

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(Dec 31, 2018 NAMICI Closed)	<b>1</b> <b>New Year's Day – Office Closed</b>	<b>2</b> 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	<b>3</b> <b>2-3:30pm - Connections</b>	<b>4</b> 1-2pm – Lunch 2-3pm – Theresa talks nutrition!!	<b>5</b>
<b>6</b>	<b>7</b> 1-3pm – Manic Monday	<b>8</b> 1-3pm – Art with JD	<b>9</b> 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	<b>10</b> <b>2-3:30pm – Connections</b>	<b>11</b> 1-2pm - Lunch 1-2pm – Yoga with Marie	<b>12</b>
<b>13</b>	<b>14</b> 1-3pm – Games and Wii	<b>15</b> 1-3pm – Art with JD	<b>16</b> 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	<b>17</b> <b>2-3:30pm – Connections</b>	<b>18</b> 1-1:30pm – Lunch <b>*1:30-2:30 – Tim from IPR!!!</b>	<b>19</b>
<b>20</b>	<b>21</b> 1-3pm – Board games	<b>22</b> 1-3pm – Art with JD	<b>23</b> 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	<b>24</b> <b>2-3:30pm – Connections</b> <b>7pm – Family Support Group</b>	<b>25</b> 1-2pm – Lunch 2-3pm – BINGO!!!	<b>26</b>
<b>27</b>	<b>28</b> 1-3pm – Free discussion Day!!	<b>29</b> 1-3pm – Art with JD	<b>30</b> 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	<b>31</b> <b>2-3:30pm - Connections</b>		
<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 <a href="mailto:namiwellness@gmail.com">namiwellness@gmail.com</a></p>						

<h2>EVENTS</h2>	<p>* 1/18/19 – Tim Beford from Central IA Recovery will present on Intensive Psychiatric Rehabilitative Services</p>	
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