




Stepping Stone—February 2025

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