




Stepping Stone—January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Upper Valley Humane Society-TBD * denotes date or time change		1 Office Closed Closed 	2 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	3 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	4 Closed
5 Closed	6 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	7 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	8 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 3:30 PM Board Mtg via zoom	9 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Arbor View Connections	10 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	11 Closed
12 Closed	13 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 1:30-2:30 PM Newsletter Workgroup @ SS	14 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 9:30 AM—12 PM BPAC, Concord NH 1 PM Educational Event: Advocacy in legislation w/ New Futures	15 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	16 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	17 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 	18 Closed
19 Closed	20 Office Closed 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	21 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	22 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	23 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	24 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	25 Closed
26 Closed	27 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	28 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	29 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	30 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	31 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	