

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

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