






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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|--------------|
|  | | | | | 1 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals | 2 Closed |
| 3 Closed | 4 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation | 5 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg | 6 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts | 7 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking | 8 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals | 9 Closed |
| 10 Closed  | 11 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 2-3 PM <i>Newsletter Workgroup @ SS</i> | 12 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg | 13 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 3:30 PM Board Mtg, Claremont & via zoom | 14 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking | 15 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals  | 16 Closed |
| 17 Closed | 18 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 1 PM Educational Event: <i>Mobil Crisis Team w/Angela Montano</i> | 19 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health <i>Peer Alliance via zoom</i> | 20 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts | 21 11:30 AM True Emotions 1:30 PM Discussion relating to IPS | 22 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals | 23 Closed |
| 24 Closed | 25 Office Closed Closed  | 26 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg | 27 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts | 28 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking  11 AM-1PM Cookout @ Moody Park | 29 Open 12-4 PM 2 PM Check-in/Goals | 30 Closed |
| 31 Closed | | | | | * denotes date or time change | |