





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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<ul style="list-style-type: none"> <li>denotes date or time change</li> </ul>		1 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	2 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking Group  <i>10 AM Arbor View Connections</i>	3 Open 12-4 PM  12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	4 Closed
5 Closed  	6 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	7 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	8 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	9 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking Group	10 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	11 Closed
12 Closed	13 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation  <i>2-3 PM Newsletter Workgroup @ SS</i>	14 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  <i>9:30 AM—12 PM BHPAC, Concord NH</i>	15 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	16 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking Group   <i>11 AM-1PM Pizza Party (homemade) at SS</i>	17 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals  	18 Closed
19 Closed	20 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	21 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg  <i>10 AM NH Mental Health Peer Alliance via zoom</i>  <i>1 PM Educational Event: DRC w/ Deborah Opramolla</i>	22 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	23 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking Group	24 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	25 Closed
26 Closed	27 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	28 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	29 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	30 11:30 AM True Emotions 1:30 PM Discussion relating to IPS		