

Stepping Stone—August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Until further notice Community Trips are postponed.</i></p> <p><i>* denotes date or time change</i></p>	<p>1 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>2 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>3 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>4 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>5 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>6 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>7 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>8 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>9 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>10 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>11 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>12 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>13 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>14 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>15 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>16 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>17 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>18 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>19 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>20 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>21 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>22 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>23 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: Step-Up Step-Down w/ David Blacksmith & Sam Captain</i></p>	<p>24 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>25 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>26 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p> <p>Closed 9-11AM for Staff Meeting</p>	<p>27 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
<p>28 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>29 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>30 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>31 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</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—8/19, 26 • 11 AM—8/19 	