

# Stepping Stone—July 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><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—7/4, 5, 15</li> <li>• 11 AM—7/4, 5</li> </ul>	<p>1 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>2 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p>
<p>3 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>4 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p><b>HAPPY 4th of July</b></p>	<p>5 12:45 PM Stretching 1 PM Community Mtg</p>	<p>6 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p>	<p>7 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>8 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>9 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p>
<p>10 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>11 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p> <p>10-11 AM Newsletter Workgroup</p>	<p>12 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12:45 PM Stretching 1 PM Community Mtg</p>	<p>13 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p> <p>3:30-4:30 PM Board Mtg via zoom</p>	<p>14 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>15 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p> <p>Closed 9-11AM for Staff Meeting</p>	<p>16 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p>
<p>17 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>18 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>19 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12:45 PM Stretching 2 PM* Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p> <p>1 PM Educational Event: HeadRest w/Cameron Ford</p>	<p>20 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p>	<p>21 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>22 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>23 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p>
<p>24 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>25 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>26 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12:45 PM Stretching 1 PM Community Mtg</p>	<p>27 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p>	<p>28 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>29 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>30 11:30 AM-1 PM Puzzles &amp; Games 2 PM Movie &amp; Conversation</p>
<p>31 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>						