




Stepping Stone—March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Until further notice Community Trips and Community Potluck are postponed</i></p> <p><i>* denotes date or time change</i></p>		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 2 PM* Community Mtg <i>1 PM Educational Event: Budgeting w/Shanon Laferte</i>	9 11 AM Proactive Behaviors 1 PM Music & Movement <i>3:30 PM Board Mtg via zoom</i>	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 <i>10-11 AM Newsletter Workgroup</i>	15 12:45 PM Stretching 1 PM Community Mtg <i>10 AM NH Mental Health Peer Alliance via zoom</i>	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 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 Training	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	29 12:45 PM Stretching 1 PM Community Mtg	30 11 AM Proactive Behaviors 1 PM Music & Movement	31 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	<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—3/25