

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 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	3 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts <i>1 PM Educational Event: The Center for Safer Communities w/ Amanda Mase</i>	4 11:30 AM True Emotions 1:30 PM Discussion relating to IPS <i>2 PM Arbor View Connections</i>	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 <i>2-3 PM Newsletter Workgroup @ SS</i>	9 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	10 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	11 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	12 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 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 <i>10 AM NH Mental Health Peer Alliance via zoom</i> <i>Entertainment Cinema Movies</i>	17 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	18 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS <i>2 PM Arbor View Connections</i>	19 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 	20 Closed
21 Closed <i>It's Winter!</i> 	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 1 PM Community Mtg	24 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	25 Office Closed Closed 	26 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 	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	31 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts			* denotes date or time change