



# Stepping Stone—July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<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> <ul style="list-style-type: none"> <li>• 9 AM—7/3, 4, 14, 31</li> <li>• 11 AM—7/3, 4, 31</li> </ul>		<i>Until further notice Community Trips are postponed.</i>  <i>* denotes date or time change</i>			1 12 PM Art Wellness 2 PM Movie & Conversation
2 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors	3 12 PM IPS 2 PM Addiction	4 OFFICE CLOSED 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  	5 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	6 9 AM Nutrition via Zoom 11AM Check-in via Zoom 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	7 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Rock-on Cardio 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 Proactive Behaviors	10 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction  <i>10-11 AM 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 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	13 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	14 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Rock-on Cardio 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 Proactive Behaviors	17 9 AM Nutrition via Zoom 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: Our Board of Directors w/ Lori B. Yanklowitz &amp; Mark Nichols</i>	19 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	20 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	21 9-11 AM CLOSED FOR STAFF MTG 11AM Check-in via Zoom 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals	22 12 PM Art Wellness 2 PM Movie & Conversation
23 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors	24 9 AM Nutrition via Zoom 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 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	27 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	28 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Rock-on Cardio 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 Proactive Behaviors	31 12 PM IPS 2 PM Addiction					