

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1-2pm – Lunch 2-3pm – Games and Wii!!	2
3 1-3pm – Manic Monday	4	5 1-3pm – Art with April	6 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	7 2-3:30pm – Connections	8 1-2pm – Lunch 1:00 – Yoga with Marie	9
10 1-3pm – Valentine's Cookie making!!	11	12 1-3pm – Vision Boards with JD	13 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	14 2-3:30pm – Connections	15 1-2pm – Lunch 2-3pm – Theresa on Nutrition	16
17 1-3pm – Board games	18	19 1-3pm – Vision Boards with JD	20 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	21 2-3:30pm – Connections	22 1-2pm – Lunch 2-3pm – BINGO!!!	23
24 1-3pm – Free discussion Day!!	25	26 CENTER DOESN'T OPEN UNTIL 1PM! 1-3pm – Art with JD	27 1-2:30pm – Creative Writing 2:30-4pm – Wellness Roundtable	28 2-3:30pm – Connections 7pm – Family support Group		
<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>						

EVENTS			
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