



# Stepping Stone—September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>REMOTE GROUPS</b> <b>Monday through Friday</b></p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	<p><i>PLEASE NOTE NO GROUPS:</i></p> <ul style="list-style-type: none"> <li>• 9 AM—9/6, 9, 10, 13, 24</li> <li>• 11 AM—9/6, 9, 10, 13</li> </ul>	<p><i>Until further notice Community Trips and Community Potluck are postponed</i></p> <p><i>* denotes date or time change</i></p>	<p>1 11 AM Proactive Behaviors 1 PM Music &amp; Movement</p>	<p>2 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>3 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie &amp; Conversation</p>	<p>4 1 PM Collaging &amp; Paper Crafts 2 PM Rock-on Cardio</p>
<p>5 1 PM Community and Personal Healing 11:30 AM-1:30 PM Puzzles &amp; Games</p>	<p>6 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> 	<p>7 12:45 PM Stretching 1 PM Community Mtg</p>	<p>8 11 AM Proactive Behaviors 1 PM Music &amp; Movement</p> <p>3:30 PM Board Mtg via zoom</p>	<p>9 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>10 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie &amp; Conversation</p>	<p>11 1 PM Collaging &amp; Paper Crafts 2 PM Rock-on Cardio</p>
<p>12 1 PM Community and Personal Healing 11:30 AM-1:30 PM Puzzles &amp; Games</p>	<p>13 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>14 12:45 PM Stretching 1 PM Community Mtg</p> <p>10-11 AM Newsletter Workgroup</p>	<p>15 11 AM Proactive Behaviors 1 PM Music &amp; Movement</p>	<p>16 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>17 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie &amp; Conversation</p> <p><i>Hunger Action Day</i></p>	<p>18 1 PM Collaging &amp; Paper Crafts 2 PM Rock-on Cardio</p>
<p>19 1 PM Community and Personal Healing 11:30 AM-1:30 PM Puzzles &amp; Games</p>	<p>20 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>21 12:45 PM Stretching 2 PM* Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p> <p>1 PM Educational Event: The Voting Process w/James Ziegler</p>	<p>22 11 AM Proactive Behaviors 1 PM Music &amp; Movement</p> 	<p>23 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>24 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie &amp; Conversation</p>	<p>25 1 PM Collaging &amp; Paper Crafts 2 PM Rock-on Cardio</p>
<p>26 1 PM Community and Personal Healing 11:30 AM-1:30 PM Puzzles &amp; Games</p>	<p>27 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>28 12:45 PM Stretching 1 PM Community Mtg</p>	<p>29 11 AM Proactive Behaviors 1 PM Music &amp; Movement</p>	<p>30 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	