



# Stepping Stone—April 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—4/12, 21</li> </ul> 			<p><i>Until further notice            Community Trips are postponed.</i></p> <p><i>* denotes date or time change</i></p>		<p>1            12 PM Art Wellness            2 PM Movie &amp;            Conversation</p> <p><b>Happy April Fools Day</b></p>
2 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	3 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	4 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	5 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	6 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	7 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	8 12 PM Art Wellness 2 PM Movie & Conversation
9 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing 	10 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction 10-11 AM <i>Newsletter Workgroup</i>	11 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	12 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	13 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	14 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	15 12 PM Art Wellness 2 PM Movie & Conversation
16 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	17 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	18 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> <i>1 PM Educational Event:            Fire Dept. w/Bryan Burr</i>	19 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	20 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	21 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals  Open 11 AM-4 PM	22 12 PM Art Wellness 2 PM Movie & Conversation
23 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	24 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	25 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	26 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	27 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	28 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	29 12 PM Art Wellness 2 PM Movie & Conversation
30 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing						