





# Stepping Stone—March 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 1 PM Community Mtg	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  <b>SPRING</b>	10 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation  1:30-2:30 PM Newsletter Workgroup @ SS	11 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	12 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts  3:30 PM Board Mtg via zoom	13 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS  2 PM Arbor View Connections	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 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation  <b>Happy St. Patrick's Day!</b>	18 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  10 AM NH Mental Health Peer Alliance via zoom	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 2 PM* Community Mtg  1 PM Educational Event: Member Rights w/Corey Sheehan	26 9 AM IPS 10 AM Nutrition 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 11 AM-1 PM Ice Cream Social @ NS  	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	29 Closed
30 Closed	31 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation					