







# Stepping Stone—November 2021

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