

Stepping Stone, 132 Pleasant St., Suite 1, Claremont—November 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 1 PM Educational Event: Sexual Harassment w/ Shanon Laferte 	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  11 AM-12 PM AVA Art Gallery 2 PM Arbor View Connections	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 2-3 PM Newsletter Workgroup @ SS	11 Office Closed 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 Annual Board Mtg , Claremont & via zoom	13 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	14 Closed	15 Closed
16 Closed	17 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 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 2 PM Arbor View Connections	21 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-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 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	27 Office Closed Closed 	28 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	29 Closed
30 Closed						