




# Stepping Stone—December 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><b>REMOTE GROUPS</b> <b>Monday through Friday</b> 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—12/14, 16, 26</li> <li>• 11 AM—12/26</li> </ul>		<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 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p>	<p>3 12 PM Art Wellness 2 PM Movie &amp; Conversation</p>
<p>4 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>5 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 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</p> <p><i>1 PM Educational Event: Member Rights w/ Shanon Laferte</i></p>	<p>7 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; 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 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p>	<p>10 12 PM Art Wellness 2 PM Movie &amp; Conversation</p>
<p>11 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p>	<p>12 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>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>14 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p>	<p>15 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions</p> <p>Open 9AM-1:30PM</p>	<p>16 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p>	<p>17 12 PM Art Wellness 2 PM Movie &amp; Conversation</p>
<p>18 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p> <p></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 &amp; Movement 1 PM Proactive Behaviors</p> <p></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>23 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p>	<p>24 12 PM Art Wellness 2 PM Movie &amp; Conversation</p>
<p>25 11:30 AM Collaging &amp; Paper Crafts 1 PM Community and Personal Healing</p> <p></p>	<p>26 OFFICE CLOSED 10 AM Chair Yoga 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 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; 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 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p>	<p>31 12 PM Art Wellness 2 PM Movie &amp; Conversation</p>