




Stepping Stone—April 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|--|---|--|--|--|----------------------|
| <p>Happy April Fools Day</p> | <p>1 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p>  | <p>2 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: TLC Recovery Program w/ Andrew Grenier</i></p> | <p>3 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> | <p>4 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 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p> | <p>6 Closed</p> |
| <p>7 Closed</p> | <p>8 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation <i>10-11 AM Newsletter Workgroup</i></p> | <p>9 9 AM Nutrition via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> | <p>10 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> | <p>11 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 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p> | <p>13 Closed</p> |
| <p>14 Closed</p> | <p>15 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p> | <p>16 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p> | <p>17 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> | <p>18 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 Open 11 AM-4 PM</p> <p>11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>  | <p>20 Closed</p> |
| <p>21 Closed</p> | <p>22 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p> | <p>23 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 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> | <p>25 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 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p> | <p>27 Closed</p> |
| <p>28 Closed</p> | <p>29 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p> | <p>30 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</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—4/19, 22 • 11 AM—4/9, 22 | <p><i>Until further notice Community Trips are postponed.</i></p> <p><i>* denotes date or time change</i></p> | |