




# Stepping Stone—January 2022

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><b>PLEASE NOTE NO GROUPS:</b></p> <ul style="list-style-type: none"> <li>• 9 AM—1/14, 17</li> <li>• 11 AM—1/17</li> </ul>				<p>1 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p> 
2 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	3 10 AM Chair Yoga 12 PM IPS 2 PM Music	4 12:45 PM Stretching 1 PM Community Mtg	5 11 AM Proactive Behaviors 1 PM Music & Movement	6 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	7 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Rock-on Cardio	8 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
9 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	10 10 AM Chair Yoga 12 PM IPS 2 PM Music  <i>10-11 AM Newsletter Workgroup</i>	11 12:45 PM Stretching 1 PM Community Mtg	12 11 AM Proactive Behaviors 1 PM Music & Movement  <i>3:30 PM Board Mtg via zoom</i>	13 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	14 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Rock-on Cardio	15 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
16 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	17 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music  	18 12:45 PM Stretching 1 PM Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	19 11 AM Proactive Behaviors 1 PM Music & Movement	20 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	21 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Rock-on Cardio	22 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
23 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	24 10 AM Chair Yoga 12 PM IPS 2 PM Music	25 12:45 PM Stretching 2 PM* Community Mtg  <i>1 PM Educational Event: Pizza &amp; Painting w/ Shanon Laferte</i>	26 11 AM Proactive Behaviors 1 PM Music & Movement	27 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	28 1 PM Check-in/Goals 3 PM Art Wellness 3:30 PM Rock-on Cardio	29 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
30 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	31 10 AM Chair Yoga 12 PM IPS 2 PM Music					<p><i>Until further notice Community Trips and Community Potluck are postponed</i></p> <p><i>* denotes date or time change</i></p>