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

Sun	Mon	Tues	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 2 PM* Community Mtg *1 PM Educational Event: Sexual Harassment w/Shanon Laferte* 	**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 2 PM Walking	**6** 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goal	**7** Closed
8 Closed	**9** 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation *2-3 PM Newsletter Workgroup @ SS*	**10** 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	**11** Office Closed 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 	**12** 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking  *1-3 PM Pizza Party, Claremont* *3:30 PM Annual Board Mtg, Claremont & via zoom*	**13** Open 12-4 PM 12-1 PM Puzzles & Games 12-1 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 *10 AM NH Mental Health Peer Alliance via zoom*	**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	**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	**24** 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg *1-3 PM Thanksgiving Lunch @ SS*	**25** 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	**26** Office Closed Open 9 AM-3 PM 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 	**27** Office Closed Closed	**28** Closed
29 Closed	**30** 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation				** denotes date or time change*	