

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

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