




Stepping Stone—April 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>		<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—4/4, 8, 11, 18, 25 • 11 AM—4/4, 11, 18, 25 		<p>1 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p> <p></p>	<p>2 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>3 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>4 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>5 12:45 PM Stretching 1 PM Community Mtg</p>	<p>6 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>7 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>8 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p> <p>Closed 9-11AM for Staff Meeting</p>	<p>9 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>10 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>11 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>12 12:45 PM Stretching 1 PM Community Mtg</p>	<p>13 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>14 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>15 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>16 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>17 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p> <p></p>	<p>18 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>19 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>20 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>21 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>22 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>23 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>24 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>25 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>26 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: Our Board w/Lori Yanklowitz</i></p>	<p>27 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>28 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>29 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>30 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>