

# Stepping Stone—October 2024

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
<b>MENTAL ILLNESS AWARENESS WEEK</b>						
6 Closed	7 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation  <i>10-11 AM Newsletter Workgroup @ SS</i>	8 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	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	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 OFFICE CLOSED 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation  	15 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>	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 2 PM* Community Mtg  <i>1 PM Educational Event: DRC Voting w/James Ziegler</i>	23 9 AM IPS 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  <i>1-3 PM Harvest Party @ NS</i>	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 1 PM Community Mtg	30 9 AM IPS 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	31 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS  <i>Hallowesta!!</i> 	* denotes date or time change	