






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