


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please sign up Monday for Tuesday dinners			1 CLOSED  Happy New Year!	2 Open 1 - 5 Nutrition group 4:00	3 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30	4 Computer Lab Fridays
5	6 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00	7 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	8 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30 Movie at 2:45	9 Open 1 - 5 Nutrition group 4:00	10 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30	11
12	13 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00 Support Grp - 6:00 NAMI general meeting.7:15	14 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	15 Open 1 - 5 Chess at 1:30 Movie at 2:45	16 Open 1 - 5 Nutrition group 4:00 NAMI Board Meeting 4:45pm	17 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30	18 <i>Reminder:</i> Newsletter needs your input!
19	20 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00	21 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	22 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30 Movie at 2:45	23 Open 1 - 5 Nutrition group 4:00	24 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30	25
26	27 Open 1 - 5 Tai Chi -- 4:00 No Yoga Open Support Group - 6:00	28 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	29 Open 1 - 5 Chess at 1:30 Movie at 2:45	30 Open 1 - 5 Nutrition group 4:00	31 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30	

December 2013

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
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February 2014

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