




# Stepping Stone—March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<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—3/3, 8, 10</li> <li>• 11 AM—3/3</li> </ul> 		<p>1 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p> <p>Open 7:30 AM-4 PM</p>	<p>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</p> <p>Open 7:30 AM-4 PM</p>	<p>3 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p> <p>Open 9 AM-4 PM</p>	<p>4</p> <p>Closed</p>
5	<p>6 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p> <p>Open 8 AM-5 PM</p>	<p>7 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>NAMI w/Michelle Wagner</i></p> <p>Open 8 AM-5 PM</p>	<p>8 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors 3:30 PM Board Mtg via zoom</p> <p>Open 7:30 AM-4 PM</p>	<p>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</p> <p>Open 7:30 AM-4 PM</p>	<p>10 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles &amp; Games 2 PM Check-in/Goals</p> <p>Open 11 AM-5 PM</p>	<p>11</p> <p>Closed</p>
12	<p>13 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 <i>Newsletter Workgroup</i></p> <p>Open 8 AM-5 PM</p> 	<p>14 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>Open 8 AM-5 PM</p>	<p>15 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p> <p>Open 7:30 AM-4 PM</p>	<p>16 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>Open 7:30 AM-4 PM</p>	<p>17 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>Open 8 AM-5 PM</p> 	<p>18</p> <p>Closed</p>
19	<p>20 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p> <p><b>FIRST DAY OF Spring</b> <i>celebrate it!</i></p> <p>Open 8 AM-5 PM</p>	<p>21 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 Open 8 AM-5 PM</p>	<p>22 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p> <p>Open 7:30 AM-4 PM</p>	<p>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</p> <p>Open 7:30 AM-4 PM</p>	<p>24 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>Open 8 AM-5 PM</p>	<p>25</p> <p>Closed</p>
26	<p>27 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Music</p> <p>Open 8 AM-5 PM</p>	<p>28 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>Open 8 AM-5 PM</p>	<p>29 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music &amp; Movement 1 PM Proactive Behaviors</p> <p>Open 7:30 AM-4 PM</p>	<p>30 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>Open 7:30 AM-4 PM</p>	<p>31 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>Open 8 AM-5 PM</p>	<p><i>Until further notice Community Trips are postponed.</i></p> <p>* denotes date or time change</p>