




Stepping Stone—December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	 <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—12/3, 24, 31 • 11 AM—12/3, 24, 31 	<p>1 11 AM Proactive Behaviors 1 PM Music & 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 Rock-on Cardio</p>	<p>4 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>5 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>6 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 & 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 Rock-on Cardio</p>	<p>11 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>12 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>13 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p>10-11 AM Newsletter Workgroup</p>	<p>14 12:45 PM Stretching 1 PM Community Mtg</p>	<p>15 11 AM Proactive Behaviors 1 PM Music & 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 Rock-on Cardio</p>	<p>18 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>19 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>20 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>21 12:45 PM Stretching 2 PM* Community Mtg 10 AM NH Mental Health Peer Alliance via zoom 1 PM Educational Event: 4 Tasks of IPS with Shanon Laferte</p>  <p>First Day of Winter</p>	<p>22 11 AM Proactive Behaviors 1 PM Music & Movement</p>	<p>23 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>24 OFFICE CLOSED 1 PM Check-in/Goals 2 PM Art Wellness</p> <p>*Open 12-3PM</p>	<p>25 *Open 12-4PM 12-1 PM Puzzles & Games 2 PM Movie & Conversation</p> 
<p>26 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</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>Until further notice Community Trips and Community Potluck are postponed</p> <p>* denotes date or time change</p>