

# Stepping Stone, 132 Pleasant St., Suite 1, Claremont—February 2026

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