




Stepping Stone—April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 	2 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	3 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	4 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	5 Closed
6 Closed	7 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	8 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 9:30 AM—12 PM BPAC, Concord NH	9 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	10 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Arbor View Connections	11 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	12 Closed
13 Closed	14 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 1:30-2:30 PM Newsletter Workgroup @ SS	15 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	16 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	17 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	18 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals 	19 Closed
20 Closed 	21 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	22 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	23 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	24 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 11 AM –1 PM A Cooking Lesson w/Eric Morgan @ NS	25 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	26 Closed
27 Closed	28 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	29 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 1 PM Educational Event: TLC Recovery Program w/Liz Morse-Boynton	30 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts			