






Stepping Stone—November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change				1 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	2 Closed
3 Closed  DAYLIGHT SAVINGS	4 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 1:30-2:30 PM Newsletter Workgroup @ SS	5 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 1 PM Educational Event: First-Aid w/Martha Hewitt 	6 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	7 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	8 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	9 Closed
10 Closed	11 OFFICE CLOSED 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	12 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	13 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 4-5 PM Annual Board Mtg via zoom	14 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	15 Open 12 -4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals 	16 Closed
17 Closed	18 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	19 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	20 9 AM IPS 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	21 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 12-2 PM Thanksgiving Lunch @ SS	22 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	23 Closed
24 Closed	25 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	26 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	27 9 AM IPS 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	28 OFFICE CLOSED SS Open 8AM-12PM 10 AM* True Emotions 	29 OFFICE CLOSED 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	30 Closed