


# Stepping Stone—August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change			1 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	2 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	3 Closed
4 Closed	5 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	6 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	7 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	8 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	9 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	10 Closed
11 Closed	12 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation  <i>10-11 AM Newsletter Workgroup @ SS</i>	13 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	14 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	15 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS  <i>11:30 AM-3 PM Lake Sunapee Beach, swim &amp; picnic in Sunapee</i>	16 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals  	17 Closed
18 Closed	19 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	20 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: Sexual Harassment w/ Shanon Laferte</i>	21 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	22 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	23 Open 12 -4 PM  12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	24 Closed
25 Closed	26 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	27 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	28 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	29 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	30 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	31 Closed