

Stepping Stone—May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	2 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: Computers 1 on 1 w/ Shanon Laferte</i>	3 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	4 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	5 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	6 12 PM Art Wellness 2 PM Movie & Conversation
7 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	8 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction <i>10-11 AM Newsletter Workgroup</i>	9 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	10 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors <i>3:30 PM Board Mtg via zoom</i>	11 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	12 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals	13 12 PM Art Wellness 2 PM Movie & Conversation
14 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing 	15 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	16 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	18 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	19 10 AM Rock-on Cardio 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals Open 11 AM-4 PM	20 12 PM Art Wellness 2 PM Movie & Conversation
21 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	22 9 AM Nutrition via Zoom 10 AM Chair Yoga 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	23 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	24 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	25 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	26 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals	27 12 PM Art Wellness 2 PM Movie & Conversation
28 11:30 AM Collaging & Paper Crafts 1 PM Community and Personal Healing	29 OFFICE CLOSED 10 AM Chair Yoga 12 PM IPS 2 PM Addiction  MEMORIAL DAY	30 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	31 9 AM Nutrition via Zoom 10AM Journaling/Writing 11AM Check-in via Zoom 12 PM Music & Movement 1 PM Proactive Behaviors	<i>Until further notice Community Trips are postponed.</i> <i>* denotes date or time change</i>	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: • 9 AM—5/12,19, 26, 29 • 11 AM—5/12, 26, 29	