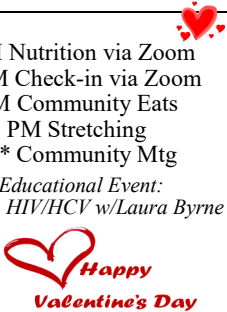



# Stepping Stone—February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	2 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	3 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	4 12 PM Art Wellness 2 PM Movie & Conversation
5 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	6 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music	7 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	8 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	9 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	10 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals  Closed 9-11 AM for Staff Meeting	11 12 PM Art Wellness 2 PM Movie & Conversation
12 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	13 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music  <i>10-11 AM Newsletter Workgroup</i>	14 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg  <i>1 PM Educational Event: HIV/HCV w/Laura Byrne</i>  	15 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	16 9 AM Nutrition via Zoom 10 AM Walking 11AM Check-in via Zoom 11:30 AM True Emotions  Open 9 AM-1 PM	17 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals	18 12 PM Art Wellness 2 PM Movie & Conversation
19 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	20 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Music  	21 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	22 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	23 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	24 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	25 12 PM Art Wellness 2 PM Movie & Conversation
26 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	27 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music	28 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg		<i>Until further notice Community Trips are postponed.</i>  <i>* denotes date or time change</i>	<b>REMOTE GROUPS</b> <b>Monday through Friday</b> 9 AM Nutrition via zoom 11 AM Check-in via zoom  <b>PLEASE NOTE NO GROUPS:</b> • 9 AM—2/8, 10, 17, 20 • 11 AM—2/17, 20  