

Stepping Stone, 132 Pleasant St., Suite 1, Claremont—March 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 11:30 AM True Emotions 1:30 PM Discussion relating to IPS <i>10 AM 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  SPRING	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 1 PM Community Mtg	11 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts <i>3:30 PM Board Mtg , Claremont & via zoom</i>	12 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	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 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 11:30 AM True Emotions 1:30 PM Discussion relating to IPS <i>10 AM 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 <i>11 AM-12:30 PM Ice Cream Social at NS</i> 	24 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg <i>1 PM Educational Event: First-Aid with Martha Hewitt</i>	25 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	26 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
29 Closed	30 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	31 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg		* denotes date or time change		