




Stepping Stone—May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change			1 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	2 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	3 Closed
4 Closed	5 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	6 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 2 PM Trips & Events Brainstorm	7 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	8 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Arbor View Connections	9 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	10 Closed
11 Closed 	12 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 1:30-2:30 PM Newsletter Workgroup @ SS	13 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 2 PM Trips & Events Brainstorm #2	14 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	15 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 4-6 PM Lebanon Farmers Market	16 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals 	17 Closed
18 Closed	19 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	20 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 10 AM NH Mental Health Peer Alliance via zoom 1 PM Educational Event: NHPA w/Ken Lewis via zoom	21 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	22 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	23 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	24 Closed
25 Closed	26 Office Closed 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	27 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	28 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	29 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 11 AM-1 PM Picnic at Moody Park w/walking & hiking	30 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	31 Closed