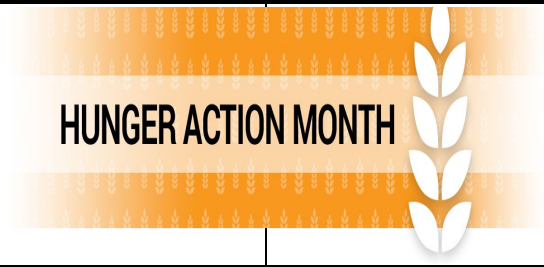




Stepping Stone—September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
 <p>HUNGER ACTION MONTH</p>	 <p>HAPPY LABOR DAY</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—9/5, 9, 12, 23, 28 11 AM—9/5, 9, 12, 28 	<p>1 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>2 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>3 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>		
		<p>4 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>5 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>6 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 1 PM Educational Event: <i>Grievance, Suspension & Re-entry w/Shanon Laferte</i></p>	<p>7 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>8 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>9 10 AM Rock-on Cardio 12 PM Art Wellness 2 PM Check-in/Goals</p>	<p>10 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
		<p>11 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>12 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>13 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>10-11 AM Newsletter Workgroup</i></p>	<p>14 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p> <p><i>3:30 PM Annual Board Mtg via zoom</i></p>	<p>15 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>16 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>17 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
		<p>18 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>19 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>20 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>21 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>22 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>AUTUMN</p>	<p>23 11AM Check-in via Zoom 12 PM Art Wellness 2 PM Check-in/Goals</p> <p>Closed 9-11AM for Staff Meeting</p> <p>Hunger Action Day</p>	<p>24 11:30 AM-1 PM Puzzles & Games 2 PM Movie & Conversation</p>
		<p>25 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>26 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>27 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>28 10AM Journaling/Writing 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>29 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>30 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><i>Until further notice Community Trips are postponed.</i></p> <p><i>* denotes date or time change</i></p>