

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-3pm – Manic Monday	4 1:30-3pm – Art	5 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	6 2-3:30pm – Connections	7 1pm – Chili!!! 2pm – Theresa on Nutrition!!!	8
9	10 1-3pm – Games and Wii	11 1:30-3pm – Art with Sam	12 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	13 2-3:30pm – Connections	14 1-2pm – Pot Luck 2-3:00pm - BINGO	15
16	17 1-4pm – Christmas Cookies	18 1:30-3pm – Art w/Sam * 7:00pm Arts in Recovery – “Not So All Alone”	19 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	20 2-3:30pm - Connections	21 Christmas Party Eat, play and be merry!!!	22
23	24 <u>Christmas Eve Office is closed</u>	25 <u>Christmas Day Office is closed</u>	26 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	27 2-3:30pm – Connections 7:00pm – Family Support Group	28 New year's Party Food and Countdown!!!	29
30	31 <u>New Year's Eve Office is closed</u>			<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>		

<h2>EVENTS</h2>	12/18/18 – “Not So All Alone” Come see the Art the peers have created and listen as they share	some of their writing pieces.	*Note: NAMICI will also be closed on January 1 st – New Year’s Day.
-----------------	--	-------------------------------	--