck are postponed</i>  <i>* denotes date or time change</i>