




Stepping Stone—May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	2 10 AM Chair Yoga 12 PM IPS 2 PM Music	3 12:45 PM Stretching 1 PM Community Mtg	4 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors	5 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	6 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	7 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
8 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing 	9 10 AM Chair Yoga 12 PM IPS 2 PM Music	10 12:45 PM Stretching 1 PM Community Mtg	11 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors 3:30-4 PM Board Mtg via zoom	12 11:30 AM True Emotions 1:30 PM Discussion relating to IPS (No walking group)	13 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	14 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
15 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	16 10 AM Chair Yoga 12 PM IPS 2 PM Music 10-11 AM Newsletter Workgroup	17 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	18 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors	19 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	20 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals Closed 9-11AM for Staff Meeting	21 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
22 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	23 10 AM Chair Yoga 12 PM IPS 2 PM Music	24 12:45 PM Stretching 1 PM Community Mtg	25 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors	26 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	27 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals	28 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation
29 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	30 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music 	31 12:45 PM Stretching 1 PM Community Mtg	Until further notice Community Trips and Community Potluck are postponed * denotes date or time change 1 PM Educational Event: First-Aid w/ Martha Hewitt Date: TBD	 REMOTE GROUPS <u>Monday through Friday</u> 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: • 9 AM—5/9-13, 20, 30 • 11 AM—5/9-13, 30	