



Stepping Stone—February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PM Educational Event: Diabetes Date: TBD	1 12:45 PM Stretching 1 PM Community Mtg	2 11 AM Proactive Behaviors 1 PM Music & Movement	3 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	4 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	5 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
6 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	7 10 AM Chair Yoga 12 PM IPS 2 PM Music	8 12:45 PM Stretching 1 PM Community Mtg	9 11 AM Proactive Behaviors 1 PM Music & Movement	10 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	11 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	12 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
13 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	14 10 AM Chair Yoga 12 PM IPS 2 PM Music 10-11 AM Newsletter Workgroup 	15 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	16 11 AM Proactive Behaviors 1 PM Music & Movement	17 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	18 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	19 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
20 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	21 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music 	22 12:45 PM Stretching 1 PM Community Mtg	23 11 AM Proactive Behaviors 1 PM Music & Movement	24 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	25 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals Closed 9-11AM for Staff Meeting	26 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
27 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	28 10 AM Chair Yoga 12 PM IPS 2 PM Music			REMOTE GROUPS <u>Mondav through Friday</u> 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: • 9 AM—2/21, 25 • 11 AM—2/21	Until further notice Community Trips and Community Potluck are postponed * denotes date or time change