





# Stepping Stone, 132 Pleasant St., Suite 1, Claremont—September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	2 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  2-3 PM <i>Newsletter Workgroup @ SS</i>	3 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	4 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	5 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	6 Closed
7 Closed	8 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	9 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  <i>Hunger Action Day!</i>	10 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 , Claremont & <i>via zoom</i>	11 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS  2 PM Arbor View Connections	12 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	13 Closed
14 Closed	15 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	16 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  10 AM NH Mental Health <i>Peer Alliance via zoom</i>	17 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	18 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 10 AM-2 PM Faneuil Hall  6:30-8:30 PM Health Care Forum	19 Open 12-4 PM  12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals  	20 Closed
21 Closed	22 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	23 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg  1 PM Educational Event: <i>DRC w/Deborah Opramolla</i>	24 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	25 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	26 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	27 Closed
28 Closed	29 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	30 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg			* denotes date or time change	