

# Stepping Stone—October 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	 <b>PLEASE NOTE NO GROUPS:</b> • 9 AM—10/8, 11 • 11 AM—10/11	<i>Until further notice            Community Trips and            Community Potluck are            postponed</i>  <i>* denotes date or time change</i>			1 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	2 11:30 AM-1 PM Puzzles & Games 2 PM Rock-on Cardio
3 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	4 10 AM Chair Yoga 12 PM IPS 2 PM Music <i>10-11 AM            Newsletter Workgroup</i>	5 12:45 PM Stretching 1 PM Community Mtg	6 11 AM Proactive Behaviors 1 PM Music & Movement	7 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	8 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	9 11:30 AM-1 PM Puzzles & Games 2 PM Rock-on Cardio
<b>MENTAL ILLNESSES AWARENESS WEEK</b>						
10 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	11 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music  	12 12:45 PM Stretching 2 PM* Community Mtg  <i>1 PM Educational Event:            ServiceLink            w/Robert Chartier</i>	13 11 AM Proactive Behaviors 1 PM Music & Movement	14 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	15 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	16 11:30 AM-1 PM Puzzles & Games 2 PM Rock-on Cardio
17 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	18 10 AM Chair Yoga 12 PM IPS 2 PM Music	19 12:45 PM Stretching 1 PM Community Mtg  <i>10 AM NH Mental Health Peer            Alliance via zoom</i>	20 11 AM Proactive Behaviors 1 PM Music & Movement	21 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	22 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	23 11:30 AM-1 PM Puzzles & Games 2 PM Rock-on Cardio
24 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	25 10 AM Chair Yoga 12 PM IPS 2 PM Music	26 12:45 PM Stretching 1 PM Community Mtg	27 11 AM Proactive Behaviors 1 PM Music & Movement	28 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	29 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Movie & Conversation	30 11:30 AM-1 PM Puzzles & Games 2 PM Rock-on Cardio
31 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing  						