







# Stepping Stone—November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	2 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	3 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	4 12 PM Art Wellness 2 PM Movie & Conversation
5 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors 	6 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction  10-11 AM Newsletter Workgroup	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: Member Rights w/ Corey Shaheen 	8 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing  3:30 PM Annual Board Mtg via zoom	9 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	10 OFFICE CLOSED 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals	11 12 PM Art Wellness 2 PM Movie & Conversation 
12 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors	13 12 PM IPS 2 PM Addiction	14 Open 10:30 AM-4 PM 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  10 AM NH Mental Health Peer Alliance via zoom	15 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	16 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	17 Open 11 AM-4 PM 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 Proactive Behaviors	20 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	21 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	22 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	23 OFFICE CLOSED  Closed 	24 OFFICE CLOSED 10 AM Rock-on Cardio 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 Proactive Behaviors	27 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction	28 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	29 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing	30 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	<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—11/9, 10, 13-17, 23, 24 • 11 AM—11/9, 10, 13-17, 23, 24, 28	 Until further notice Community Trips are postponed.  * denotes date or time change