




Stepping Stone—January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 OFFICE CLOSED</p> <p>Closed</p> 	<p>2</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>3</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>	<p>6</p> <p>12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>7</p> <p>11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>8</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p> <p>10-11 AM Newsletter Workgroup</p>	<p>9</p> <p>9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>10</p> <p>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 Board Mtg via zoom</p>	<p>11</p> <p>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</p>	<p>12</p> <p>Open 11 AM-4 PM</p> <p>11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>13</p> <p>12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>14</p> <p>11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>15 OFFICE CLOSED</p> <p>12 PM IPS 2 PM Addiction</p> 	<p>16</p> <p>9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom 1 PM Educational Event: Live Free Recovery Services w/Sean McDevitt</p>	<p>17</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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</p>	<p>20</p> <p>12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>21</p> <p>11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>22</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>23</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>24</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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</p>	<p>27</p> <p>12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>28</p> <p>11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>29</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>30</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>31</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>		<p>REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom</p> <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—1/1, 12, 15 • 11 AM—1/1, 9, 15 	<p>Until further notice Community Trips are postponed.</p> <p>* denotes date or time change</p>