


Stepping Stone—January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p> <p>Happy New Year 2023</p> 	<p>2 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music</p>	<p>3 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>4 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>5 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>6 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>7 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>8 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>9 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>10 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>11 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p> <p>3:30 PM Board Mtg via zoom</p>	<p>12 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>13 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p> <p>Closed 9-11 AM for Staff Meeting</p>	<p>14 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>15 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>16 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music</p> <p>MLK DAY I HAVE A DREAM</p>	<p>17 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 AM NH Mental Health Peer Alliance via zoom</p>	<p>18 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>19 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>20 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>21 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>22 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>23 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>24 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p>1 PM Educational Event: 4 Tasks of Intentional Peer Support w/ Theresa Partridge</p>	<p>25 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors</p>	<p>26 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>27 9 AM Nutrition via Zoom 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>28 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>29 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing</p>	<p>30 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p>	<p>31 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>		<p>Until further notice Community Trips are postponed.</p> <p>* denotes date or time change</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—1/2, 11, 13, 16 • 11 AM—1/2, 16

